



Events Department, British 5Km Event, 41 Granby Street, Loughborough, LE11 3DU Tel: 01509 632 241 Fax: 01509 235489

5KM BRITISH OPEN WATER CHAMPIONSHIPS

(Under FINA Rules and the British Swimming Disciplinary Code)

Competitors may be selected from this event for the European Senior Open Water Championships 2008 in Dubrovnik, Croatia. See Selection Policy.

SUNDAY 10th AUGUST 2008

Holme Pierrepont National Water Sports Centre, Nottingham

Registration 9-45am

Briefing 10am

Start 11am

ENTRY FORM

Name of Club:..... Nationality

Male Female (Please tick Box)

Reg No.

--	--	--	--	--	--	--

D.o.B...../...../.....

Family Name: Given Name:.....

Address:.....

.....

Post Code:..... Tel:..... Email:.....

ENTRY FEE: £9.75

**Cheques made payable to "BRITISH SWIMMING LTD".
Credit card payment accepted (please use form attached).**

NB All swimmers MUST be under the supervision of a Club Coach or designated Club Official at all times in the vicinity of the water

COMPETITION CONDITIONS

1. A competitor must have been a registered member, or equivalent, of the club in whose name he is entered, at least 60 days prior to the first day of the Championships.
2. The course will be approximately 5Km.
3. All competitors in the Competition must be a minimum of 13yrs of age to compete.
4. Entry fee is £9.75, Cheque made payable to 'British Swimming Ltd' or for credit/debit payment please fill in the attached form.
5. Entry forms, fees and medical disclaimer (SIGNED) relevant to open water swimming fitness must be sent to the Competitions Secretary prior to the closing date.
6. A cut off time limit will be 30 minutes from the finish time of the first swimmer in the event.
7. Medals to be awarded to the 1st 2nd & 3rd place for both British competitors and overseas male and female swimmers. Presentations are currently scheduled to take place at 1-15pm (subject to change).
8. Age as at 31st December 2008.
9. Please enclose a A4 stamped addressed envelope.

NB All Swimmers participating in this event MUST be registered with their Governing Body.

DONT FORGET TO SIGN THE BACK OF YOUR FORM

PROMOTORS CONDITIONS:

1. **Briefing:** Swimmers MUST sign in for the briefing by 9.45am the briefing will commence at 10am - any swimmer not attending the briefing will NOT be allowed to swim.
2. **Start :** 11am start for male competitors and 11-15am start for female competitors.
3. **Course:** A map of the course will be forwarded to you with your entry confirmation.
4. **Competitor No:** Competitors must have their number displayed on their back or upper arms AND WEAR HAT AND WRIST BAND PROVIDED.
5. **Entry into water:** Swimmers will enter water in numerical order - starting with Competitor No.1.
6. **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.
7. **Grease:** Swimmers shall be allowed to use grease or other substance providing these are not deemed as excessive, in the opinion of the referee

ENTRANCE FEE ENCLOSED, £_____ (Cheques Payable to "British Swimming Ltd"
Or complete credit/debit card form attached)

CLOSING DATE FOR ENTRIES: FRIDAY 25th JULY 2008

ENTRY FORM AND FEE SHOULD BE RETURNED TO THE FOLLOWING ADDRESS:

Events Department
41 Granby Street
Loughborough
Leicestershire
LE11 3DU

IMPORTANT - Please read this document carefully before signing. Any queries should be raised with the A.S.A Office.

1. I am aware of the need to seek appropriate medical advice if I have 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 possibility 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 endeavors 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 or 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 to safety.
5. I acknowledge that at Open Water Swimming / Masters Swimming events, British Swimming Ltd, the Amateur Swimming Association or any body affiliated thereto, 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 British Swimming, the Amateur Swimming Association and all other laws and regulations applicable including the ASA Safety Laws.

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

Signature of Competitor _____ Date _____

**Please fill in the form below to pay for entry into the
5Km British Open Water Championships 2008**

Card Details

Switch-Maestro/Mastercard/Visa (Please Delete as appropriate)

Please print clearly

Card Number

Start Date / Expiry Date / Issue Number Last 3 digits on
signature strip

We also require the name and address of the CARD HOLDER

Full Name:

Address.....

.....

Post Code.....

Daytime contact number.....

Please enclosed a 2nd SAE, for receipt of payment to be returned, if no envelop is enclosed the receipt will be returned with the Swimmers confirmations.

Please note a process charge of 50p per transaction will automatically be added if paying by credit /debit card.

Payment can take anything up to 10 days to be processed.