

GLOUCESTER COUNTY ASA

To Club Secretaries / Open Water swimmers
Gloucester County ASA Swimming Clubs

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Dear Club Secretary / Open Water swimmers

9 May 2011

2011 OPEN WATER CHAMPIONSHIPS & AGE GROUP COMPETITIONS

(Under ASA Laws and ASA Technical Rules)

SUNDAY 10 JULY 2011 – 9.45am to 2.45pm

At Henleaze Swimming Club – Henleaze Lake, Lake Road, Henleaze, Bristol BS10 5HG
(For photographs of Henleaze Lake go to www.henleazeswimmingclub.org)

The events are (age on 31 December)	Age
600 metre freestyle - Junior Age Group	11 - 12 yrs
1,500 metre freestyle – Junior Championship / Age Groups	13 - 16 yrs
2,000 metre freestyle – Senior Championship / Age Groups	17 yrs & over

1. Please **copy** this letter and entry form to your club members to inform them of the events. Copies of the letter / entry form are on the County website www.gcasa.co.uk
2. Please return the **entry form** to me **ASAP**. (NB - as events are becoming increasingly popular; there will be a maximum number of swimmers that can enter).
3. **Henleaze Swimming Club have kindly agreed to make Henleaze Lake available to competitors for training and familiarisation purposes on Saturdays 25 June & 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

Summary

- I look forward to receiving completed entry forms **asap**.
- If either you or your Club members require further information please contact me.

Alan Giles Honorary manager, Open Water

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

ASA National Open Water Age Group Championships

The ASA national OW championships will be held at Rother Valley Park, Sheffield
For further information see British Swimming website
(Swimmer eligibility – subject to indoor pool times achieved)

Further Notes and Information in conjunction with the Open Water championships and related matters

In view of the potential interest in the events potential overall numbers and time constraints (to achieve a finish of the championship by 2.45pm) the following events are anticipated

Age	Distance and max number of swimmers	Course length
11 and 12	600m (say 2 races - 20 swimmers in each)	100m
13, 14, 15, 16	1,500m (say 2 races - 25 swimmers in each)	150m
17+	2,000m (1 race – up to approx 35 swimmers)	200m

Normally the junior events will be split by gender, dependent on the number of entries

Alan Giles Honorary manager, Open Water