

Racing guide (ENG):

Estonian Open Winter Swimming Championships 2019/2020 season

The championships will be held on December 14th 2019 in Tallinn at [Port Noblessner](#) in 25m pontoon pool with 4 lines.

Event schedule:

- * **9.00** Competition office is open for accreditation of participants.
- * **10.30** 100m freestyle
- * **11.00** 25m ice fly
- * **11.30** 50m freestyle
- * **12.30** Charity Team Relay “ Doggy style”
- * **13.00** 100m medley (ice fly, backstroke, breaststroke, front crawl)
- * **13.30** 25m head up breaststroke
- * **14.30** 4x25m team relay freestyle and breaststroke
- * **15.30** 450m freestyle endurance
- * **19.00** award giving ceremony, dinner & after party at the restaurant [Seven Seas](#)

Depending on weather conditions and the number of registered participants, the organizers have the right to make changes to the schedule preliminarily notifying participants.

Registration:

Is open on the website: <https://my3.raceresult.com/140438/>

Fee of each individual start is 15 EUR, in case competitor takes part at least 4 or more distances, the fee will be 50 EUR for all starts together.

Team relay fee is 40 EUR

Dinner - after party 25 EUR

Deadline of registration is December 10th

Registration is secured after the payment.

Registration for the team relay is possible on the event day in the competition office.

In this case starting fee per team is 50 EUR

There will be different categories for women and men in each age group, except 100m medley and 450m freestyle endurance, where only absolute 3 best (still both categories women and men) will be awarded.

Team Relays will be held in one absolute category. Relay teams must have at least one person from the opposite gender except in “doggy style” Charity Team Relay.

Age groups:

- B under 20.
- C 20-29
- D 30-39
- E 40-49
- F 50-59
- G 60 +

The age groups are determined by the swimmers age on October 31 2020, the last day of the winter swimming season.

Racing Terms and Conditions:

Start the race is from water with front shoulder under the water, another hand holding from handrail. It is allowed 5m diving near the water surface from the start.

False start will result in a 5 second penalty being added onto the race time.

Blatant false start will result in disqualification.

Tumble turn is not allowed, touch turns only. The turn is completed by touching the wall (not the steps)at least with one hand. After the turn, 5m diving near the water surface is allowed.

In order to finish, the competitor must touch the wall at the end of the line at least with one hand.

During the head up breaststroke the crown of head should not go under the water.

Swimmers using the wrong swimming style during the race will be disqualified.

During the medley the different swimming styles must be completed in the named order.

On the team relay distance each subsequent swimmer can start from water holding the handrail with one hand, front shoulder under the water, only after previous swimmer’s hand touches the wall at the end of the line.

Walking in the water or pushing from the bottom of water during the distance is not allowed.

Alcohol, drugs, warming lubricants or ointments for the body cannot be used.

All the protests should be submitted in writing to the competition office within 30 minutes after the race results making a deposit of 50 EUR. If the protest is satisfied, the deposit will be returned to the applicant. Decision about the protest will be made by protest committee.

Swimmers outfit:

The usual swimming suit or swimming pants, shoulders and knees must not be covered.

Neoprene and special technology of thermo insulation is not allowed.

Gloves, socks and shoes are not allowed.

Swimming cap is compulsory.

It is allowed and encouraged to wear fancy hat or cap during the 25m head up breaststroke as long as it is not inhibit or endanger swimmers.

Award giving ceremony:

The 1st, 2nd and 3rd place of each age group and category will be awarded with medals and diplomas.

The absolute winner of each discipline in both categories will be awarded with medals.

All participants will receive welcome packages. Participation diploma if desired.

Well-being of participants:

Wardrobes, toilets and saunas are located by the pool. Participants get warm drink and water, lunch is available for extra charge inside the competition arena.

Head judge: Andres Kübar

Organizing commite: Evelin Jõgeda, Rauno Pärj, Anton Bazõlev, Merilin Metsalu, Erkki Kasenurm, Henri Kaarma.

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