

## NOWS Tokyo Summerland OWS Race 2016

**Organization:** NOWS

**When:** 01/Ocy/2016

**Where:** Great Journey (650m Round pool) in Tokyo Summerland, Akiruno city, Tokyo, Japan

<http://www.summerland.co.jp/english/>

**Events:** 10 km, 5 km, 3 km, junior 650m, total 650m family Relay 650m x 4 Relay

### Detail:

Events	Entry fee / Students	Limit time	Race start	Registration deadline
10km	10000 JPY / 8000 JPY	210 min.	10:45	09:45
5km	8000 JPY / 6000 JPY	120 min	10:45	09:45
3km	6000 JPY / 4000 JPY	80 min	12:55	11:55
1km	4000 JPY / 2000 JPY	30 min	12:55	11:55
Junior 650m	-- / 2000 JPY	20 min	12:55	11:55
Total 650m family relay	3000 JPY/team	20 min	14:45	13:45
500m x 4 Relay	6000 JPY/team	80 min	15:30	14:30

### How to entry:

Please send e-mail to [info@n-ows.jp](mailto:info@n-ows.jp) with the following information at least:

\*Family name / Given name

\*Birthday

\*Gender

\*E-mail address

\*Nationality

\*Postal address

\*Event name(s)

\*Total fee

Team name is required if you want to entry the relay event.

**Deadline for entry:** 01/Sep/2016

If you have any question, please contact to [info@n-ows.jp](mailto:info@n-ows.jp).

#### Local rules

1. Tattoos (including non-permanent body stickers and body paint) is prohibited by Tokyo Summerland.
2. Floating items are optional for family relay.
3. The child younger than 14 years old is acceptable for family relay when the parent is in the team.
4. There is no limit of feeding number.

#### Rules\*

1. Basically we use OWS rules of FINA, and following NOWS rules are also applied.
2. For all categories, top 6 swimmers get award.
3. When the total number of swimmers exceeds 300, top 3 swimmers get award in age categories (every 5 years).
4. When the total number of swimmers is less than 300, the age categories are merged to every 10 years.
5. All swimmers must submit the written pledge with date and signature to race officer.
6. All minors must submit the written agreement with date and signature of parent/guardian.
7. The beginner of OWS must attend the group swim or pre-lecture.
8. Local rules written in the detail information of the event are also applied.
9. The awards are decided by the order of arrival to goal. Even when the goal line is located on the outside of water, the order is decided within the water. Anyone must not change the order in the outside of water.
10. There is no regulation of swimwear. Wetsuit is not encouraged.
11. Swimmers can be take a rest temporary by holding buoys, etc. If the body is raised from the water completely, the swimmer cannot continue the race.
12. The limit time is defined in the detail information of the event.
13. The race start when the water temperature is between 18 °C to 32 °C. When the water temperature is lower than 22°C, wetsuit is optional.

\* It is a translated version of official rules of NOWS written in Japanese. If there are disagreement between the translated rules and the official rules, the official rules are applied.

#### Official Web sites:

<http://n-ows.jp/> (Japanese)

<http://en.n-ows.jp/> (Minimum information written in English)

<https://www.facebook.com/nows.jp>