



MIDLAND SWIMMING
2014 OPEN WATER CHAMPIONSHIP
& AGE GROUP COMPETITION

(UNDER FINA LAWS AND ASA TECHNICAL RULES)

BOSWORTH WATER
BOSWORTH, NEAR HINCKLEY, LEICESTERSHIRE
SUNDAY 13th JULY 2014



PLEASE TICK

(To be completed by the swimmer and a club official)

Please use **BLOCK LETTERS** and ensure that this form is filled in fully and correctly

| | |
|--------|--|
| MALE | |
| FEMALE | |

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|----------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| REGISTRATION NUMBER | | | | | | | | | | | | | | | | | | | |
|----------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

FORENAMES.....SURNAME.....

CLUB EMAIL ADDRESS.....

ADDRESS.....

POST CODE PHONE No DATE OF BIRTH.....

YOU MAY ENTER ONE EVENT ONLY

| | DESCRIPTION OF EVENTS | PLEASE TICK RELEVANT BOX |
|---------|--|--------------------------|
| EVENT 1 | CHAMPIONSHIP 5000m Freestyle (OPEN) must be 13rs of age (See conditions 1.1) | <input type="checkbox"/> |
| EVENT 2 | 3000m 17rs and 18 ys age as at 10th August 2014 Masters 19-24 25-29 30-34 35-39 40-49 50-59 60+ age as of 31 st Dec 2014 | <input type="checkbox"/> |
| EVENT 3 | 2000m 15yrs and 16 yrs age as at 10th August 2014 Masters 19-24 25-29 30-34 35-39 40-49 50-59 60+ age as of 31 st Dec 2014 | <input type="checkbox"/> |
| EVENT 4 | 1500m AGE GROUP Freestyle 12yrs 13yrs abd 14yrs age as at 3rd August 2014 Masters 19-24 25-29 30-34 35-39 40-49 50-59 60+ age as of 31 st Dec 2014 | <input type="checkbox"/> |

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association and will abide by the conditions laid down by the Association for this competition. I know of no medical condition or other impediment which would render my participation undesirable.

Signature of Competitor Date

Please ensure that this information is checked for accuracy Signed Club Official

ENTRIES CLOSE ON 30th June 2014

Return completed form together with **ENTRY FEE** of **£12**

Mrs W Coles, 6 Primrose Ave, Underwood, Nottingham NG16 5Y

Cheques payable to **Midland Championships**

Payment can be accepted by BACS – please email for the account details

ENTRIES CAN ONLY BE ACCEPTED FROM ASA SASA WASA REGISTERED SWIMMERS

Late or incomplete or incorrect entries will **NOT** be accepted and the fee may not be returned

All swimmers under the age of 18 must be under the supervision of a Club Coach or designated Club Official at all times whilst in the vicinity of the lake.

For the latest information visit - www.midlandchampionships.org.uk



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**2014 OPEN WATER CHAMPIONSHIP
& AGE GROUP COMPETITION**
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CHAMPIONSHIP CONDITIONS

- 1 The Championship is open to *bona fide* members of clubs affiliated to the ASA, the Scottish ASA or the Welsh ASA and members of clubs from Countries that are affiliated to FINA.
 - 1.1 **ONLY COMPETITORS WHO ARE 13 YEARS OLD OR OVER IN THE YEAR OF COMPETITION MAY ENTER**
 - 1.2 All competitors must be ASA WASA and SASA registered swimmers.
 - 1.3 A swimmer shall have joined the club in whose name he is entered at least 60 days prior to the date of the competition.
- 2 Entries
 - 2.1 Entries will only be accepted when received by the organiser on or before the closing date on the official entry form together with the entry fee.
 - 2.2 All competitors must read and sign the document on the back of the entry form.
- 3 The Championship is freestyle and will be swum over 5km.
- 4 Awards
 - 4.1 The first three placed competitors, male and female, shall each receive an award.
 - 4.2 The best placed juniors, male and female, will be the junior champions.
 - 4.2.1 The first three juniors, male and female, shall each receive an award.
 - 4.2.1.1 Juniors are those who have not reached their 16th birthday in the year of competition.
- 5 Competitors should attempt to call out their numbers at designated turning points on each circuit and at the finishing point.
- 6 A time limit of 30 minutes shall apply from the finish time of the 1st swimmer in each event.
- 7 Numbered hats will be provided and must be worn.
- 8 Wet suits and flippers are not allowed.
- 9 Protests shall be made and dealt with as detailed in ASA Law; the Promoter shall be the Midland Championship Steering Group.
- 10 Any matters not provided for in these conditions shall be decided by the Midland Championship Steering Group.

ENTRY FEE £12.00

ALL ENTRANTS MUST READ & SIGN THE DOCUMENT OVERLEAF

AGE GROUP CONDITIONS

1. The Open Water Age Group Competitions shall be held concurrently with the Open Water Championship. The Open Water Championship Conditions shall apply to the Age Group Competitions except as below.
2. Swimmers may enter only one Age Group event. Swimmers may not enter both the Championship and an Age Group event.
3. Age of competitors
 - 3.1 The age of competitors shall be that attained in the year of competition.
 - 3.2 Only competitors who are 12 years old or over in the year of competition may swim in the 1.5km event.
 - 3.3 Masters swimmers may wear wet suits but will not be considered for medals.
4. A time limit of 30 minutes shall apply from the finish time of the 1st swimmer in each event

Age Groups 12yrs 13yrs & 14yrs for 1500m (age as at 3rd August 2014)
15yrs and 16 yrs for 2000m 17yrs and 18yrs for 3000m (age as at 10th August 2014)

Masters Age Groups 19 – 24 25 – 29 30 – 34 35 – 39 40 – 49 50 – 59 60+
Masters may choose which distance they wish to swim in (age as of 31st December 2014)

ENTRY FEE per event £12

| | | |
|-------------------------------|-----------------|---|
| Briefing for the 5000m | 09.00am | START TIME 10.00am |
| Briefing for the 3000k | 09.00am | START TIME immediately following start of 5k |
| Briefing for the 2000k | 10.00 am | START TME following completion 5k& 3k |
| Briefing for the 1500k | 10.30am | START TIME following completion of 2k |

If entries for 5k are large we will start 3k following finish of 5k. Swimmers will be notified by email.

Please make certain an email contact address is on your entry form.

IMPORTANT - Please read this document carefully before signing.

Any queries should be raised with the Midland Championship Steering Group.

- 1 I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Open Water Swimming/Masters Swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
- 2 I am aware of and appreciate the inherent risks involved in such training and competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
- 3 I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury.
- 4 I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
- 5 I acknowledge that during Open Water Swimming/Masters Swimming events the Midland Championships cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
- 6 I hereby agree to abide by and be governed by the rules of the Amateur Swimming Association and all other laws and regulations applicable including the ASA Safety Laws and the Conditions of the Midland Championships.

I have read and understand the above provisions and agree to abide by them.

Signature of CompetitorDate.....