



SWIM COMPETITION RULES 2025

1. RACE START – SCHEDULE & WAVES

The open water swimming race takes place on **Saturday, June 28**, at **Lake Bezid**, divided into two main starting blocks:

Category Start Time

Children 🕒 12:00

Adults 🕒 13:00

Depending on the flow of the event, there may be slight delays between start waves to ensure safety and order.

🚗 2. PARKING AT THE VENUE

Parking at **Lake Bezid** is **limited**, so we kindly ask all participants to **arrive early!**

👮 **Traffic will be directed by the police** near the access roads and designated parking areas

👷 Trained **volunteers** will assist with parking coordination

🔊 **Please follow all instructions** given by traffic personnel and volunteers at all times!

🚫 **Do not park** in areas where you could obstruct access, especially near **emergency routes** or **race course segments**

📁 3. RACE PACKET PICKUP & TIMING

After you arrive and park at the lake, your **first task** is:

📁 **Pick up your race packet** at the designated registration point!

Your race packet includes:

- 🆔 **Timing chip**
- 🧢 **Swim cap** (mandatory for sprint and long-distance categories)
- 📁 **A starter gift pack**
- 📄 **Race information materials**

🕒 Timing Chip – Mandatory

- The chip must be securely fastened to either your **right or left ankle**
- This chip will record your **entire swim time** – your result is only valid if the chip registers both the **start and finish**



- ⚠️ Do **not leave it** in your tent, towel, or bag – it must be **on your ankle before the start!**

💡 **Tip:** Secure the chip snugly, but not too tight – it should stay in place without causing discomfort while swimming.

👶👶 4. CHILDREN'S RACES – FORMAT & SAFETY

- Children will start **in separate waves based on age group**
- **Each wave will only begin once all swimmers from the previous group have finished**
- We ask for the **patience and cooperation** of parents and coaches — safety and clarity are our top priorities

☐ **Safety:**

- **Safety buoys are mandatory** in all children's races
- Organizers will provide buoys if needed, but you may also bring your own

🏠 5. ADULT CATEGORIES – Sprint (1,500 m) & Long Distance (4,500 m)

- There will be a **staggered start** between sprint and long-distance events —
The 4.5 km race will start **later**, depending on safety conditions

This prevents crowding on the course and ensures a smoother race experience.

☐ **Safety buoys are not mandatory** for adults, but are **strongly recommended**, especially for beginners or those swimming open water for the first time.

🏠 5. SWIM START & COURSE INSTRUCTIONS

🚩 **The race starts from inside the water!**

- All race waves will begin **in the water**, under the supervision of race referees
- Swimmers will line up **behind the start line**, marked with buoys or floating ropes
- Upon the start signal, each swimmer must complete their **assigned distance** along the designated course

📌 **Important:**

You must complete the **exact required distance** — no short-cutting or swimming extra is allowed


🔄 **Course Direction & Rules:**

- The course is marked with **visible buoys**
- All buoys must be **passed on the outside**
- Longer distances consist of **multiple loops** on the same course



SWIM FINISH & TIMING

- After completing your swim, exit the water through the **designated channel**
- A **timing mat** will be placed at the water exit
- Your time will only be registered if your **chip crosses the mat**

 Do not jump over or bypass the mat – walk or run across it clearly for your finish time to be valid

All finishers receive a Finisher medal

After crossing the line, proceed directly to the **refreshment & recovery zone**