



MIDLAND CHAMPIONSHIPS
**2016 OPEN WATER CHAMPIONSHIP
 & AGE GROUP COMPETITIONS**



(UNDER FINA LAWS AND ASA TECHNICAL RULES)

BOSWORTH WATER
BOSWORTH, NEAR HINCKLEY, LEICESTERSHIRE
SUNDAY 3RD JULY 2016

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	<input type="checkbox"/>
FEMALE	<input type="checkbox"/>

REGISTRATION NUMBER	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------

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	5000m Freestyle must be 13rs of age Award age groups 17/18yrs and 19/over	<input type="checkbox"/>
EVENT 2	3000m Freestyle 15/16 yrs Masters age groups 19-24 25-29 30-34 35-39 40-49 50-59 60+	<input type="checkbox"/>
EVENT 3	1500m AGE GROUP Freestyle 12yrs 13yrs and 14yrs Masters age groups 19-24 25-29 30-34 35-39 40-49 50-59 60+	<input type="checkbox"/>
		<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 18th June 2016

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

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

Briefing for the 5000m 09.00am START TIME 10.00am
Briefing for the 3000k 09.30am START TIME following completion of 5k
Briefing for the 1500k 10.30am START TIME following completion of 3k

ALL ENTRANTS MUST READ & SIGN THE DOCUMENT OVERLEAF



MIDLAND CHAMPIONSHIPS
**2016 OPEN WATER CHAMPIONSHIP
& AGE GROUP COMPETITIONS**

(UNDER FINA LAWS AND ASA TECHNICAL RULES)

**BOSWORTH WATER
BOSWORTH, NEAR HINCKLEY, LEICESTERSHIRE
SUNDAY 3RD JULY 2016**



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.....

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

All cheques payable to **Midland Championships**

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.

THE SWIMMERS PLACED FIRST, SECOND & THIRD IN AN ASA/SASA/WASA REGIONAL OPEN WATER CHAMPIONSHIPS, BEING A MEMBER OF A CLUB IN THAT REGION, WHO DOES NOT ACHIEVE THE ENTRY BY MEANS OF A POOL BASED SWIM, MAY ALSO ENTER THE NATIONAL OPEN WATER CHAMPIONSHIPS FOR THAT AGE GROUP (Age Groups & Distances see conditions below)



MIDLAND CHAMPIONSHIPS
**2016 OPEN WATER CHAMPIONSHIP
& AGE GROUP COMPETITIONS**

(UNDER FINA LAWS AND ASA TECHNICAL RULES)

**BOSWORTH WATER
BOSWORTH, NEAR HINCKLEY, LEICESTERSHIRE
SUNDAY 3RD JULY 2016**



AGE GROUP CONDITIONS

Event Conditions:

1. 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. Foreign competitors will be accepted if they are from one of the countries affiliated to FINA
3. Age Groups and Distances are: Girls and Boys 12-14 – 1.5km; 15/16yrs – 3km 17 & over – 5km
4. Ages as at 31st December 2016
5. Entry Fee: £12
6. Medals will be awarded to the first 3 male and female swimmers in each of the following age groups:-
12, 13, 14, 15, 16, 17/18, 19 +
7. A cut off time limit of 30 minutes after the swimmer in each competition has finished shall operate.
8. Registration: Swimmers **MUST** sign in at the registration desk at the appropriate time.
9. Any swimmer representative (coach/chaperone) not attending the briefing will result in the swimmer **NOT** being allowed to swim
10. Competitor No: Competitors must have their number displayed on their back or upper arms and wear the numbered hat provided. (if wearing two caps the numbered cap to be on top).
11. 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 may be worn Only one costume is allowed. Costumes must comply with FINA Open Water rules.
12. Grease: Swimmers shall be allowed to use grease or other substances providing these are not deem as excessive, in the opinion of the referee.
13. Protests shall be made and dealt with as detailed in ASA Law; the Promoter shall be the Midland Championship Steering Group.
14. Any matters not provided for in these conditions shall be decided by the Midland Championship Steering Group.

Masters Event Conditions

1. Masters swimmers may wear wet suits but will not be considered for medals.
- 2.. A time limit of 30 minutes shall apply from the finish time of the 1st swimmer in each event
3. Masters events shall be 3km and 1.5km in the following ages:
Masters Age Groups 19 – 24 25 - 29 30 - 34 35 – 39 40 - 49 50 – 59 60+
4. Masters may choose which of the two distance they wish to swim in. Age as of 31st December 2016
5. Entrée Fee £12.00.
6. Medals will be awarded to the first three male and female swimmers in each of the following age group
19-24, 25-29, 30-39, 40-49, 50-59, 60+
7. A cut off time limit of 30 minutes after the swimmer in each competition has finished shall operate.
8. Registration: Swimmers **MUST** sign in at the registration desk at the appropriate time.
9. Any swimmer representative (coach/chaperone) not attending the briefing will result in the swimmer **NOT** being allowed to swim
10. Competitor No: Competitors must have their number displayed on their back or upper arms and wear the numbered hat provided. (if wearing two caps the numbered cap to be on top).
11. 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 may be worn Only one costume is allowed. Costumes must comply with FINA Open Water rules.
12. Grease: Swimmers shall be allowed to use grease or other substances providing these are not deem as excessive, in the opinion of the referee.
13. Protests shall be made and dealt with as detailed in ASA Law; the Promoter shall be the Midland Championship Steering Group.
14. Any matters not provided for in these conditions shall be decided by the Midland Championship Steering Group.