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F: www.facebook.com/liffeyswim

Y: [LeinsterOpenSea](https://www.youtube.com/LeinsterOpenSea)

Dún Laoghaire Harbour Bicentenary



Fáilte Ireland

Dun Laoghaire
Harbour Company

dlr
Dublin Region
Council

National Maritime
Museum of Ireland

DÚN
LAOGHAIRE
TOWN

PAVILION
THEATRE

DALKEY
CASTLE
HERITAGE
CENTRE

INSS.ie

Lifeboats



Coastal Harbour
Users Group
(CHUG)



Rás Chuan Dhún Laoghaire
Dún Laoghaire Harbour Race
Sunday 13th August 2017
Visitors' Race – Overseas Entry Form

The Dún Laoghaire Harbour Race (“**Harbour Race**”) is on Sunday 13th August.

The <https://www.fitlive.ie> Online entry form is for swimmers who live outside of Ireland and would like to swim in the Harbour Race Visitors' race on Sunday 13th August 2017.

The Harbour Race is approximately 2,100 metres. The water temperature can vary from 9 degrees to 15 degrees Celsius (48 to 59 Fahrenheit). **Wetsuits are not allowed in the Harbour Race.** Swimmers in the Visitors' race must be eighteen years of age on the 1st August 2017.

Overseas swimmers swim in the Visitors' race which is a separate competition from the Confined Race, but run at the same time. The Confined Race is only open to swimmers who have completed qualifying races from the Leinster Open Sea Calendar.

Wetsuits

Swimmers are not permitted to wear wetsuits in the Harbour Race.

Selection of Entries

Leinster Open Sea will review the information you supply before offering you a place in the 98th Harbour Race. Leinster Open Sea will allocate places to overseas swimmers based on our assessment of their ability to complete the Harbour Race and the availability of places. Places are limited. Acceptance of this form or entry fee does not guarantee entry. Leinster Open Sea will refund money if we reject your application at the initial selection screening.

Swimming History

After completing the online form and paying online we require you to email us with a short summary of your open sea swimming experience. Please send email to leinsteropenseaswim@gmail.com.

We will offer places to overseas swimmers based on the information you provide. Please remember to include contact phone numbers.

In order to be admitted into the Harbour Race, you must demonstrate that you have the ability to swim at least 2,200 metres in less than 55 minutes. You must also demonstrate experience of open water or open sea swimming without a wetsuit.

Please give details of your training patterns, how often you train, previous experience of open water or open sea swimming and your times for 100 metres, 200 metres etc. In order to be admitted into the Dún

Swimming History (continued)

Laoghaire Harbour Race you do not have to be a fast swimmer, however you must demonstrate that you can safely complete the 2,200 without assistance. At appendix I we have included some questions you should try and answer.

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Start time, Cancellation and Postponement

Start time of men's race 2.00pm and ladies' race of 3.00 pm are estimated times. Time may change closer to the day of the race. Check our Facebook pages and website for announcements.

Leinster Open Sea reserve the right to:

- Cancel the Harbour Race if conditions are unsafe;
- Cancel the Harbour Race on advice from An Garda Síochána, Dublin Fire Brigade, Dún Laoghaire Harbour Company or Harbour Master;
- Change the start time of the races to accommodate requests from the Port Authorities;
- Change the route and or distance of the Harbour Race depending on conditions;
- Change the start time of the races to accommodate conditions in Dún Laoghaire Harbour; or
- Refuse admission to the Harbour Race.

Leinster Open Sea will not refund entry fees in the event that the Harbour Race is cancelled, postponed, start time changed or if a swimmer is asked to retire or refused admission to the race.

Disqualification from Harbour Race

Leinster Open Sea will disqualify swimmers who:

- Consume alcohol before the race;
- Do not arrive on time for registration 1.15pm for men and 2.15pm for ladies;
- Enter Dún Laoghaire Harbour by any other means than the official start point at the RNLI slipway;
- Commence swimming before their given start time per the published handicap and called out by the race starter;
- Fail to follow the course or fail to go around designated marker buoys;
- Leave the course or the finish area without ensuring their name is marked off the list of swimmers;
- Do not obey instructions given by race officials or rescue crews;
- Engage in dangerous or unsporting behaviour; and or
- Win places or prizes but do not turn up on time for the presentations attended by sponsors and VIPs.

The above list is not exhaustive.

Environmental Health Guidelines for Harbour Race

If you suffer from a

- medical condition, or
- are recovering from illness; or
- are taking medication

you should consult with your doctor before entering the 98th Harbour Race or competing in open water swimming. Leinster Open Sea will bear no responsibility for your decision to enter the Harbour Race or any other swimming race.

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Closing Date for Entries Monday 31st July

Overseas Entry fee for adults

Euro €80

Lower entry fee for overseas swimmer registered with Fédération Internationale de Natation (“FINA”)

If you are a member of swimming club in your home country which is affiliated to FINA, please scan and email us your membership card, showing your national / FINA competitor number. Please email leinsteropenseaswim@gmail.com.

FINA Registered Swimmers

Euro €60

For example swimmers in the US who are members of the American Masters Association or Swimmers in the UK who are members of ASA would be FINA affiliated.

Changes to Rules and Swimmer's Declaration

Leinster Open Sea and the host swimming clubs will from time to time, update and amend the Rules and Swimmer's Declaration. Leinster Open Sea and the host swimming clubs may have to make amendments at short notice in order to ensure the safety of swimmers, rescue crews, race officials and spectators and to ensure good administration and fair competition of the open sea swimming races.

Requested to Retire from Race

Leinster Open Sea set cut off times to give swimmers a generous opportunity to complete the race course. **If you exceed the cut off time and are asked to retire from the race you must do so immediately.**

Please also be mindful that although you are making progress and can comfortably complete the race course within cut off time, there may be incidents happening elsewhere along the race course which you are not aware of. The race organisers and rescue crews may need to direct their full attention to those incidents and ask all remaining swimmers to retire and leave the water. **If you are asked to retire from the race and leave the water you must do so immediately.**

At the end of races, race officials may request swimmers to clear the water and collect their clothes and bag from the finish area. The race officials may wish to carry out a final tally to ensure that all swimmers are accounted for. Likewise race officials may wish to ensure that swimmers are in good condition and do not require medical assistance before releasing the Civil Defence and or first aid teams. **If you are asked to leave the water you must do so immediately.**

Leinster Open Sea reserve the right to

- disqualify swimmers who do not comply with instructions given by race officials or rescue crews; and or
- refuse entry to future races to swimmers who do not comply with instructions given by Race Officials and rescue crews.

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Swimmer's Declarations

I confirm that by completing the <https://www.fitlive.ie> Online Entry Form I am:

- in good health and have no physical condition, disease or injury which will impair me from swimming in the Harbour Race and completing the race course (approximately 2,100 metres to be confirmed);
- acclimatised to swimming in open water / open sea without a wetsuit in temperatures from 9 to 15 Celsius;
- bound by the Swim Ireland Rule Book, Code of Conduct, Complaints and Disciplinary procedures; and
- bound by the rules of Leinster Open Sea as published on www.leinsteropensea.ie.

In the event of a conflict between the rules of Leinster Open Sea, and any other organisation, Leinster Open Sea rules will take precedent.

I confirm that I will:

- comply with all instructions given to me by race officials and rescue crews;
- retire from the race if requested to do so by race officials or rescue crews;
- leave the water and retire if I exceed the cut off time (1 hour (to be confirmed));
- ensure that my name is crossed of the list of swimmers by a race official on completion of the course;
- not engage in dangerous or unsporting behaviour;
- drink alcohol before competing in the Harbour Race;
- wear the numbered swim cap provided and refrain from wearing or displaying any branded material from previous Harbour Races;
- ensure that my clothes and belonging are stored in a bag with my name, club and phone number clearly labelled on the bag; and
- not litter or leave rubbish at the Harbour Race; and
- accept the decision of Leinster Open Sea as final.

I confirm that I have not been advised against participation in the Harbour Race or open water swimming by a health professional.

If race officials or rescue crews consider that I am suffering from fatigue, hypothermia or disorientation or consider that I am in difficulty or danger, I authorise race officials and rescue crews to remove me from the water and bring me to a place of safety where I may obtain medical assistance.

I authorise Leinster Open Sea to use my photograph or digital image for publicity and media purposes.

I confirm that if I win a place or a prize that I will be available and on time for the presentation attended by sponsors and VIPs. I agree that if I do not turn up on time for the presentation that I will forfeit my prize.

All Swimmers in the Harbour Race and the Leinster Open Sea Races swim at their own risk.

- I. I understand that my participation in the Harbour Race and the other swimming races on the Leinster Open Sea Calendar in 2017 or future years, constitutes a risk of serious injury (including diseases, paralysis or death) or mishap to me, and I voluntary and knowingly recognise, accept and assume these risks personally and at my own volition.

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- II. I am entering the Harbour Race and or the other swimming races on the Leinster Open Sea Calendar in 2017 or future years, of my own free will. I am aware of and assume all risks associated with participating in these races, including, but not limited to:
- Slip and fall hazards at entry point and egress point due to uneven ground and wet surfaces;
 - Cuts and abrasions from rocks and sharp objects (including glass) at the entry and egress points;
 - Submerged hazards which are not visible from the water surface;
 - Collisions with objects floating in the river or the sea;
 - Collisions and contact with other swimmers competing in the race;
 - Collisions with rescue boats and kayaks;
 - Collisions with swimmers and mariners who are not participating in the race but who enter the race course;
 - Water pollution;
 - Risk of contracting infections and diseases including the following Leptospirosis (Weil's disease), E coli infections, Cryptosporidiosis and Hepatitis (The list is not exhaustive);
 - Stings and bites from marine or river life;
 - Hypothermia due to low air and sea temperature;
 - Seasickness and disorientation from wind and waves;
 - Effect of weather, wind, waver, currents and tidal streams;
 - Hazards caused by the shape of the sea floor or river floor or lake bed;
 - Damage or theft to personal property while swimming; and
 - Hazards posed by volunteers, spectators or members of the public.
- III. I shall participate with self-awareness, awareness of others and of my surrounding environment, with due care and caution, at all times looking out for my own safety and the safety of others.
- IV. I acknowledge that Leinster Open Sea is a voluntary not for profit organisation and that all members are volunteers. I understand that without their efforts, the Harbour Race would not take place. In consideration of (i) the taking place of the Harbour Race for it's 87th year; and (ii) my participation in the race, I hereby agree to keep:
- Leinster Open Sea;
 - The other host swimming clubs who run races on the Leinster Open Sea Calendar;
 - Swim Ireland;
 - Rescue crews (including Civil Defence and Irish Water Safety);
 - Dún Laoghaire Harbour Company Limited;
 - Other sponsors;
 - Volunteers, stewards, race officials, rescue boat owners, kayakers, first aiders and shore observers;
 - Directors, employees, representatives and any agents of the above
- free from any legal claim however caused by my participation in the Harbour Race or any other swimming race on the Leinster Open Sea Calendar in 2017 or in future years including any risks that may be the result of the negligence of those persons mentioned above. Accordingly, I release and discharge all those listed above from any losses or liabilities that may arise from my participation in the Harbour Race or any other race on

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the Leinster Open Sea Calendar in 2017 or future years and I agree not to sue any of those persons for any claims, losses, or liabilities.

- V. I grant permission for the use of my name, image and or likeness relating to my participation in the Harbour Race and or any other race on the Leinster Open Sea Calendar in 2017 or future years, and I waive all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness;
- VI. I agree to my personal details being held on computer database by Leinster Open Sea and shared with other host swimming clubs who run races on the Leinster Open Sea Calendar.
- VII. I also acknowledge that if Leinster Open Sea or any of the other host Swimming Club admit me to either the Harbour Race or any other swimming race on the Leinster Open Sea Calendar in 2017 or future years, it is my decision to enter the race and my duty to ensure that I am fit and able to safely complete the course without assistance. Leinster Open Sea and or the Host Swimming Clubs bear no responsibility for my decision to enter either the Harbour Race or any swimming race on the Leinster Open Sea Calendar in 2017 or in future years.
- VIII. I will further ensure that I will check the Leinster Open Sea website and ensure that I have read the current set of Rules and comply with the current Swimmer's Declaration before participating in either the Harbour Race or any other swimming race on the Leinster Open Sea Calendar in 2017 or in future years. I am aware that Leinster Open Sea and the other host swimming clubs reserve the right to change and amend the Race Rules and Swimmer's Declaration at short notice.
- IX. I will take responsibility for friends and family who accompany me to the Harbour Race or any other swimming race on the Leinster Open Sea Race. I will ensure that they follow the instructions of race officials, stewards and rescue crews.

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Appendix I

The following information will help Leinster Open Sea assess your swimming ability and will allow the Hon. Handicapper to set your handicap. After completing the online Fit Magazine form please email this information to leinsteropenseaswim@gmail.com.

Please outline how you heard about the Dun Laoghaire Harbour Race?

Please give the name and address of your swimming club?

Please outline your open water swimming experience including swimming in water from 9 to 15 Celsius?

Please outline your normal weekly swimming training?

Please disclose any medical condition, which you may suffer from?

Please list Open Water Races or Swims you have participated in since 1 June 2016 (Non wetsuit)?

Race or Swim	Date	Location	Distance (Kilometre)	Your Time	Water Temperature

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Handicapped Race

Leinster Open Sea run the Leinster Open Sea Races including the Dun Laoghaire Harbour Race under a handicap system so as to give each swimmer an opportunity of winning in their respective competition.

Based on the times you submit the Honorary Handicapper calculates your handicap. This determines when you will start the race. The slower swimmers will start swimming on "GO" whereas the faster swimmers will have higher handicap in intervals of 15 seconds after "GO". Some swimmers will have to wait several minutes after "GO" before they can start to swim. The winner is the first swimmer to pass the finish line. The handicap system gives each swimmer an equal opportunity to win their respective competition.

In order to help the Handicapper to assess you, we ask that you give the handicapper an honest and fair assessment of your times for some or all of the following times.

100 Metres

200 Metres

400 Metres

1,000 Metres