

GLOUCESTER COUNTY ASA

2011 OPEN WATER CHAMPIONSHIPS & AGE GROUP COMPETITIONS

(Under ASA Laws and ASA Technical Rules)

At Henleaze Swimming Club (www.henleazeswimmingclub.org)

Henleaze Lake, Lake Road, Henleaze, Bristol BS10 5HG (Tel: 0117 962 0696)

SUNDAY 10 JULY 2011 – 9.45am to 2.45pm

Description of events		Entry fee
600 metre freestyle - Junior Age Group	11 - 12 yrs	£8.00
1,500 metre freestyle – Junior Championship (incl Age groups 13-14yrs and 15-16 yrs)	13 - 16 yrs	£8.00
2,000 metre freestyle – Senior Championship (incl Age groups 17-24, 25-34, 35-44, 45-54, 55-64, 65-74, 75+yrs)	17 yrs & over	£8.00

Please ring championship / age group in which competing & ensure form is filled in fully

Briefings expected times - Swimmers not attending a briefing will not be allowed to swim

10.10 am Officials briefing

10.30 am 600m & 1,500m swimmers briefing >> expected first race 11.00 am, 2, 3, 4th races thereafter

12.45 - 13.00 2,000m swimmers briefing >> race starts immediately after briefing

ASA Registration Number

FORENAMES.....SURNAME.....M / F

CLUBDOB.....

Address.....

.....Postcode.....Tel

E-mail address.....

ENTRIES CLOSE THURSDAY 30 JUNE 2011

Return completed form (pages1&2), Entry fee (cheques payable - Gloucester County ASA) and stamped addressed envelope (220mm x 110mm –approx 4in x 9in)

To Alan Giles, 32 High Street, Winterbourne, Bristol BS36 1JN (Tel 01454 851503)

Please note: **Henleaze SC visitor policy for the championships.**

- In addition to parents / guardians coming to accompany swimmers, it has been recognised that brothers / sisters may also wish to watch as well. Providing it is understood that family members (between the ages of 8 to 18 years – no one less than 8 years allowed) are under close supervision and proper control of their parents / guardians they will be welcome.
- Appropriate control of guest children is important. Henleaze Lake has a depth of 3 to 5 metres; accordingly due care has to be exercised by parents / guardians watching their younger children guests to ensure they do not fall into the Lake from the surrounding lawns.
- Guest children under 18 wishing to swim on the championships day, after completion of the events, will be required to take the Henleaze SC 50m swimming test

PLEASE READ EVENT CONDITIONS CAREFULLY

>>>>>PLEASE READ, SIGN and RETURN Pages 1 & 2) <<<<<<

IMPORTANT - PLEASE READ THIS DOCUMENT CAREFULLY BEFORE SIGNING.
(Any queries should be raised with the County Open Water manager, Alan Giles, address overleaf)

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 events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any Open Water 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 endeavour to 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 safety.
5. I acknowledge that during Open Water Swimming events, Gloucester County ASA and Henleaze Swimming Club 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 Gloucester County ASA. All swimmers at Henleaze Lake swim at their own risk.

I have read and understood the above provisions and agree to abide with them

ENTRIES CAN ONLY BE ACCEPTED FROM REGISTERED SWIMMERS

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

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 correct.....Signed Club official

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

GLOUCESTER COUNTY ASA
2011 OPEN WATER SWIMMING CHAMPIONSHIP CONDITIONS
(Under ASA Laws and ASA Technical Rules)

General

- All competitors must be registered members of clubs affiliated to the ASA, the Scottish ASA or Welsh ASA and are eligible to compete in GCASA competitions. A competitor shall have joined the club in whose name he / she is entered at least 60 days prior to the date of the competition
- To enter the 1,500m championship competitors must be 13 years of age as of 31st December 2011 and must be under 17 years of age on 31st December 2011
(NB Age group 600m event – competitors must be either 11 or 12 years of age as of 31 December 2011.
- To enter the 2,000m championship competitors must be 17 years of age as of 31st December 2011.

Entries

- 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.
- Entries may have to be limited and places will be allocated on a first come first served basis.
- **All competitors must read and sign the disclosure on page 2 of the entry form.**

Event distances

- The championships are freestyle and will be swum over distances of 1,500m (juniors) and 2,000 metres (seniors) - the events may be swum over shorter distances, at the discretion of the referee and safety officer.

Awards

- The first placed competitors in each Junior age group and in each Senior age group, male & female, shall receive a suitable award.
- Certificates will be awarded to all competitors who finish the course.
- The Gloucester County Senior Champion in each gender shall be the swimmer returning the fastest time in the Senior event.
- The Gloucester County Junior Champion in each gender shall be the swimmer returning the fastest time in the Junior event. The Junior event may be swum over separate races, dependent on the numbers of competitors.

The event

- Pre-race briefing - All competitors must attend the pre-race briefing. A roll call of all swimmers will be taken at this briefing.
- 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, swim cap, nose clip and earplugs may be used. Please use your club swim cap or own individual hat to aid identification. Only one costume allowed.
- Grease - Swimmers shall not be allowed to use grease or other such substances. No wet suits allowed.
- Competitor numbers - Competitors must have their number displayed on their back or upper arms and the backs of both hands.
- The races will be judged without video coverage
- Time limit - A time limit may be enforced.
- Protests shall be made and dealt with as detailed in ASA Law.
- Any matters not provided for in these conditions shall be decided by the Gloucester County ASA Event Committee.

AGE GROUP CONDITIONS

The Open Water Age Group competitions shall be held concurrently with the Open Water Championships. The Open Water Championships conditions shall apply to the Age Group competitions except as below

1. Swimmers may enter only one Age Group Event.
2. Age of Competitors - shall be that attained as at 31st December in the year of competition.
3. Awards
 - Suitable awards will be presented to the first placed competitors in each age group event, male and female.
 - Certificates will be presented to all competitors who finish the event.
4. A time limit for the events may be applied, particularly in the 2000m event .
5. Age Group events

Juniors freestyle	600m (11yrs & 12yrs) & 1,500m (13yrs to 16yrs)
Seniors freestyle	2,000m (17yrs & over –see page 1 re age categories)

INTER CLUB COMPETITION

To identify the winning Club for the Inter Club competition points will be allocated for 1st, 2nd & 3rd places in the championships and also the number of swimmers completing their event

ADDITIONAL INFORMATION

Location: Henleaze Lake is a flooded quarry. You may already have visited the Lake, but if not go to www.henleazeswimmingclub.org for photographs of this picturesque venue. There are lawns surrounding one end of the Lake, with a pathway alongside the swim course.

Course lengths: 600m event- 100 metres 1,500m event- 150 metres 2,000m event - 200 metres

Water and air temperature:

- The water temperature is likely to be between 17°C (64°F) & 20°C (70°F).
- In the event of reduced water or air temperatures, the organisers reserve the right to swim the events over shorter distances, at the discretion of the referee and safety officer.
- Bring **warm clothing** to put on after swim.

Parking is limited; but space is available in adjacent roads.

Light refreshments will be available for purchase.

Training & familiarisation sessions on Saturday 25 June and Saturday 9 July 2011 (10am to 11am)

- Henleaze Swimming Club has kindly agreed to make the Lake available to competitors for training purposes on Saturday 25 June and Saturday 9 July from 10am to 11am.
- **It is recommended that swimmers who have not previously swum in open water competition attend at least one of these training and familiarisation sessions**

Directions to Henleaze Lake, Lake Road, Henleaze, Bristol BS10 5HG (Tel 0117 962 0696)

- If travelling from the M5, approach Bristol on the A38 leaving the M5 at junction 16.
- Continue down A38 & after passing the Filton runway on your right continue for 1/3rd mile to roundabout, and turn right taking 3rd exit into Southmead Road.
- Go along Southmead road, cross mini roundabout; continue past Southmead Hospital on left.
- Continue straight across traffic lights, and pass Fire Station on left. Cross next roundabout.
- After 100 metres further roundabout; 3rd exit into Lake Road; Henleaze Lake is ahead.