

**AMATEUR SWIMMING ASSOCIATION**

**OPEN WATER NATIONAL AGE GROUP CHAMPIONSHIPS**  
**(INCORPORATING THE CLUB TEAM COMPETITION)**

**SATURDAY 9<sup>th</sup> AUGUST 2008**

**HOLME PIERREPONT NATIONAL WATER SPORTS CENTRE, NOTTINGHAMSHIRE**  
(Under A.S.A. Laws, Rules, Regulations and Championships Conditions)

Registration: 12.45pm

Briefing: 1pm

Start Time: 2pm

**INDIVIDUAL ENTRY FORM**

Name of Club:.....

Family Name..... Given Name:.....

DOB...../...../..... Male/Female.....

Full Postal Address.....

Post Code:..... Tel No:.....

Email Address.....ASA Reg. No

Personal Best Time for 1500m Long Course swim.....(This time checked against GB Rankings)

1. A competitor must have been a registered member, or equivalent, of the ASA, SASA or WASA club, in whose name he is entered, at least 60 days prior to the first day of the Championships.
2. The ASA reserve the right to limit entries dependant upon demand.
3. Age Groups and distances are: 13/14yrs - 1500m; 15/16yrs - 1750m; 17/24yrs - 2000m –
4. Ages as at 31<sup>st</sup> Dec 2008
5. Dependant upon number of entries, heats may be swum. Results will be calculated from heat declared times.
6. The first 3 male and female swimmers in each age group will be awarded a commemorative medal or pennant.
7. Any Club entering 3 swimmers in these Championships will have automatic free entry to the Team Competition.
8. Entry fee **£8.75**
9. A cut off time limit will be 30 minutes after the first swimmer in each competition has finished shall operate.
10. Registration: Swimmers MUST sign in for briefing by 12-45pm. The briefing will commence at 1pm.
11. Any swimmer not attending the briefing will NOT be allowed to swim.
12. Start: 2pm for both Male & Female swimmers.
13. Course: A map of the course will be forwarded to you with your entry confirmation.
14. Competitor No: Competitors must have their number displayed on their back or upper arms AND WEAR THE HAT AND WRIST BAND PROVIDED.
15. Entry into water: Swimmers will enter the water in numerical order – starting with Competitor No 1.
16. Swim Gear: No swimmer shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy. Goggles, cap, nose clip and earplugs may be used. Only one costume is allowed.
17. Grease: Swimmers shall be allowed to use grease or other substances providing these are not deemed as excessive, in the opinion of the Referee.

Signature of Competitor..... Date .....

I certify that the above information is correct.

SWIMMERS ARE WARNED THAT RANDOM DOPING CONTROL MAY TAKE PLACE DURING THESE CHAMPIONSHIPS. If you are under 18 years of age on the first day of the competition you are entering (and not registered with the ASA) you parent/guardian should fill out the following paragraph.

I ..... agree to my son/daughter.....

If selected, being submitted to the doping control rules and protocols approve by the ASA and to him/her submitting a sample of urine analysis by the accredited laboratory.

**ENTRANCE FEE ENCLOSED , \_\_\_\_\_ ( CHEQUES PAYABLE “ASA” )**

**Or credit/Debit Card information – please complete form attached**

**Please send completed forms to: Events Office, ASA, 41 Granby Street, Loughborough, LE11 3DU.**

**Tel: 01509 632241 Fax: 01509 235489**

**CLOSING DATE FOR ENTRIES, TO THE ASA OFFICE: 5pm FRIDAY 25<sup>th</sup> JULY 2008**

**ENTRY FORMS MAY ALSO BE HANDED (WITH THE APPROPRIATE FEE) TO THE ASA DESK AT THE NATIONAL AGE GROUP CHAMPIONSHIPS, PONDS FORGE, SHEFFIELD, UNTIL 5pm, SUNDAY 27<sup>th</sup> JULY 2008.**

