

IGLA LONDON 2023

25 – 30 JUNE 2023
LONDON2023.ORG



OPEN WATER CONFIRMATION PACK

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Introduction

This document contains the required information needed to compete at the IGLA London 2023 Open Water Championships.

Please ensure you read this document carefully as some information may be new to you.

Contacts

IGLA London 2023	Venue
Meet Promoter: Richard Walton richard.walton@london2023.org	Docklands Sailing and Watersports Centre
Meet Administrators: Richard Snow richard.snow@london2023.org	235A Westferry Road, London E14 3QS
General Support	Directions
support@london2023.org	02075372626 www.dswc.org

Entries

All accepted entries will be published on the sports page under the KEY DOCUMENTS tab

www.london2023.org/sports/openwater

If you believe that your name is missing, please contact hannah.stoltz@london2023.org by Midday 20th June 2023.

BBQ at Millwall Docks

To celebrate the open water at the London IGLA 2023 Championships OTS London Swimming would like to invite you to an afternoon BBQ following the end of racing.

There will be an open bar also.

This event is open to all competitors and their plus 1's.

See booking page for menu and details.

Advanced booking is required before 14/06/2023

[Buy Your Ticket Here >](#)



Telegram Channels

To reduce the amount of paper we use, we will be using Telegram to communicate with Competitors, Coaches and Spectators both before and during the event.

[Telegram](#) is a secure messaging application that works on mobile, tablet and laptop devices that have an active internet connection.

We will be using Telegram to send out reminders before the championships, along with notification of starts lists being ready, results being published etc.

If you have not used Telegram before you'll need to create an account. The app and sign up is completely FREE. You can create a username and hide your mobile number.

Install the app:

[Telegram for Android](#) | [Telegram for iPhone/iPad](#) | [Telegram Web](#)

When you have Telegram installed then you will need to join the IGLA London 2023 Channel.

General Channel



t.me/+okYtTJdhzGsxOGIO

Swimming Channel



t.me/IGLA2023Swimming

Open Water Channel



t.me/IGLA2023OpenWater

Water Polo Channel



t.me/IGLA2023WaterPolo

Artistic Swimming Channel



t.me/IGLA2023ArtisticSwimming

Diving Channel



t.me/IGLA2023Diving

Accreditation Wristbands

Accreditation wristbands must be worn at all times inside the venue by participants, coaches and Team Managers. Accreditation will be issued on an individual and event basis, and is non-transferrable.

When competing wristbands must be removed.

Accreditation Check In

All attendees must attend check-in before they access the poolside.

- Please leave ample time before you check in to the event.
- Please bring ID for check in.
- You cannot check in other participants.

London Aquatics Centre:

Date	Time
Saturday 24 June	13:00 – 18:00
Sunday 25 June	10:00 – 17:00
Monday 26 June – Thursday 29 June	07:00 – 18:00
Friday 30 June	07:00 – 11:00

Docklands Sailing and Watersports Centre:

Date	Time
Wednesday 28 June	08:00 – 10:00

Team Managers

Team Managers (including coaches and chaperones) requiring access to poolside must purchase a Poolside Accreditation pass in advance of the event via the registration portal if they are not competing themselves.

Lost or Forgotten Accreditation Passes

A £10 charge will be applied on all lost or forgotten wristbands if a competitor arrives at the event without their accreditation.

Accreditation checks will be carried out at the event and entry into the event may be denied without the accreditation wristband.

Competitor Information

Schedule

Please Note: The schedule may be subject to last minute changes, but competitors will be informed if changes do occur.

Session	Session Start Time
08:00	Registration Opens
09:30	2.5k All Waves Safety Briefing
10:00	Registration Closes
10:00	2.5k Wave 1
10:05	2.5k Wave 2
10:30	5k Safety Briefing.
11:00	5k Wave 1
13:00	5k Wave Final Cut Off
14:00	Medal Ceremony.
14:30	Barbeque.

Registration

Upon arrival, please ensure you report to the Registration Desk which will be clearly signposted.

Here you will check in for your race and collect your race pack

It is competitors' responsibility to ensure that all timing chips and wristbands are securely fastened.

Briefing

Briefing will take place in the Briefing Hall which will be clearly signposted. It is essential that every competitor and their coaches are present at the briefing as important information will be provided about the race and safety procedures will be explained. All competitors will be marked in and out of briefings to ensure everyone has received the information.

Competitors and their coaches must attend the briefing specific to their wave, at the time listed in the schedule. Any swimmer who has not attended the briefing will not be able to swim.

Event Conditions

These can be found at the end of this document.

Swimwear

If wetsuits are to be worn, swimming costumes should be worn underneath. Please ensure you read the below Water temperature and Wetsuit information and the event conditions.

In Open Water, swimwear for all participants shall not cover the neck, extend past the shoulder, nor extend below the ankle.

OW14 No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used. Only one costume is allowed.

OW15 Competitors shall be allowed to use grease or other substances providing these are not deemed as excessive, in the opinion of the Referee.

Swimwear should be of a textile material, as pool rules apply. Swim England guidance is:

- The material used for swimsuits can be only "textile fabric" defined as material consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.

Water temperature and Wetsuits

Average water temperature for the dock in late June is 19.5°C (67°F.)

Any swimmer who wishes to change category to wetsuit or non-wetsuit can do on the day.

All participants should have access to a wetsuit should the water temperature demand wetsuits be compulsory for your safety.

The following guidance has been issued by the British Swimming Officials Group relative to the suitability of Wetsuits in Open Water Competition:

This rule change has been brought about to increase safety for competitors in water between 16° – 17.9° (wetsuits compulsory), 18° – 19.9° (wetsuits optional) and 20° (swimming costumes). In accordance with other swimsuit rules British Swimming will conform to the intention of the rule. We do not provide interpretation of FINA rules – only FINA as the governing body can interpret their own rules.

However, to provide guidance, the discussion to date has been around what would constitute coverage of the shoulder. An informed view is that to ensure complete coverage of the shoulder the wetsuit must include a sleeve, as a minimum polo or 'T' shirt length covering the full shoulder and upper arm in order to maintain shoulder cover during swimming, full arm to wrist has been suggested although elbows do not feature in the rule, whereas coverage of knees as a mid-limb joint in respect of leg length of a wetsuit is.

It is expected that officials will apply common sense when dealing with references to neck, wrists and ankles. As in all Open Water events held in the home counties of England Scotland and Wales the Chief Referee will have responsibility for the overall management of the rules.

Acclimation

Swim England recommend that swimmers are in the water for at least 5 minutes prior to the start of their race to help acclimatise to the water temperature.

Medical

The course will be marshalled by safety boats and kayaks. We will have First aiders and Emergency transport members in attendance to assist anyone experiencing any issues.

Safety Information

Safety boats will be on the water and course officials patrolling the edge of the dock. If a competitor gets into difficulties, they should lie on their back in the water with their arm in the air. A rescue boat, will come and collect the swimmer.

Competitors are never far from the dock edge and the turn sections of the course are indicated by large fluorescent buoys.

Please use sun block whatever the weather; always apply after numbering or an hour before numbering to allow time for it to soak in.

Wear mirrored goggles to prevent glare and wear goggles underneath the swim cap. This will avoid goggles being knocked off the head at the start and around the turn buoys.

Stay relaxed at the start of the race and don't panic. Cold water can make competitors breathe rapidly. If this happens, try to stay calm and concentrate on breathing deeply until the body adjusts to the water temperature.

Timing and Results

The race will be electronically timed by Results Base.

It is important that you wear the wrist chips you have been provided with and that you reach up and touch the finish banner to ensure your timing and place is registered.

Unofficial results will be available to view online.

Confirmed results will be posted on the IGLA London 2023 website.

Presentations

Medals shall be awarded to 1st, 2nd and 3rd place in each age group for each event. If there are fewer than four competitors in any one age group, then a minus one ruling shall apply (e.g. if there are 3 participants, then a 1st and 2nd place shall be awarded only).

Medal presentations will take place at the end of the days programme after results for each race have been confirmed and after everyone in the wave has finished.

Competitors who have achieved medal positions should report to the presentation podium fully dressed.

Withdrawals

To ensure that the meet runs efficiently it is essential that those not intending to swim inform the withdrawal desk as soon as possible.

Advanced withdrawals should be made before 23:00 BST on 20th June 2023 online via the withdrawal form.

After this date withdrawals must be made in person no later than 60 minutes before the start of the event.

Once withdrawn participants may not be re-entered. In line with the General Athletic Terms refunds are not issued for withdrawn events.

[Online Withdrawal Form](#)

Race Course



Not drawn to scale. Course may change on the day. Final details will be given at the competitors' briefing.

Race Instruction

Access to the swim start will be from a pontoon into the water.

For safety reasons, it is competitors' responsibility to ensure that the race numbers are clearly displayed throughout the race.

- Start is in the water with a mass wave start at the sound of the starting horn.
- Swim direct to Turn 1
- Swim clockwise passing on right shoulder
- 1 lap = 1.25 km (1250 metres):
 - 2.5km swim 2 laps
 - 5 km swim 4 laps
- **Finish:** On completing your final lap, swim to the end of the second pontoon.
- Timing mats will be laid on the end of the pontoon. Ensure you touch your chip to the mat.
- You may then move to the side and swim down/exit at your leisure via the ramp.

Further details regarding the race procedure will be given at the competitors' briefing.

Venue Information: Docklands Sailing and Watersports Centre



Changing

Showers and toilet facilities are available to competitors, including accessible changing and shower facilities.

Lockers

Lockers are available for participants in the changing rooms and can be operated via non-returnable 20p coin.

A bag drop will be available on the day.

There are no lockers available for spectators and guests.

Catering

There will be limited refreshments available on the day. We recommend swimmers and spectators to bring ample drinks and snacks as required.

Lost & Found

All reports of lost items at the venue should be directed to the IGLA Registration Desk.

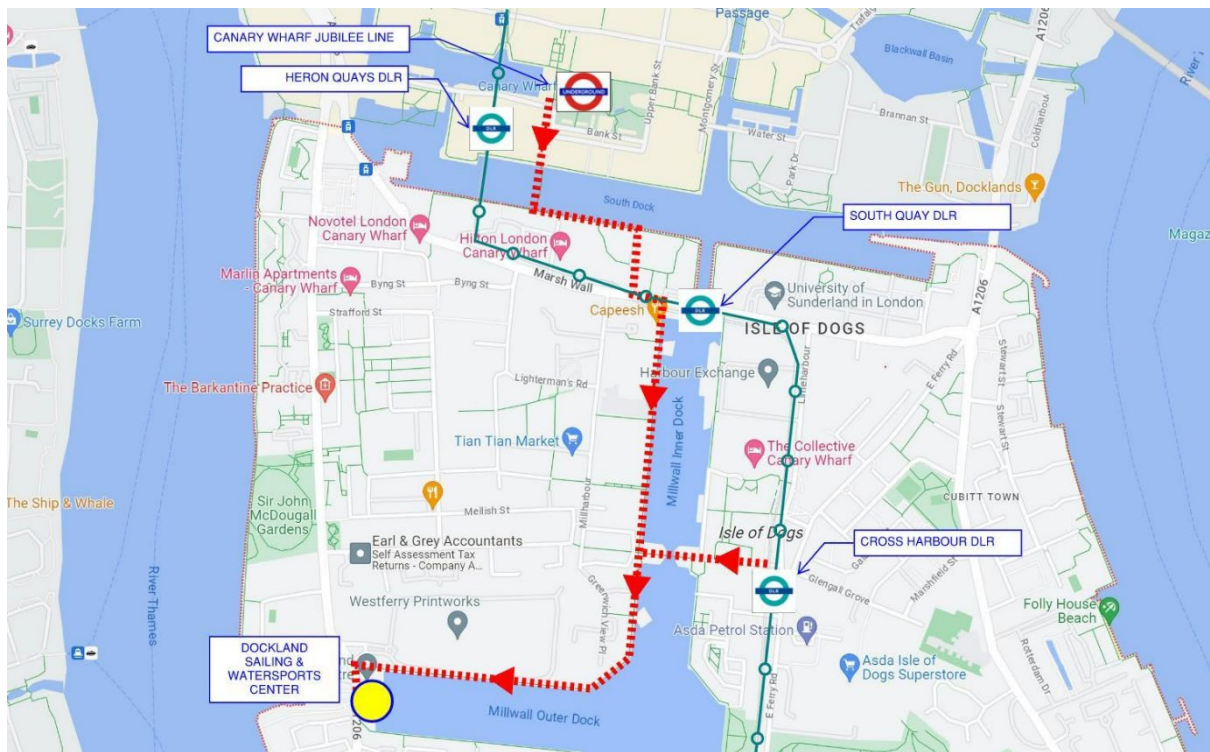
All found items should be delivered to the IGLA Registration Desk.

Getting Here

We strongly encourage everyone to use public transport across the championships. We stand with the Mayor's mission to improve London's air and protect the environment.

Public transport is the best and easiest way to get to and from the venue – by train, underground, bus or bicycle.

[TfL Plan a journey >](#)



Docklands Light Railway

DSWC is a 20 minute walk from either South Quay or Crossharbour Stations on the Docklands Light Railway (DLR). From either station follow signs to Millwall dock then it's an easy walk along the dockside round to DSWC.

Please remember to always touch in and touch out when travelling on the DLR.

Many stations do not have gates and the card readers can be hidden away so make sure to look for them. DLR has many ticket inspectors, and it is easy to get a fine.

Coming from central London join the DLR at either Bank or Tower Gateway stations. Take any train to Lewisham. If no train is shown take the first train and change at Shadwell.

Coming from Stratford take the train to Canary Wharf and change for onward trains to Lewisham.

Coming from Lewisham take any train to Bank.

Underground

Canary Wharf Station on the Jubilee Line is a 25-30 minute walk. On exiting the station follow signs to South Quays or Millwall Dock. To get to the bridge over South Dock you must pass through the glass building south of Canary Wharf tube which looks as though you are entering an office but public are allowed to walk through.

Bus

DSWC can be accessed by the 135, 277, and D7 buses. All these also connect with Canary Wharf Underground Station.

Bike

There is ample bike parking inside the venue.

The nearest Santander Cycles docking stations are [Alpha Grove](#) and [Millharbour](#), both 7 minutes walk away.

River Boat

Masthouse Terrace Pier is the nearest River Boat pier and is services by the [RB1, RB2 and RB6](#).

From Masthouse Terrace Pier it's a 15 minute walk. Follow the main Westferry Road/A1206 north and the DSWC will be on your right.

Car

DSWC has limited parking availability and we request everyone uses public transport. If you have specific need to come by car you must contact us in advance so we can arrange parking.

Accessibility



Level Access and Automatic Doors (or No Doors)



Ambulant Toilet



Mobility Impaired Walker



Step Free Standard Toilet



On-Site Parking



Accessible Shower



Blue Badge/Accessible Parking Bays



Seat(s) Available



Accessible Toilet

Thank You

IGLA, the IGLA London 2023 Delivery Board and Out To Swim would like to express their sincere thanks to all our volunteers, officials and event stakeholders for supporting the planning and delivery of the IGLA London 2023 Championships.

IGLA London 2023 – Open Water

General Event Conditions

1. MEET ADMINISTRATION

- 1.1. **Meet Promoter:** Richard Walton (richard.walton@london2023.org)
- 1.2. **Meet Administrator:** Richard Snow (richard.snow@london2023.org)
- 1.3. The competition will be held under Swim England Laws and Regulations and the FINA Masters Technical Rules of Open Water Swimming.
- 1.4. The meet will take place at Docklands Sailing and Watersports Centre, 235A Westferry Road, London, E14 3QS

2. GENERAL CONDITIONS

- 2.1. The meet is held in conjunction with the IGLA London 2023 General Athletic Terms and Conditions.
- 2.2. In the interests of safety, to keep the event within the available time booked at the hosting facility and to ensure the smooth running of the Meet, IGLA London 2023 reserves the right to restrict the number of entries in any given event.
- 2.3. No persons, unless officials, staff, coaches or team managers displaying a valid accreditation pass, shall be allowed in competition areas. Accreditation must be worn at all times inside the venue within accredited areas.
- 2.4. Participants are advised not to leave their belongings unattended and to ensure that valuables are placed in a secure locker or deposited with someone for safe keeping. IGLA London 2023, Out to Swim and the venue management will not be held responsible for property that is damaged, lost or stolen.

3. DATA PROTECTION

- 3.1. We will process personal data submitted by the swimmer or their club in accordance with the current Privacy Notice published by London IGLA 2023 CIC¹. With respect to this meet we will process personal data for the legitimate purpose of running the gala. The items of personal data processed are name, Swim England number, date of birth, sex, and para-swimming classification (if applicable). During the gala we will process name, sex and competition age in reports for the legitimate purpose of running the gala efficiently. At the end of the gala, we will process name, sex, Swim England number and date of birth in the electronic submission made to British Rankings and IGLA. We may also share the full results of the meet, excluding the dates of birth of swimmers, with the competition secretaries of those clubs taking part.

- 3.2. After the gala the personal data processed will be stored securely in both document and electronic formats for 12 months and then erased. This period of storage permits the accurate response to enquiries about the gala and provides statistical information for the purpose of designing the following year's gala. No personal data will remain on any electronic timing systems used to run the gala. You have the right to have your personal data erased from our systems if you have withdrawn from the gala. You also have the right to object to the processing of your personal data. In both cases, please make your request to the promoter.

4. ELIGIBILITY FOR ENTRY

- 4.1. Swimmers must be registered with either:
 - 4.1.1. Swim England as "Club Compete" (Cat. 2) competitor, or
 - 4.1.2. Another FINA-registered National Governing Body.
- 4.2. In line with the General Athlete Conditions International Participants should take care that they have the correct permissions to compete abroad. By signing up you are confirming that:
 - 4.2.1. Your home nation's FINA-registered National Governing Body has granted you permission or a permit to compete abroad.
 - 4.2.2. You have taken out sufficient insurance to cover you in the event of an accident, illness or incident. You understand that you are not covered by Swim England insurance.
- 4.3. UK and international swimmers who are not registered with an eligible club can pay a fee of £15.70 to use the Swim England Temporary Membership scheme.
- 4.4. A competitor must be a registered member of the club in whose name they are entered at the closing date. A competitor may only compete for one Club in the competition.
- 4.5. By submitting an entry to this Meet, a competitor attests to the fitness and ability of the competitor to complete the event without foreseeable injury or incident and without causing delay to the event schedule.

5. AGE AND GENDER CRITERIA

- 5.1. Age Groups swum in the meet will be:
 - 5.1.1. Seniors: 18-24 (years old)
 - 5.1.2. Masters: 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; 100-104; 105-109 and so on at 5-year increments as necessary.
- 5.2. A swimmer's age shall be determined as at midnight on 31st December 2023 except "seniors" who should have achieved their 18th birthday on or before the day of competition.
- 5.3. IGLA actively welcomes swimmers of all sexual and gender identities. The competition is open to trans, non-binary, lesbian and gay athletes and their allies. Any participant may register for the women's, non-binary or men's events. No proof of identity is required. Medals will be awarded for

each of three categories: male, female, open. Results uploaded to Swim England or your relevant FINA association will be reported based on the sex registered with your governing body.

6. EVENTS

- 6.1. The Championships shall consist of a 2.5km and 5km race.
- 6.2. Swimmers who wear traditional swimwear (Category I) and swimmers who wear wetsuits and rashguards (Category II) will compete in separate divisions.
- 6.3. A cut off time limit will be 2 hours 30 minutes (150 minutes) for the 5km event and 1 hour 15 minutes (75 minutes) for the 2.5km event from the start of each race.

7. MEET PROCEDURE

- 7.1. Registration: Competitors MUST sign in at the registration desk at the appropriate time.
- 7.2. The medical disclaimer must be signed on the day of the event.
- 7.3. Competitor No: Competitors must have their number displayed on their back or upper arms and wear the wristband provided.
- 7.4. All competitors must have trimmed fingernails and toenails and must not wear any jewellery, including watches.
- 7.5. Swim Gear: No competitor shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy. Goggles, cap, nose clip and ear plugs may be used. Only one swimming costume is allowed. In Open Water swimwear competitors shall not cover the neck, extend past the shoulder, nor extend below the ankle.
- 7.6. Grease: Competitors shall be allowed to use grease or other substances providing these are not deemed as excessive, in the opinion of the Referee.

8. RESULTS AND AWARDS

- 8.1. Participant's times will be computer processed. These results will then be available on the day and posted online. Following the meet, all results will be sent to Swim England to be included on their Masters rankings list and to IGLA.
- 8.2. The first, second and third fastest swimmers in each age category (see condition 5.1) in each event shall be awarded medals.
 - 8.2.1. There shall be no official presentation of medals. Medals will be available for personal collection from the Presentation Desk subsequent to the publishing of the official results for each event.
 - 8.2.2. Medals not collected during the meet will not be made available subsequent to the meet.

- 8.3. If there are fewer than four competitors in any one age group, then a minus one ruling shall apply (e.g. if there are 3 participants, then a 1st and 2nd place shall be awarded only).
- 8.4. Results will be available from www.london2023.org/results

9. SAFETY AND CONDITIONS:

- 9.1. Water temperature will be monitored in the run up to the Championships.
- 9.2. On the day of the Championships, prior to the start of the competition, the course will be inspected and water temperature measured to ensure all of the safety requirements are met and the conditions are suitable for staging the Championships.
- 9.3. Reasonable modifications may be made to the course or the manner in which the Championships is conducted based on the conditions at the time.

10. CANCELLATIONS

- 10.1. If the conditions are deemed to be unsuitable and not safe at the Championships, a decision may be made to cancel or stop the Championships.
- 10.2. Full refunds of entry fees to the Championships will be offered to all competitors.
- 10.3. No refunds will be offered for any other expenses incurred in relation to the Championships.

Out to Swim very much looks forward to welcoming you to IGLA London 2023 Open Water Swimming Competition.