



MIDLAND CHAMPIONSHIPS
**2009 OPEN WATER CHAMPIONSHIP
 & AGE GROUP COMPETITIONS**



(UNDER ASA LAWS AND ASA TECHNICAL RULES)

BOSWORTH WATER
BOSWORTH, NEAR HINCKLEY, LEICESTERSHIRE
SUNDAY 12th JULY 2009

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

REGISTRATION NUMBER																			
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MALE	<input type="checkbox"/>
FEMALE	<input type="checkbox"/>

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 (See condition 1.1)	<input type="checkbox"/>
EVENT 2	1500m AGE GROUP Freestyle All age groups	<input type="checkbox"/>
EVENT 3	3000m AGE GROUP Freestyle 13-16 and all older age groups	<input type="checkbox"/>

Age Groups	12 - 16	17 - 19	20 - 24			
Masters Age Groups	25 - 29	30 - 34	35 - 39	40 - 49	50 - 59	60+

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 1st July 2009

Return the completed form together with the **ENTRY FEE** of **£7** for 1500m and 3K events and **£9** for the 5K event plus a A4 s.a.e. to:

Mrs W Coles, 6 Primrose Ave, Underwood, Nottinghamshire, NG16 5FY

All cheques payable to **Midland Joint Championships**

ENTRIES CAN ONLY BE ACCEPTED FROM 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.

ALL ENTRANTS MUST READ & SIGN THE DOCUMENT OVERLEAF

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 Competitor Date



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 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 must 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 £9

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 Only competitors who are 13 years old or over in the year of competition may swim in the 3km event.
- 4 A time limit of 30 minutes shall apply from the finish time of the 1st swimmer in each event

Age Groups	12 - 16	17 - 19	20 - 24			
Masters Age Groups	25 - 29	30 - 34	35 - 39	40 - 49	50 - 59	60+

Age Group Events

1500m Freestyle - all age groups

3000m Freestyle - 13 -16 and all older age groups

ENTRY FEE 1500M and 3K- £7

ENTRY FEE 5K - £9

OPEN WATER TEAM SWIMMING COMPETITION

- 1 Any club entering a minimum of one competitor, male or female, in each of the 1.5km, 3.0km, and 5.0km distances will be entered for the team competition.
- 2 Individuals forming teams must have been members of the club at least 60 days prior to the day of the competition.
- 3 The time of the highest placed swimmer from each club at each distance shall be used to determine the team placings.
- 4 Awards will be given to the team with the fastest combined time for the three swimmers.

Briefing for the 5000m event will take place at 8.45am

The 5000m event will start at 9.30am

Briefing for the 1500m & 3000m events to be determined

The 1500m & 3000m events will start during the morning -TBA