



ASA SOUTH WEST REGION

The Weymouth Open 10Km - 2011



10 Km OPEN WATER CHAMPIONSHIPS

Incorporating the:

- **Reg Blackburn Memorial** 10Km Open Water Championship
- **Dorset ASA** 10Km Championships
- **Somerset ASA** 10Km Championships

PRESTON BEACH, WEYMOUTH, DORSET

Saturday 2nd July 2011

Registration 11.00am – 12.00pm

Briefing 12.15pm

START – 1.00pm

Swimmers not attending the briefing will not be allowed to swim

To be completed by the swimmer and a club official													Please Tick ↓			
Please use BLOCK LETTERS and ensure that this form is filled in fully and correctly																
ASA REGISTRATION NUMBER															FEMALE	
															MALE	

Forenames..... Surname.....
 Club..... Date of birth.....
 Address.....
 Postcode:.....
 Phone:.....Mobile:.....
 E-mail:.....

Please tick in required race slot	10Km Open Freestyle Championship					Entry Fee
	Championship	JUNIOR Under 17yrs	SENIOR 17-29yrs	SENIOR 30-39yrs	SENIOR 40-49yrs	

ENTRIES CLOSE ON Monday 6th June 2011

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 sea.

>>>>> PLEASE READ, SIGN and RETURN Page 1 & 2 <<<<<<

PLEASE READ COMPETITION CONDITIONS CAREFULLY

IMPORTANT - Please read this document carefully before signing. Any queries should be raised with the ASA South West Region Open Water Secretary.

1. I hereby certify that I am physically fit and well to participate in Open Water training and events.
2. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health.
3. 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 events or any other associated activities.
4. I am aware of and appreciate the inherent risks involved in Open Water Swimming training and competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
5. I undertake at all times to use my best endeavour 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.
6. I undertake to take all reasonable safety measures for the protection of fellow swimmers and myself and to inform the Referee of any concerns I may have as regards safety.
7. I acknowledge that, during Open Water Swimming events, the ASA South West Region 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.
8. 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 ASA South West Region.
9. **I hereby signify that I have completed a 5Km Open Water event during the last three years.**
10. **I hereby certify that I have previously completed a continuous 1 hour Open Water swim during this year (2011).**

ENTRIES CAN ONLY BE ACCEPTED FROM REGISTERED SWIMMERS

I hereby declare that the above particulars are correct and 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.....

I certify that the above information is correctSigned Club Official

Signature of Parent/Guardian if under 18 years of age.....

INCOMPLETE, INCORRECT OR LATE ENTRIES WILL NOT BE ACCEPTED AND THE FEE WILL BE FORFEITED.

Please make cheques payable to ASA SWR
Return the completed form together with the ENTRY FEE
and a 9½ x 6 ½ Stamped Self-Addressed Envelope to:

Brian Bewley
ASA SWR Open Water Swimming Secretary
Kewstoke House
5, Kewstoke Road
Kewstoke
Weston-super-Mare BS22 9YD

Tel/Fax: 01934 624129

E-mail: brianrb@btinternet.com

Accommodation enquiries should be directed to:

The Tourist Information Centre, Weymouth, Tel: 01305 785747

E-mail: tic@weymouth.gov.uk

PLEASE DETACH AND KEEP THESE CONDITIONS

ASA SOUTH WEST REGION

OPEN WATER SWIMMING 10 Km Championships (under ASA LAW and ASA Technical Rules)

CHAMPIONSHIP CONDITIONS

1. General

- 1.1. All competitors must be registered members of clubs affiliated to the ASA, the Scottish ASA or the Welsh ASA or registered members of clubs in a country affiliated to FINA. The registration shall have been valid for at least 60 days prior to the date of the competition.
- 1.2. To enter the 10 km Championships competitors must be 13 years of age as of 31st December in the year of competition.
- 1.3. A swimmer entering the Junior Championship must be under 17 years of age on 31st December in the year of competition.
The minimum age is 13 - see 1.2.
- 1.4. A swimmer entering the 10Km event will be required to signify on the entry form that he/she has completed a 5Km Open Water event during the previous three years and has also completed a continuous 1 hour Open Water swim during 2011 previous to this competition. Proof of this completion may be requested by the organisers of the 10Km event.

2. Entries

- 2.1. Entries must be on the official entry form together with the entry fee. Photocopies are acceptable.
- 2.2. Entry forms can be sent by e-mail, however entry will only be accepted when the fee is paid.
- 2.3. All competitors must read and sign the declaration on the back of the entry form.
- 2.4. Entries will only be accepted if the organizer receives them on or before the closing date.

3. Awards

- 3.1. In the Open Championships the first three placed competitors in each age group, male and female, shall receive a suitable award.
- 3.2. The Reg Blackburn Memorial 10Km Open Water event is open to swimmers registered with clubs affiliated to the ASA SouthWest Region. They will compete for the Reg Blackburn Memorial trophies
- 3.3. The first three placed swimmers, who are registered with an ASASWR club, in each age group, male and female, shall each receive a suitable award.
- 3.4. Competitors eligible to swim for Dorset or Somerset will be eligible for an award as decided by these County ASA's
- 3.5. Certificates will be awarded to all competitors who finish the course.
- 3.6. Presentations will be made immediately following completion of the 10Km event.

4. The Event

- 4.1. All competitors must attend the pre-race briefing
- 4.2. 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, caps (maximum 2), nose clip and earplugs may be used. Only one costume is allowed. NO wetsuits allowed.
- 4.3. Grease: Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the referee, excessive.
- 4.4. Competitor No: Competitors must have their number displayed on their back or upper arms and the backs of both hands.
- 4.5. Hats: All competitors must wear the ASASWR swim hat provided. If two hats are worn the ASASWR one must be on the outside.
- 4.6. Time Limit: There will be a cut off time limit of four hours after the start.

5. Safety

- 5.1. The pre-requisite to swimming is attendance at the race briefing at 1215. A roll call of all swimmers will be taken at this briefing.
- 5.2. Only the official safety boats and canoes will be allowed on the course. Competitor's coaches and supporters are not allowed to use their own canoes or boats.
- 5.3. In the event of inclement weather the safety officer will decide if the competition can be run safely. If the decision is taken to cancel the promoter will make every effort to re-run the event on another date. If this is not possible, then after all expenses have been paid, a percentage of the entry fee MAY be refunded.

Remember: No Brief - No Swim