





LOS 2024 Swim Suit Guide

(Draft Issue / Under Review with Committee and Swimming Clubs)

Rev1 05/05/2024

	<p>Category 0</p> <p>Under 14 (as of 19/5/24) or Medical Conditions</p> <p>In the interest in growing our sport in the next and younger generations we will allow under 14s to wear and compete in standard togs or wetsuits in all races. Also if swimmer has a medical conditions they would be allowed in all races in a wetsuit. Please advise by emailing los.swimming@gmail.com at the start of the season.</p>	<p>Category 1</p> <p>Tog's</p> 	<p>Category 2</p> <p>Tech Suits / Full Body</p> 	<p>Category 2</p> <p>Wet Suits</p> 	<p>Comments:</p> <p>Please ensure you declare the correct swimming suit when registering for the 2024 season. If you choose to change type swim wear you must inform LOS by email (los.swimming@gmail.com) 7days in advance of the swim you intend to change to.</p>
<p>Club Races:</p>	<p>Can win the race and any prizes that are available. Can wear category 1, 2 or 3 suits.</p>	<p>Can win the race and any prizes that are available. Will be included in SOTY and COTY points.</p>	<p>Can win the race and any prizes that are available. Will be included in SOTY and COTY points.</p>	<p>Will be eligible for 1st place wetsuit category prizes if host club decides. If more than ten Wetsuits in the race, there will be a guaranteed 1st place prize. Will be included in SOTY and COTY points.</p>	<p>Category 3 will be monitored and level of interest gauged and prizes may increase dependant on numbers.</p>
<p>Island Swim:</p>	<p>Can win the race and any prizes that are available. Can wear category 1, 2 or 3 suits. Will be included in SOTY and COTY points.</p>	<p>Can win the race and any prizes that are available.</p>	<p>Can win the race and any prizes that are available.</p>	<p>Will be eligible for 1st place wetsuit category prize. If more than ten Wetsuits in the race, there will be a more prizes.</p>	<p>Swim Suits must be declared at the start of the season and worn in all races. If swimmers switch from Category 1 to 2 for this race only, they will not be awarded the prizes. Note limited places available therefore this race does not award SOTY and COTY points.</p>
<p>Dun Laoghaire Harbour Race:</p>	<p>Will be included in SOTY and COTY points. Under 14s will be in the under age category and can win first place u/18 and 1st place prize between category 2 and 3. Adults in wetsuits can compete and win category 2 and 3.</p>	<p>Can win the race and any prizes that are available. Will be included in SOTY and COTY points.</p>	<p>There will be a guaranteed 1st place prize between category 2 and 3. Will be included in SOTY and COTY points.</p>	<p>There will be a guaranteed 1st place prize between category 2 and 3. Will be included in SOTY and COTY points.</p>	<p>Swim Suits must be declared at the start of the season and worn in all races. If swimmers switch from Category 1 to 3 for this race only, they will not be awarded the prizes. In the event of category 2 or 3 winning the race, SOTY and COTY points will be award for 1st place. They will not be awarded the overall 1st, 2nd or 3rd place prizes.</p>
<p>The Liffey Swim:</p>	<p>Will be included in SOTY and COTY points. Under 14s will be in the under age category and can win first place u/18 and 1st place prize between category 2 and 3. Adults in wetsuits can compete and win category 2 and 3.</p>	<p>Can win the race and any prizes that are available. Will be included in SOTY and COTY points.</p>	<p>Not Permitted in Liffey Swim.</p>	<p>There will be a guaranteed 1st place prize between category 2 and 3. Will be included in SOTY and COTY points.</p>	<p>Swim Suits must be declared at the start of the season and worn in all races. If swimmers switch from Category 1 to 3 for this race only, they will not be awarded the prizes. In the event of category 2 or 3 winning the race, SOTY and COTY points will be award for 1st place. They will not be awarded the overall</p>