

# Desert Ultra Swim 2020

## Rules & Regulations

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The Desert Ultra Swim is an annual event run by the Alice Springs Aquatic & Leisure Centre. To keep records consistent it is important that these rules remain the same.

### Competition Rules

- Endurance Ultra: competitors must swim a distance of 2km every hour (40 laps of 50m pool)
- Endurance Sprint: competitors must swim a distance of 1km every hour (20 laps of 50m pool)
- Failure to start the next race at :59 on the hour means you have exited the race. Late starts are not allowed.
- Optional respite lanes will be provided in the 25m indoor pool between the hours of 12pm – 3pm. 1 lane for 2km swimmers & 1 lane for 1km swimmers.
- Respite lane users are required to complete the same distance within the hour (80 laps of 25m pool for 2km category and 40 laps of 25m pool for 1km category)
- A maximum of 3 swimmers per lane are permitted in respite lanes at any given time
- Swimmers must complete the full distance in 1 pool within the hour
- Once distance has been completed competitors may rest, get out of water, eat, sleep etc.
- All competitors must start the next hour in the water and at the specified time. Failing to do so will result in elimination.
- Strokes permitted; freestyle, backstroke, breaststroke, butterfly
- Wetsuits are permitted. Must not exceed a thickness of 5mm.
- Swim aids of any type are prohibited. You may wear a swim suit/wetsuit, one silicone or latex swim cap, ear plugs, and goggles.
- MP3 players are not permitted
- Water temperature for competition will be between 26-28°C.
- Each competitor will need to have a “lap counter” to count each lap swum. This person can change but must have someone at all times.
- Participants under 16 years are to be supervised by parent or guardian at all times.
- If we reach 06:00am on Sunday with more than one racer, the race directors will implement a race-off.
- In the event of an emergency (code yellow, brown, blue) where swimming conditions become unsafe the competition will cease and results will be determined by the furthest distance swum at that point in time.
- Good sportsman-like conduct will be demanded of all competitors. Any unsportsmanlike conduct will be grounds for instant disqualification.

### Swimming Etiquette

- Stay as far to the left in the lane as possible.
- No diving in the shallow end.
- If stopping at the wall please make sure you are not in the middle as swimmers behind you may want to turn.

- If you are trying to pass a swimmer please do not constantly touch or grab at their feet. Once should be enough.
- When entering the water please be careful of other swimmers.
- If you are tired and feel you can't go on, please let an official know.

### Staying on Site T&C's

- Rest areas are allowed to be set up on grass area to the side of the 50m Pool. Rest areas must not go further than the BBQ's located on the oval
- Non-competitors remaining on site after the hours of 7:00pm Saturday are not permitted in the water. They must sign in and out at the registration area so accurate numbers are recorded
- The Alice Springs Aquatic & Leisure Centre is situated in a residential area noise is to be kept at an absolute minimum after the hours of 10pm
- Access to toilets & showers available at all times
- Access to Kitchenette (microwave, fridge) available at all times
- Access to BBQ facilities restricted to normal centre opening hours 9am-7pm
- Competitors and support crew must arrange their own food and drinks for the duration of the event.
- Onsite kiosk will be available between the hours of 9am – 7pm.

### Registration Terms & Conditions

- No minimum age but all competitors under the age of 18 years require parent/guardian permission. Also all competitors under the age of 16 must have a parent/guardian present for entire duration.
- Registration and payment must be done at the Alice Springs Aquatic & Leisure Centre and payment must be made at the time of registration.
- Any withdrawal from event within 7 days of event will not be eligible for a refund.
- If the event is cancelled by ASALC all competitors will be refunded