



SWIMRUN
AUSTRALIA

Race Rules

Version 2.2 [7 February 2024]



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1. Introduction

1.1 Intention

Competition rules are intended to

- 1.1.1 Facilitate fair play, equal terms and sportsmanship.
- 1.1.2 Support ingenuity and skill without unduly limiting athletes.
- 1.1.3 Penalise athletes who gain, or seek to gain, an unfair advantage.

1.2 Race Organisation

Swimrun Australia races are organised by OceanFit Pty Ltd (Organisation).

OceanFit Pty Ltd

2 Leswell Street

Bondi Junction NSW 2022

Australia

2. Athlete Conduct

2.1 General

Each athlete must:

- 2.1.1 Practice good sportsmanship at all times.
- 2.1.2 Be responsible for his/her own safety and the safety of others.
- 2.1.3 If racing in a team, stay together at all times and not be more than 10 metres apart.
- 2.1.4 Help in case of emergency if the Organisation asks for it.
- 2.1.5 At their best ability help another athlete that has been injured or who is unwell.
- 2.1.6 Know, understand and follow all race rules, as stated herein, in the event-specific race information and at the event-specific athlete briefings.
- 2.1.7 Treat race officials, staff, spectators, the general public and other athletes with respect and courtesy.
- 2.1.8 Obey laws and local regulations and avoid any type of demonstration of political, religious or racial propaganda. Failure to obey laws or local regulations and /or failure to refrain from demonstration will result in disqualification.
- 2.1.9 Avoid the use of abusive language.
- 2.1.10 Not dive head-first into the water.
- 2.1.11 Not wear headphones.



- 2.1.12 Take all caution when crossing a road and follow road and traffic rules at all times
- 2.1.13 Inform a race staff promptly after withdrawing from the race prematurely.
- 2.1.14 If racing in a team, stay with their partner, cease to participate, and accompany their partner back to the event hub if their partner has had to withdraw from the race.
- 2.1.15 Compete without receiving assistance from other parties other than race staff or other athletes.
- 2.1.16 Not dispose of trash or equipment on the course. Intentional or careless littering may result in a time penalty or disqualification.
- 2.1.17 Not gain or attempt to gain any unfair advantage from any external vehicle, object or method.
- 2.1.18 Show respect to the residents and obey local laws if training on or scouting the course before the race.
- 2.1.19 Know that you are participating at your own risk and cannot hold the Organisation responsible for any accident during the race.

2.2 Entry Conditions

- 2.2.1 Each entrant needs to have valid Triathlon Australia insurance for competing in Swimrun Australia events. This can be in the form of current Triathlon Australia membership, or by purchasing a Triathlon Australia One Day Licence at registration.
- 2.2.2 Entrants wishing to withdraw after entering will be subject to the following refund conditions:
 - 75% refund if advised 6 or more weeks out from the event
 - 50% refund if advised 4 weeks out from the event
 - No refunds within 4 weeks of the event
 - Entries carried over from previous events are not eligible for a refund
 - These timeline conditions apply to all requests we receive regardless of circumstances
 - Refunds do not include the Processing Fee, which is non-refundable
 - Requests for refunds must be made to the Organisation in writing via email at info@swimrun.com.au.
- 2.2.3 After entering, teams can transfer one team member and make one race category transfer up to when entries close or 3-days before the event, whichever is the latest. The administration fee for transfers is \$20.
- 2.2.4 After entering, there are no transfers permitted between race distances or from solo to team or team to solo.
- 2.2.5 After entering, if a member of a team is unable to race, the other team member may apply to race solo. This option is only available if there are spots available in the solo category and there is no refund for the price difference.
- 2.2.6 No external sale of the entry is allowed.



- 2.2.7 No entries can be deferred to the same event in another year.
- 2.2.8 No entries can be deferred to another event in the same year.
- 2.2.9 Each athlete must show proof of identification at the race registration.

2.3 Eligibility

- 2.3.1 For the purposes of determining eligibility, the following race names are represented by the corresponding distance:

Race Name	Distance	Minimum Age
Mini	Under 5km	12 years old
Sprint	5 - 9km	12 years old
Short	10 - 14km	15 years old
Long	15 - 24km	15 years old
Endurance	25km or above	17 years old

- 2.3.2 Age determination for the minimum age for entry for all races and for age category assignment is determined by the athlete's age on December 31st during the Triathlon Australia season which runs from 1 July to 30 June.

For examples on how to determine age at different times of the year, see Appendix B.

- 2.3.3 Minimum ages may vary between events depending on the actual distance of the race.

2.4 Timing and Tracking

- 2.4.1 The race time is from the start time until the finish line.
- 2.4.2 All athletes have to pass all the tracking checkpoints along the course.
- 2.4.3 All teams have to pass the tracking checkpoints and the finish line together.
- 2.4.4 All athletes need to enter the start box from behind to activate the tracking chip. Non-activated chips may result in disqualification.
- 2.4.5 After the race, the tracking chip needs to be returned to officials at the finish line. The fee for a non-returned chip is \$100.



2.5 Cut-off times

- 2.5.1 Throughout the course there will be cut-off points that athletes will need to pass by a certain time to be able to continue racing, these are for athlete and staff safety.
- 2.5.2 Cut-off times are determined for each event and will be posted on the event information page.
- 2.5.3 Failure to cease racing at the request of an official will result in disqualification and the inability to enter any future Swimrun Australia events.

2.6 Results

- 2.6.1 Results are determined by the solo/team race time.
- 2.6.2 If the event doubles as the Australian Swimrun Championship, the Championship results (as determined by the Championship rules - see Section 8.3) will take precedence.

3. Course

3.1 General

- 3.1.1 Athletes must follow the official course route.
- 3.1.2 The course will not be extensively marked. It is the athlete's responsibility to know the course.
- 3.1.3 Athletes must cover the course route in its entirety. Failure to do so will result in a time penalty or disqualification.
- 3.1.4 When running alongside roads, athletes must stay on the footpath at all times (unless crossing a road). Running on roads is strictly prohibited and may result in a time penalty or disqualification.
- 3.1.5 The course is open to the general public, athletes must be considerate and allow the public right of way at all times.

3.2 Course Modifications

- 3.2.1 It is possible that Swimrun Australia may change the course for safety and/or other reasons at any time before or during the race.
- 3.2.2 The final course will be communicated to athletes on the day of the event via course maps in the registration area and as part of the pre-event briefing. The final course may include last-minute changes made on the morning of the event.
- 3.2.3 The course communicated in the pre-event briefing is deemed to be the official course for the event. Claiming ignorance over course changes will not be a defence in



any penalties that may come from not completing the official course.

- 3.2.4 Should it be necessary to modify a leg during the race, event staff will communicate the alternate route in real-time and athletes must follow the instructions of staff.
- 3.2.5 If any swim legs are considered to be unsafe, for reasons including but not limited to poor water quality, adverse weather or water conditions, dangerous surf, other water users/craft on the course, or water safety preoccupied with assisting an athlete/s, one or more, or all, of the swims may be removed from the course.
- 3.2.6 Should it be deemed necessary to remove all the swims from the event due to an unacceptable level of risk, a revised run-only course will become the official course. In this instance, there will be no need to carry the mandatory swim cap.

4. Equipment

4.1 General

- 4.1.1 Athletes need to carry all their equipment on their person from start to finish.
- 4.1.2 Before the start teams will be randomly selected for a check of the mandatory equipment. If the athletes are missing any of the equipment required, they will not be allowed to start.
- 4.1.3 Solo athletes and teams that finish in a podium place will be checked for mandatory equipment before placings become official.

4.2 Mandatory Equipment Per Person (supplied by each athlete)

- 4.2.1 1 swimsuit/race suit, suitable for running and swimming.
- 4.2.2 1 whistle, easily accessible so you are able to use it during the swims.
- 4.2.3 1 pair of shoes, worn at all times, including during the swims.
- 4.2.4 Athletes in the Mini race are not required to wear shoes or carry a whistle.

4.3 Mandatory Equipment Per Person (that Swimrun Australia will supply)

- 4.3.1 A race bib/vest that must be worn and visible all the time during the race.
- 4.3.2 A timing/tracking chip.
- 4.3.3 A swim cap that must be worn on the head during all the swims. Failure to wear the swim cap during swims will result in disqualification.
- 4.3.4 Athletes in the Mini race are not required to wear a race bib/vest unless specifically stated for a specific event.

4.4 Recommended Equipment

- 4.4.1 Wetsuit/Wetsuit shorts, suitable for the current water temperature.
- 4.4.2 Pull buoy, 1 per person.



- 4.4.3 Hand paddles, 1 pair per person.
- 4.4.4 Goggles, 1 pair per person.
- 4.4.5 Nutrition, as required, must be worn on the body and any waste/wrappers carried on the body to be disposed of at the finish of the race.
- 4.4.6 Reusable, collapsible drinking cup. Aid stations are cup-less except for a small number to be used in an emergency.

4.5 Equipment Restrictions

- 4.5.1 The maximum total size of a pull buoy that you can have in a Swimrun Australia race is 32 cm x 30 cm x 15 cm.
- 4.5.2 No equipment can be modified with paint or colour that washes off in the water.
- 4.5.3 Swim fins are not permitted.
- 4.5.4 Shoes must have a rubber sole.
- 4.5.5 Tow floats are not permitted.

4.6 Optional Equipment

- 4.6.1 Tethers may be used with a maximum length of 10m.

4.7 Wetsuits

- 4.7.1 Wetsuits may become mandatory in events where the water temperature falls below 18 degrees Celsius.

5. Penalties

5.1 General

- 5.1.1 Failure to comply with any of the Competition Rules may result in an athlete/team receiving a time penalty, disqualification from the race, suspension from multiple events or expulsion for life from all events.
- 5.1.2 The nature of the rule violation will determine the type of penalty.
- 5.1.3 A suspension or an expulsion will occur for serious violations of the Competition Rules. The severity of the violations shall be determined by the Race Jury.
- 5.1.4 The most common rule violations and penalties are set forth in Appendix A.

5.2 Race Jury

- 5.2.1 The race jury is made up of the Race Director, the Triathlon Australia official delegate and one member of Swimrun Australia or their delegate.



- 5.2.2 The race jury:
- Enforces the rules
 - Decides the outcome of a protest
 - Decides about time penalty, disqualification or expulsion
 - Decides about course changes and changes in the rules.
- 5.2.3 At least two members of the jury are needed to be able to take a race jury decision.
- 5.2.4 The race jury has the right to use “common sense” to make a decision about a situation if it is not clear in the rules.
- 5.2.5 The decision of the race jury is definitive.
- 5.2.6 The race jury is not required to give athletes a warning before issuing a penalty.

5.3 Protests

- 5.3.1 A protest must be given in writing to the Race Director within an hour after finishing the race.
- 5.3.2 A protest must include:
- Time and location of protest incident.
 - Race bib number and signatures of the athlete/athletes.
 - Race bib number of the athlete/athletes that the protest is against.
 - The reason for the protest.
 - If possible, include a witness with a name or a race bib number.
- 5.3.3 A protest that does not fill the criteria above will not be considered.
- 5.3.4 A decision from the race jury will be communicated to those involved as soon as possible.
- 5.3.5 The decision of the race jury is final.

6. Swimrun Australia Conduct

6.1 General

- 6.1.1 Swimrun Australia will undertake a risk assessment and take the required steps to minimise the risk of the event, both for the athletes and for the event staff.
- 6.1.2 Swimrun Australia will have the necessary amount of safety resources in place for the race depending on the risk exposure.
- 6.1.3 Swimrun Australia can refuse an athlete to continue if they judge them as not capable due to fatigue or being in such a bad physical condition that continued racing would be to take unnecessary risk.



6.2 Force Majeure

- 6.2.1 Neither the participant nor Swimrun Australia shall be held responsible for a force majeure event. Force majeure means any event that is unforeseen and beyond the reasonable control of either party, including but not limited to the following: Act of God, adverse weather, inevitable accident, failure or shortage of power supplies, fire, flood, epidemic, earthquake, explosion, lightning, war or armed conflict, embargo, government or regulatory action or decree, riot or civil disturbance, strike, lock-outs, or other industrial action, terrorist action, failure or delay of common carrier or impairment or lack of adequate transportation facilities.
- 6.2.2 If because of any force majeure event, Swimrun Australia is delayed in, or prevented from, performing any of the obligations with regards to staging the race, no loss or damage shall be claimed by the participant by reason thereof.

6.3 Rule Changes

- 6.3.1 Swimrun Australia reserves the right to make changes to these rules, right up until the start of each race.
- 6.3.2 Any changes made to race rules will be communicated to athletes by email and posted on the Swimrun Australia website.

7. Sponsors and Media Exposure

7.1 Sponsor Markings

- 7.1.1 Athletes are allowed to have sponsors marked on their personal race gear.
- 7.1.2 Athletes may be asked to cover up sponsors that conflict with event sponsors for media appearances, e.g. photos and interviews.
- 7.1.3 Athletes may be required to wear clothing with event sponsorship markings for media appearances, e.g. photos and interviews.

7.2 Race Vests

- 7.2.1 A race vest must be worn at all times during the race.
- 7.2.2 Race vests cannot be modified in any way.
- 7.2.3 Athletes should take all reasonable care to look after their race vests.
- 7.2.4 Athletes may tighten their race vest by tying a knot or using a rubber band or similar. At the finish of the race, any knots/bands must be removed before handing the race vest back to the event staff.
- 7.2.5 Under no circumstances must an athlete keep a race vest.



7.3 Free Photo and Film Rights

7.3.1 Athletes give Swimrun Australia and its sponsors the right to use photo and film material taken during the race to be used free of rights in marketing, press material, internet, television and films etc.

7.4 Image Rights

7.4.1 All images and rights from the event are reserved. All unauthorised commercial use of images will be legally addressed.

8. Australian Swimrun Championship

8.1 Ownership

8.1.1 As the inaugural holder of the Australian Swimrun Championship (2016), Swimrun Australia claims the sole rights to the official Australian Swimrun Championship.

8.1.2 The format in which the Championship is held may be modified from year to year.

8.1.3 The location of the Championship races may change from year to year.

8.2 Eligibility

8.2.1 The Australian Swimrun Championship shall be the longest-distance team race in the event/s in which it is being hosted.

8.2.2 Any team that meets the eligibility requirements for the event can enter the Championship.

8.2.3 Any team that starts an event that doubles as the Championship shall be deemed to be entered in the Championship.

8.3 Awards

8.3.1 Gold, Silver and Bronze medals are awarded to the first, second and third placegetters, respectively, in each category (Male Team, Female Team, Mixed Team).



Appendix A.

Time Penalties

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties.

Summary of general competition rules	Penalties
Failure to have mandatory equipment	10 minutes per item
Non-activated timing chip	Disqualification
Non returned timing chip	\$100 fee
Littering intentionally	Disqualification
Littering by being careless	10-minute time penalty (per instance) If repeatedly littering, disqualification
If racing in a team and not staying within 10 metres of each other	5-minute time penalty (per instance) If repeatedly not staying together, disqualification
Running on an open public road for a distance of more than 10m	10-minute time penalty (per instance) If repeatedly littering, disqualification
Accepting assistance from other than race officials (excluding medical/safety)	Disqualification
Using unsportsmanlike behaviour	Disqualification
Failure to follow the prescribed course	Time penalty or disqualification
Gain unfair advantage from any external vehicle, object or method	Disqualification
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	Disqualification



Appendix B.

Age Determination Calculator

The following examples can be used to help determine the age of an athlete for events at different times of the year.

Example event between 1 January and 30 June

Age Categories

Birthday Month	Actual Age (on Race Day)	Race Entry Age
December	30	30 (30-39 Age Category)
January	30	29 (20-29 Age Category)

Mini Race Minimum Age

Birthday Month	Actual Age (on Race Day)	Race Entry Age
December	12	12 (Eligible)
January	12	11 (Not Eligible)

Sprint Race Minimum Age

Birthday Month	Actual Age (on Race Day)	Race Entry Age
December	12	12 (Eligible)
January	12	11 (Not Eligible)

Short Race Minimum Age

Birthday Month	Actual Age (on Race Day)	Race Entry Age
December	15	15 (Eligible)
January	15	14 (Not Eligible)



Long Course Team Minimum Age

Birthday Month	Actual Age (on Race Day)	Race Entry Age
December	15	15 (Eligible)
January	15	14 (Not Eligible)

Example event between 1 July and 31 December

Age Categories

Birthday Month	Actual Age (on Race Day)	Race Entry Age
December	30	31 (30-39 Age Category)
January	30	30 (30-39 Age Category)

Mini Race Minimum Age

Birthday Month	Actual Age (on Race Day)	Race Entry Age
December	11	12 (Eligible)
January	11	11 (Not Eligible)

Sprint Race Minimum Age

Birthday Month	Actual Age (on Race Day)	Race Entry Age
December	11	12 (Eligible)
January	11	11 (Not Eligible)



Short Race Minimum Age

Birthday Month	Actual Age (on Race Day)	Race Entry Age
December	14	15 (Eligible)
January	14	14 (Not Eligible)

Long Race Minimum Age

Birthday Month	Actual Age (on Race Day)	Race Entry Age
December	14	15 (Eligible)
January	14	14 (Not Eligible)