



SCOTTISH GAS SCOTTISH OPEN WATER SWIMMING CHAMPIONSHIPS 2009

Open Water

Lochore Meadows Country Park, Fife
Saturday 18 July 2009
Held under FINA Rules and SASA Regulations

5 Km and 2 Km events are incorporated within the Scottish Open Water Swimming Grand Prix Series

Individual Events	Entry Fee	Briefing/Start
1) 5 Km Scottish Championship (age 13+)	£12.00	09:15/10:00
2) 2 Km Scottish Championship (age 13+)	£10.00	13:00/13:45
3) 1 Km Scottish Championship (age 12)	£6.00	13:00/14:45 (approx*)
4) 1 Km Non-Championship Novice Event	£6.00	13:00/14:45 (approx*)

*The start times may be adjusted due to previous events.

See separate entry form for 4 x 500 metre relay events

Presentation of prizes at 12:45 and 16:00

- Age Categories for 5 Km and 2 Km Events: [Age as at 31/12/2009] 13-14 years, 15-16 years, 17-24 years, 25-34 years, 35-44 years, 45-54 years and 55+ years
- All swimmers will also compete in the open category.
- Swimmers are eligible to compete in the 1 km novice event if they have not competed in an individual open water event prior to 2009.

Entrant's Details

Name : Male Female

Club :

Address :
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Post Code : Tel. No:

E-mail Address :

Date of Birth: Reg. No. :

Are you eligible to compete for the Scottish National Championship Yes No

Events entered (swimmers may compete in both 5 Km and 2 Km Championships)

5 Km Championship (13+ years) 2 Km Championship (13+ years)

1 Km Championship (12 years) 1 Km Novice (13+ years)

SCOTTISH swimming
everyone can swim!

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Conditions

1. Swimmers may be required to submit to a medical examination prior to the event.
2. The Organising Committee reserve the right not to accept entries from swimmers who they believe may not be capable of completing the event.
3. Competitors must wear swimming caps provided.
4. Cut off times will apply as follows; 5 Km – 2¼ hours, 2 Km – 1 hour, 1 Km – 45 mins
Competitors still swimming on expiry of these times will be required to leave the water without completing the race.
5. A medical declaration form **MUST** be completed by anyone that is competing in a Scottish Swimming National event. If not already done, this form can be downloaded from the Scottish Swimming website and will be found in the downloads section under doping.

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. or other National Association.
3. The details I have given on this form are correct.
4. I am not knowingly suffering from any disability or illness that would render my participation in these championships inadvisable.
5. I consider that, given the nature of the event, 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 – required by swimmers who have not completed a swim of a distance at least equal to the distance they are entered for within the previous two years.

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 :

Please return this form and appropriate fee(s) to

Tony Davis
16 The Wynd
Dalgety Bay
KY11 9SH
Tel. 01383 822 073 / 07801 269 921
E-mail tony@davisfamily.demon.co.uk

Cheques should be made payable to S.A.S.A.

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

Further details and timetable will be issued to competitors prior to the event.

**Closing date for entries
Friday 03 July 2009**

SCOTTISH AMATEUR SWIMMING ASSOCIATION

SCOTTISH OPEN WATER SWIMMING CHAMPIONSHIPS 2009



Open Water

**Lochore Meadows Country Park, Fife
Saturday 18 July 2009**

4 x 500 metres Relay

Under FINA Rules and SASA Regulations

Briefing 13:00 Start 15:15 approx* Presentation 16:00

Entry Fee £20 per Team

*The start may be adjusted due to previous events.

Relay Team Details

Club : Male Female Mixed

Contact Name/Email :

Address :

.....

Post Code : Tel. No. :

Conditions

1. The entry contact will be required to submit the names and swim order of the relay members to the event organisers by the time stipulated at the briefing.
2. Swimmers may be required to submit to a medical examination prior to the event.
3. Competitors must wear swimming caps provided.
4. Awards will be made to up to the top three relays in each category.
5. All swimmers must be aged 12 years or over.
6. A medical declaration form **MUST** be completed by anyone that is competing in a Scottish Swimming National event. If not already done, this form can be downloaded from the Scottish Swimming website and will be found in the downloads section under doping.

Declaration

1. All team members will be registered with the S.A.S.A., A.S.A., W.A.S.A. or other National Association.
2. The details given on this form are correct.
3. Each swimming member of the relay must be prepared to sign an individual declaration if required on the day of the swim

Signature of Entry Contact:

Date :

Please return this form and appropriate fee(s) to

Tony Davis
16 The Wynd
Dalgety Bay
KY11 9SH
Tel. 01383 822 073 / 07801 269 921
E-mail tony@davisfamily.demon.co.uk

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