

Team Captains' Swimarathon Rules

1. Each team should consist of 6 competent swimmers, capable of swimming at least 25 metres
2. If any swimmer has a medical condition that the Organisers should be aware of please report the information on Registration.
3. Swimmers must aim to achieve the minimum fundraising target of £25 per person, but please raise more if you can. It is important to bring the sponsorship forms so Kings Lynn Priory Rotary can claim Gift Aid.
4. Please ensure that swimmers bring their Confirmation of Entry form with them and that they have completed it correctly i.e. Name and Address and Post Code.
5. Registration:-Set a pre-arranged time to assemble (60minutes) before the team are due to swim.
6. Teams must be changed and ready in the viewing gallery 20 minutes before their allotted start time, to enable team photographs to be taken.
7. Each team swims as many lengths as possible in the allotted time of 55 minutes.
8. Each swimmer should be in the water ready to start when the previous swimmer completes their length.
9. Each swimmer can only swim one length at a time.(No diving).
10. Handover to next swimmer is by touching the pool end.
11. The Team Captain will be responsible for deciding the order of swimmers.
12. Awards will be presented to the best performing teams in each of these categories at the end of the event:

Most lengths, Best Primary school team, Best secondary school team, Best corporate team
Best Scouts/Guides team, Best Cubs/Brownies team
13. By entering, swimmers give their permission to Priory Rotary Club of King's Lynn to use any photos taken at the event for promotion and/or future publicity.
14. Sponsorship money should be paid either:
 - a) online to: Account name: Priory Rotary Club of King's Lynn Benevolent Fund; Sort Code 40-26-11 Account Number 61006630 giving the reference SW and your surname, or
 - b) on the day by cash or cheque made payable to The Rotary Club of King's Lynn Priory (no cards).
15. Any outstanding sponsorship monies should be collected by the Team Captains, and a cheque and the sponsorship form(s) sent to The Rotary Club of Kings Lynn Priory Treasurer: Gerald Pepper, The Forge, Heacham Road, Sedgeford, PE36 5LU.