



PUPKEWITZ
FOUNDATION



NAMIBIA AQUATIC
SPORTS FEDERATION

SUMMONS AND TEAM LEADERS GUIDE
PUPKEWITZ/NASFED OCEAN SWIM

19 APRIL 2025



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1. INTRODUCTION

The Pupkewitz Ocean Swim is an official open water swimming competition hosted by the Namibia Aquatic Sports Federation and all results from affiliated members will be recognised and entered in the official database. It is meant to provide a platform for athletes to obtain official times in the cold Atlantic conditions as well as to offer alternative open water swimming events, like the 4 x 500m mixed relay.

This event is hosted and organised by the Namibia Aquatic Sports Federation in accordance with the open water swimming rules of World Aquatics with the main sponsor being the Pupkewitz Foundation.

2. COMPETITION FACILITY AND ENTRY DEADLINE

2.1 Event

- 2.1.1 The event will be held at The Mole, Swakopmund, Namibia on the 19th of April 2025.

2.2 Entry deadline

- 2.2.1 All entries are to be received on or before 18h00, 07th April 2025.
- 2.2.2 Late entries will be accepted until 18h00 on the 16th of April 2025 and on payment of the late entry fee.
- 2.2.3 All affiliate entries must be entered through the athletes' respective clubs as per the deadline displayed.
- 2.2.4 The event is also open to individuals which is not affiliated to World Aquatics, Africa Aquatics or NASFED (PLEASE NOTE THE DIFFERENCE IN ENTRY FEES) (Unaffiliated individual) which entries must be submitted as per 3.4. Minor unaffiliated swimmers will need full parental consent and sign the NASFED indemnity form.

2.3 Affiliated Members Entries to be affected as follows:

- 2.3.1 National recorder will provide all clubs with the meet entry criteria per HYTEK Meet Manager zip file.
- 2.3.2 Clubs provide entries to the national recorder on the meet entry file via wp@wppools.com.na and recorder@swimmingnamibia.com
- 2.3.3 Entries by 7th of April 2025.



2.3.4 Late entries by 11th of April 2025.

2.3.5 Final scratches by TM 1 hour prior to each race to the race recorder.

2.4 Unaffiliated individuals to provide their names, date of birth, nationality and event entries and names of relay team members (if any) to openwater@swimmingnamibia.com. Same age rules as 3.2 apply and same entry deadline as per 3.3.3 and 3.3.4

3. ENTRY CRITERIA

3.1 The age for all competitors will be considered as at the **1st day of the competition** of the year of the competition.

3.2 The following Age Groups will be recognized as per the age on the first day of the competition:

3.2.1 11 - 13 years (4x500m mixed relay and 1.5 km)

3.2.2 14 - 15 years (All events)

3.2.3 16 – 18 years (All events)

3.2.4 19 - 25 years (All events)

3.2.5 Masters multi age groups (All events)

3.2.6 Clubs may submit as many entries as they want.

4. ENTRY FEES

4.1 Entry fees are:

Event No	Event	Affiliated Member	Unaffiliated Individuals	Late Entry Affiliated Member	Late Entry Unaffiliated Individual
1 & 2	1.5km Men & Women	NAD250.00	NAD300.00	NAD350.00	NAD 400.00
3 & 4	3 km Men & Women	NAD300.00	NAD350.00	NAD400.00	NAD 450.00
5	4x 500m Mixed Relay per team	NAD400.00	NAD450.00	NAD500.00	NAD 550.00
1&3	Combo Entry Men	NAD 450.00	NAD 550.00		
2&4	Combo Entry Women	NAD 450.00	NAD 550.00		



4.2 Entry fee payments as follows:

4.2.1 **Affiliated members** to their respective clubs and clubs to the NASFED account on or before entry deadline date. Payment advice with entry list to wp@wppools.com.na, recorder@swimmingnamibia.com and openwater@swimmingnamibia.com. **Ref: Club nameOWS19APR25.**

4.2.2 **Unaffiliated** individuals effect payment directly to the NASFED account and payment advice to openwater@swimmingnamibia.com on date of entry. **Ref: IndividualNameOWS19APR25**

4.3 NASFED account details:

Bank: Bank Windhoek

Account Name: Namibia Aquatic Sports Federation,

Acc Number: 8004217131

Branch Code: 483 772

Swift Code:

5. OFFICIALS

5.1 The required officials for the competition are as follows:

- A Chief Referee (one per race)
- Referees (2 minimum, additional Referees proportional to race entries)
- Chief Timekeeper plus 2 Timekeepers
- Chief Finish Judge plus 2 Finish Judges
- Safety Officer
- Medical Officer
- Course Officer
- Clerk of the Course
- Race Judges
- Turn Judges (one per alteration of Course)
- Relay Judges
- Starter
- Announcer
- Recorder



5.2 Clubs each should provide the names of officials that can act as open water turn judges and open water timekeepers according to the NASFED rules on officials. These officials can be pool officials. The NASFED open water sub committee will provide the other officials from the pool of open water officials. The clubs should send the names of the officials to openwater@swimmingnamibia.com not later than 11th April 2025.

6. RACE DAY RULES

6.1 The competition will be conducted in accordance with the WORLD AQUATICS rules for open water competitions.

6.2 The safety officer and the chief referee of the first event reserve the right to assess whether the conditions on race day are safe and compliant with World Aquatics rules to commence the competition. If deemed necessary, the competition will be postponed for a specific period to observe whether the conditions improve. Should the conditions remain unchanged or worsen after this observation period, the first race or competition may be cancelled.

6.3 The safety officer and the chief referee of each subsequent event will also have the authority to evaluate whether the conditions are suitable for the race to begin. They will have the sole discretion to halt any race at any time if the conditions are determined to be unsafe for the race to continue.

6.4 Racing day cut off times is 15 minutes after first place finisher for the 3km and 7.5 minutes after first place finisher in the 1.5km.

7. PROTESTS

7.1 All protests shall be dealt with in accordance with the rules prescribed by WORLD AQUATICS GR 9.2 subject to an agreed fee of NAD 500.00.

7.2 Protests arising out of an event must be lodged in writing with the Chief Referee, not later than thirty (30) minutes after the end of each respective race, and the Chief Referee's decision will be final.



8. PRIZEGIVING

8.1 Code

- 8.1.1 Competitors must be neatly attired in their respective club attire during prizegiving.
- 8.1.2 **Cash/other prizes will be awarded** in each age group and gender for all events for:
 - 8.1.3 First place
 - 8.1.4 Second Place
 - 8.1.5 Third Place

9. DOPING CONTROL

- 9.1 Competitors and officials are reminded that testing can be undertaken at any event.

10. COMPETITION

- 10.1 As per the World Aquatics Open Water Rules

11. RESULTS

- 11.1 NASFED will ensure that all competing clubs receive a full set of results at the end of the competition

12. POINTS

- 12.1 Official Points will be allocated for places 1 – 15.

- 12.2 The points will be as follows:

- 12.2.1 1st place – 18 points, 2nd place – 16 points, 3rd place – 14 points, 4th place – 12 points, 5th place – 11 points, 6th place – 10 points, 7th place – 9 points, 8th place – 8 points, 9th place – 7 points, 10th place – 6 points, 11th place – 5 points, 12th place – 4 points, 13th place – 3 points, 14th place – 2 points, 15th place – 1 point



12.3 The rule 3.2.6. above will apply for all events.

12.4 The winning club will be determined by the most points.

13. SWIMWEAR & TECHNOLOGY

13.1 Caps

13.1.1 On race day the athletes shall wear event race caps.

13.1.2 As per WORLD AQUATICS rules for Open Water Swimming competitions with water temperature from 18°C and above, swimsuits (men and women) shall not cover the neck, nor extend past the shoulder, nor extend below the ankle and shall be FINA approved swimwear. Subject to these specific shape specifications, shall further comply with all other requirements applicable to swimsuits for swimming-pool competitions.

13.1.3 If on competition day the water temperature measurement 30 minutes prior to the race is below 18°C, the use of wetsuits is compulsory. The chief referee and clerk of the course shall determine whether each wetsuit is compliant.

13.1.4 Wetsuits will not be permitted with temperature 18°C and above and participants opting to swim in wetsuits when the temperature is 18°C and above will not be eligible for prizes or positions.

13.1.5 Wetsuits (for both men and women) shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.

13.2 Technology.

13.2.1 Technology such as drones, GPS tracking, bio-medical sensors or devices that record blood pressure, body temperature, stroke rate, breathing rate etc. via the transponder may be permitted by NASFED when approved by World Aquatics but subject to the conditions and availability of transponder technology.

13.2.2 The technology may transmit such information but not act as a receiver giving information and advantage to the competitor such as "smart goggles", hearing devices, and the like.



14. PROGRAM

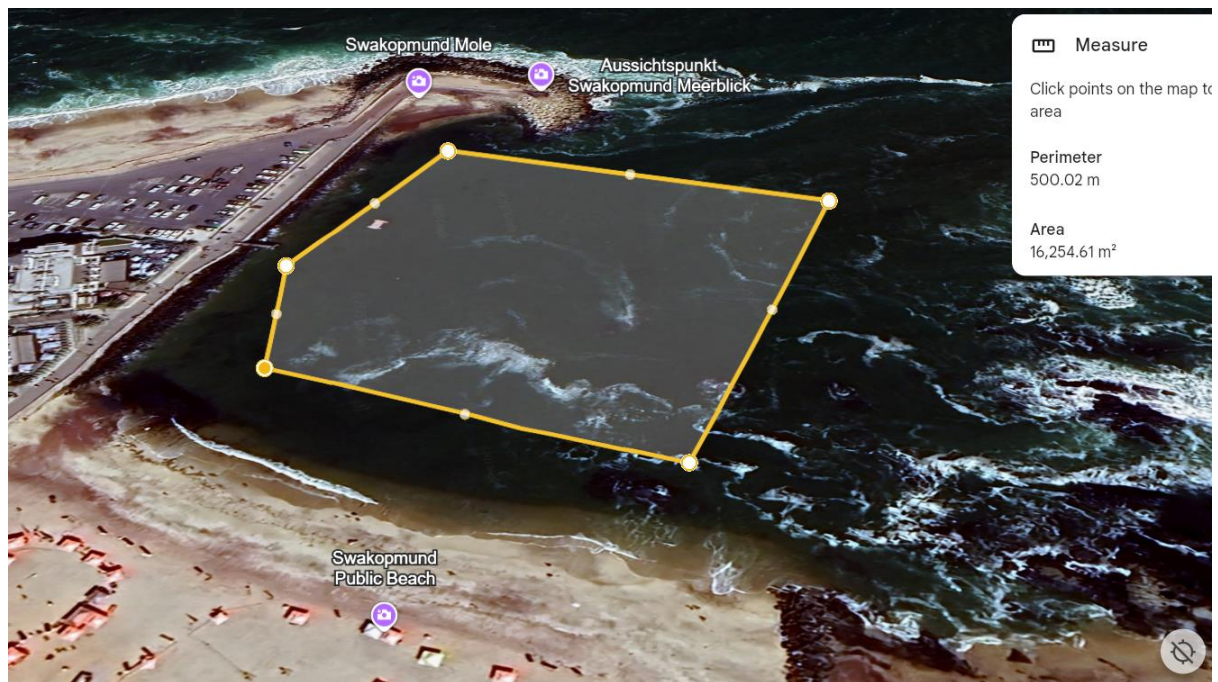
SATURDAY 19 APRIL 2025			
Registration for all events one hour before race			
Event 1:	1.5km Men	Registration	07h00
		Warm Up	07h30
		Technical Officials Meeting	07h30
		Athletes Pre Race Briefing	08h00
		Athletes Presentation	08h15
		Race Start	08h30
		Estimated Race finish	09h00
Event 2: 1.5 km Women			
		Registration	08h30
		Warm Up	09h00
		Technical Officials Meeting	09h00
		Athletes Pre Race Briefing	09h30
		Athletes Presentation	09h45
		Race Start	10h00
		Estimated Race finish	10h30
Event 3: 3 km Men			
		Registration	10h00
		Warm Up	10h30
		Technical Officials Meeting	10h30
		Athletes Pre Race Briefing	11h00
		Athletes Presentation	11h15
		Race Start	11h30
		Estimated Race finish	12h30
Event 4: 3km Women			
		Registration	12h00
		Warm Up	12h30
		Technical Officials Meeting	12h30
		Athletes Pre Race Briefing	13h00
		Athletes Presentation	13h15
		Race Start	13h30
		Estimated Race finish	14h30
Event 5: 4x 500m Mixed Relay			
		Registration	15h00
		Technical Officials Meeting	15h00
		Athletes Pre Race Briefing	15h30
		Athletes Presentation	15h45
		Race Start	16h00
		Estimated Race finish	16h30
PRIZE GIVING			17h00

15. COURSE

15.1 Will depend on weather and tide and the course will be presented at the Briefings but it will as far as possible be a course of 500m in length.

15.2 Provisional Course

15.1.1 View from East



15.1.2 View from South

