

**SCOTTISH AMATEUR SWIMMING ASSOCIATION  
EAST DISTRICT OPEN WATER SWIMMING  
CHAMPIONSHIPS 2009**



**Incorporating Scottish Open Water Grand Prix Series,  
And SASA East District Championships**

**Held under FINA Rules and SASA Regulations**

**Lochore Meadows – Saturday 22<sup>nd</sup> August 2009**

Briefing 12.15 Start 13.00

**CHAMPIONSHIP ENTRY FORM**

**Event 1 : 2km (Junior) and 3 km (Senior/Masters) Championship Event** entry fee £10

Entrants must be aged 13 or over. Medals will be presented for the following categories

- |  |                                       |
|--|---------------------------------------|
| • 13/14 years (open)                       | • Senior (Open)                       |
| • 13/14 yeas (East District club members)  | • Senior (East District Club Members) |
| • 15/16 years (open)                       | • 25-34 years (open)                  |
| • 15/16 years (East District club members) | • 35-44 years (open)                  |
|  | • 45 years and above (open)           |

Masters Swimmers: 1 entry fee enters you for both the Senior Open and your age category Open  
**Trophies** will also be awarded to East District Swimmers as follows  
First Junior Girl (13-16), First Junior Boy (13-16), First Senior (Male & Female), First Senior Female

**Event 2 : 1 km Novice Event** entry fee £ 7.50

This is open to swimmers age 12 and swimmers who have not competed in an individual Open Water event prior to 2009..

Notes : Age on 31/12/09.

**Entrants Details**

Name : ..... Male  Female

Club : .....

Address : .....  
.....

Post Code : ..... Tel. No. : .....

E-mail Address: .....

Date of Birth: ..... Reg. No. : .....

Are you eligible to compete for the East District Championship (Senior & Age Groups only) Yes  No

**Event entered (Please Circle)**

Event 1	Senior/Masters 3K	<input type="checkbox"/>	} Age on 31/12/2009 : .....
	Junior 2K	<input type="checkbox"/>	
Event 2:	Novice	<input type="checkbox"/>	

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Summary Details of Open Water and/or Long Distance Swimming Experience

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**Conditions**

1. The Organising Committee reserve the right not to accept entries from swimmers who they believe may not be capable to completing the event.
2. The Promoter, or any affiliated body, cannot be held responsible for any loss or damage to personal belongings.
3. Swimmers must wear swimming caps provided.

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**Declaration**

1. I will abide by the S.A.S.A championship rules.
2. I am a registered competitor with the S.A.S.A./A.S.A./W.A.S.A./N.I.A.S.A./National Association.
3. The details I have given on this form are correct.
4. I am not knowingly suffering from any disability or illness which would render my participation in these championships inadvisable.
5. I consider that, given the nature of the event, that I am a sufficiently competent swimmer.
6. I understand that in the event of my retiring during the race safety crews will use all means necessary to assist me into the safety craft.
7. I understand that entry fees are not refundable.

Signature of Entrant : .....

Date : .....

Endorsement of Coach/Club Official

I hereby confirm that given the nature of the event(s) entered, I consider the above named swimmer to be of sufficient ability to take part.

Signature of Coach/Official : .....

Date : .....

Signature of Parent : .....  
(if under 18 year of age)

Date : .....

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Please return this form and appropriate fee(s) to  
Andrea Gellan,  
East District Open Water Convenor,  
14 Comely Park Dunfermline  
Email: andreagellan@gmail.com  
Cheques should be made payable to  
SASA East District

Swimmers are recommended to consult their  
general practitioner regarding requirements for  
inoculations.

**Closing date for entries**  
**Saturday 8<sup>th</sup> August 2009**