



DELHI INTERNATIONAL SWIM-A-THON 2025

EVENT HANDBOOK



WELCOME MESSAGE



I am very happy to once again bring back one of our favorite events in its 8th edition - Delhi International Swim-A-Thon, located in India's best swimming pool of international standards, Dr S.P. Mukherjee Swimming Complex, New Delhi.

DIT and India Endurance strives to bring athletes quality and unique events and we look forward to seeing some of you at our upcoming ones. Please check our website indiaendurance.in/swimathon for details.

Please go through the race guidelines so you are well prepared when you arrive at the event. Remember to treat other athletes, volunteers and officials with courtesy and consideration - they have worked just as hard as you.

Best of luck with your final training and preparation. I look forward to watching you race strong and achieve your swim goals! Hope you have a great race day and enjoy the experience.

CHIRO MITRA
Event Founder



CATEGORIES & CUT-OFF TIME



CATEGORIES	NUMBER OF LAPS (1 LAP = 2 LENGTHS OF 50M)	CUT-OFF TIME
Ultra 10k	100	06:00:00
Major 5k	50	03:00:00
Master 3k	30	01:45:00
2k	20	01:15:00
Olympic 1.5k	15	01:00:00
500M	5	00:30:00
Kids 200M	2	00:15:00
Kids 50M	1 Length (50M)	00:10:00



EVENT SCHEDULE



YOUR REPORT TIME TO SUBMIT YOUR WAIVER FORM, COLLECT YOUR SWIM CAP AND TEE-SHIRT AND JUMP TIME AS PER YOUR CATEGORY IS MENTIONED BELOW.

NOTE: CHILDREN BELOW 12 YEARS MUST GET WAIVER SIGNED BY PARENTS.

DISTANCE	WAVE #	REPORT TIME	JUMP TIME
10K	1	8:15	8:45
5K	1	8:15	8:45
200 MTR	1	8:30	9:00
50 MTR	1	8:45	9:15
2K	1	9:15	9:45
3K	1	11:00	11:30
500 MTR	1	11:00	11:30
1.5 K	1	11:45	12:15



PRE-EVENT INFORMATION

1. The event will take place in the Main pool which is 50m length.
2. The event is an Open Category Event with no Age Group Categories unless mentioned.
3. The winner trophies will be given to overall winners and first Runner Ups and Finisher's Medal for all finishers.
4. We will announce results in 2 categories ...12-50 years and 50 years and above. The other categories are 6-12 years (exclusively for 200 meters) and under 6 years exclusively for 50 meters).
5. Please bring your own water sippers at the swimming pool to refill. We discourage use of disposable plastic bottles
6. There is no practice swim at the venue before the event.
7. It is the responsibility of the swimmer to know their reporting time and start time.
8. Register yourself at the desk and collect your swim cap and event T-Shirt. It is compulsory to carry the signed waiver form with you from home.
9. Kindly shower before you enter the pool.
10. There are lockers in the changing rooms. Carry your own lock with you. Personal belongings are the responsibility of participants and organizers shall not be responsible for any loss or damage.
11. During line up prior to each category start, participants' names will be called twice. It is the responsibility of the participant to ensure they are at the start line before the whistle blows.

RACE RULES & GUIDELINES



1. Swimming costumes and Tri suits are permitted. No buoyancy shorts are permitted. No equipment to aid swimming such as kickboards, pull buoys, fins, handpaddles, safety buoys etc. is permitted.
2. Swimmers in a lane will have different color caps to facilitate counting of laps. It is MANDATORY to wear the cap provided.
3. Start times for each swimmer will be staggered by 05-10 seconds. Please do not start until the whistle blows.
4. No diving will be permitted and will lead to disqualification.
5. Swim on the LEFT SIDE of the lane at all times. Swim in clockwise direction.
6. Overtaking is allowed on the RIGHT of the swimmer but be mindful of the gap and oncoming swimmers. Respect the other swimmers in your lane.
7. All strokes except backstroke are permitted.
8. No flip turns will be allowed. Please take a second to check for incoming swimmers before you push off from the wall.
9. Marshals will be stationed at both ends of the pool to count the total number of laps covered. If you do not touch the wall, that length will not be counted. Please ensure you touch the wall with your hand or foot.

RACE RULES & GUIDELINES



10. For people who feel the need to catch a breath during a length, or stand in their lane if they are tired, please stick closest to the rope so as not to come in the way of the swimmers in your lane.
11. Once you are done with your race, if you cannot hoist yourselves out of the pool yourself or with a helping hand from our marshals, then use the ladder on either side of the pool but do not interrupt any other swimmer.
12. Encourage, support and motivate your fellow swimmers.
13. No spitting, blowing your nose or urinating in the pool please!
14. No arguing with the Marshals. They will be following the rules as instructed and cannot/will not change the rules. They are there to help you! If you have a concern, you can file it with the Race Director after your race is over.
15. If you have any communicable diseases, open cuts, healing wounds - stay home please!
16. You can invite your near and dear ones to watch your performance and cheer you from the side. No supporter will stand on the jump side or disturb volunteers for timing/distance information during the race or that swimmer will be disqualified.
17. In an unfortunate situation if you are not able to finish within the cut off time, you would be asked to vacate the pool for the next category to jump in.
18. Participants finishing outside the cut off time will not receive a certificate or a finisher medal.

POST RACE INFORMATION



1. Once you have completed your race, please clear the immediate pool area so as not to distract the Lap Marshals.
2. Please DO NOT ask the Lap Marshal for your timing. Finish timings will be posted 24-48 hours after the event.
3. All swimmers completing within the cut-off time will receive a Finisher Medal immediately after their swim.
4. Podium Plaque / E-certificates will be emailed to the participants 7-10 days after the event.
5. Event Photographs will be posted in batches after 2 days and may take up to a week. Be patient as editing takes time!

