
WOW SWIMS – WA’s Community Swim Series For All
LOCAL OWS RULES 2026/27
40th Lake Leschenaultia OWS

General Rules (Mandatory for All Events in the Series)

1. Events are open to participants of all standards and ages.
2. Events are open to the general public as well as all members of Masters-affiliated swimming clubs.
3. There is a compulsory minimum age for swimmers, with a swimmer’s age determined on the day of the Event and applicable to race distances as follows:

a. Under 400m Try It Swims	minimum age of 8 years	d. 1km – 1.99km	minimum age of 10 years
b. 400m – 749m	minimum age of 9 years	e. 5km	minimum age of 12 years
c. 750m – 999m	minimum age of 10 years	f. Over 5km	minimum age of 14 years
4. A chaperone swimmer (aged 18 years or over) will be required to accompany any swimmer aged 8 years old taking part in a 400m or 500m Event.
5. Any host club conducting a “Try It” swim under 400m is required to ensure it is held in well supervised water with appropriate water safety. This event is unchaperoned.
6. Only well prepared and medically fit swimmers should take part.
7. Swimmers with pre-existing medical conditions that may be of concern to the Event organisers are requested to advise the Race Director of their condition at registration on the day of the Event.
8. There must be a time limit set for all entrants to swim the course.
9. Any swimmers still on the course after this time will accept the Referee’s request to exit the water.
10. All swimmers should exercise due caution when approaching slower swimmers on the course.
11. Due to the risk of injury to other swimmers, all swimmers should use best endeavours to avoid breaststroke kicking at all buoy turns or when in close proximity to other swimmers.
12. Slower swimmers should endeavour to start further back at the start line to allow faster swimmers to swim away from the start line first.
13. Swimmers found displaying unsporting conduct will be disqualified.
14. Event race caps will be issued to all swimmers at registration and must be worn on swimmers’ heads at all times. Two caps may be worn; however, the race cap must be worn on top of any other cap.
15. Swimmers may wear any form of swimwear when taking part in events, with two exceptions:
 - a. For only the State Championship 1600m, swimwear must comply with Masters Swimming Australia (MSA) General Rule GR16 which aligns with MSA’s Inclusive Swimwear Policy
 - b. For only the 10km Challenge race (at the Christmas 10K Swim), World Aquatics swimwear rules shall apply.
16. Wetsuits may be worn, but there will be a separate “wetsuit” category which is not eligible to win prizes (although a wetsuit prize category may be introduced at the discretion of each local Event organiser).
17. All swimmers who complete an Event will record a finishing time.
18. For safety reasons, no paddles, fins, flotation devices or swimming aids may be used.
19. For the purposes of these local rules, a snorkel device is not considered to be a flotation device so may be worn, although wearers of snorkels will not be eligible to win prizes.
20. No personal paddlers are to accompany swimmers, other than in the 10km Challenge race at the Christmas 10K Swim.
21. All competitors must attend the Compulsory Race Briefing.
22. Any swimmer under the age of 18 must be accompanied by a parent or guardian on the day of the Event, with that parent or guardian also attending the Compulsory Race Briefing and remaining present until the completion of the Event.
23. In shallow water conditions, swimmers may stand to rest but should only resume swimming from a standing start, ie no forward diving or walking is permitted.
24. A swimmer experiencing difficulty should raise an arm to attract the attention of water safety and support personnel.
25. In shallow water conditions, a swimmer in difficulty may walk from the water directly onto the beach to seek assistance from Event personnel.
26. A swimmer withdrawing from the Event, either before or at any time during the Event, must report to a Race Official as soon as possible so all swimmers can be accounted for.
27. Start line & wave start procedures – at *approximately* 2 minutes before a wave is due to start, swimmers will be instructed to enter the water and make their way to the start line. Once all swimmers are deemed to be ready, the race flag(s) will be raised to signify a start is imminent. The start of the race (and subsequent wave starts) will then be signalled by the sounding of an air horn and the dropping of the flag(s).
28. Finish line – where practical to do so, the finishing line should be set up in the water. If conditions do not allow an in-water finish line to be set up, the finish line for the Event should be as near as possible to the edge of the water line.
29. To avoid confusion with participating swimmers, those not competing in the event (ie. after completing or withdrawing from the event) are not permitted to enter the water wearing their event swim cap. Swimmers wishing to cool down after the event should remove their event swim cap and cool down away from the event course.

Specific Rules – 40th Lake Leschenaultia OWS

1. Time limits – 120mins (2hrs) from the start of the final wave of the 1600m event
2. Swimwear rules – MSA Swimwear Rule G16 applicable for 1.6km State Championships + 10km Qualifier at Christmas 10k