



# EAST REGION CHAMPIONSHIPS

## 2011 OPEN WATER CHAMPIONSHIP and AGE GROUP COMPETITIONS

incorporating County Championships as appropriate



(Under ASA Laws , Rules, Regulations and Championship Conditions)

**Whitlingham Outdoor Education Centre, Whitlingham Lane, Trowse, Norwich. NR14 8TR**  
**SUNDAY 17th JULY 2011**

(To be completed by the swimmer and a club official).

Please use **BLOCK CAPITALS** and ensure that this form is filled in **correctly** and **clearly**. Queries will be **submitted via email**.

**Please check your ASA number is correct**

If you are not a member of the ASA, please ensure that you add **£15.00** per person to the total entry fee. Temporary memberships are **only** available on request and must be completed and returned 7 days before the competition date.

Late forms will not be accepted and will be rejected. **NOTE: If you are a Category 1 swimmer, please contact your club.**

ASA Category 2 member? YES / NO	<b>Please add your ASA REGISTRATION NUMBER</b>						
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FORENAMES ..... SURNAME .....

CLUB .....

COUNTY.....

EMAIL .....

ADDRESS.....

POST CODE .....PHONE No .....

DATE OF BIRTH ..... AGE (At 31 Dec 2011) .....

	DESCRIPTION OF EVENTS	Entry Time	Please circle	PLEASE TICK	ASA Category 2 Member
EVENT 1	<b>CHAMPIONSHIP &amp; AGE GROUP 5k Freestyle</b> Age Groups: 13-16 17-19 20-24 25-29 30-34 35-39 40-49 50-59 60+	Not Applicable	M / F		£ 15.00
EVENT 2	<b>AGE GROUP 3k Freestyle</b> Age Groups: 13-16 17-19 20-24 25-29 30-34 35-39 40-49 50-59 60+	Not Applicable	M / F		£ 15.00
EVENT 3	<b>AGE GROUP 1.5k Freestyle</b> Age Groups: 12-16 17-19 20-24 25-29 30-34 35-39 40-49 50-59 60+		M / F		£ 15.00
EVENT 4	<b>NOVICE 800m Freestyle</b> Age Groups: 11-12 13-14 15-16 17+		M / F		£ 10.00
Coaches Pass	Coaches passes are required for entry onto the deck.				£10.00

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.

Signature of Competitor .....

Date .....

This information has been checked for accuracy Signed .....Club Official



## EAST REGION CHAMPIONSHIPS 2011 OPEN WATER SWIMMING

(Under ASA Laws, Rules, Regulations and Championship Conditions)



**IMPORTANT - Please read this document carefully before signing. Any queries should be raised with the East Region Open Water Committee – [openwatereast@hotmail.com](mailto:openwatereast@hotmail.com)**

- 1 I acknowledge that for events 3 and 4, in the case of over-subscription, entries will be accepted on the basis of submitted entry time. Times can be achieved in time trials or competition, in pool or openwater.
- 2 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. Accordingly I hereby certify that I am physically fit to participate. I undertake to inform the Promoter of any medical condition which may affect my participation in the event.
- 3 I am aware of and appreciate the inherent risks involved in open water competition, including the possibilities of injury and accident. I undertake to always conduct myself in a responsible manner.
- 4 I further undertake to inform the Referee of any concerns I may have as regards safety.
- 5 I acknowledge that during Open Water Swimming events the ASA East Region cannot be held responsible for any loss or damage to personal belongings.
- 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 ASA East Region.
- 7 I understand that if I do not attend the relevant safety briefing I will be unable to swim.
- 8 I understand that photographs of the event may be used for publicity purposes, and may be put on the web-site.

I have read and understand the above conditions and agree to abide by them.

Signature of Competitor..... Date .....

Signed \_\_\_\_\_  
Parent/Guardian (Swimmer under 18)

**ENTRIES CLOSE ON  
19<sup>th</sup> JUNE 2011**

**Amendments will only be considered for up to 7 days  
after the final listing is posted on the internet.**

**No changes to entries will be allowed on the day.**

Return the completed form with the appropriate **ENTRY FEE** to  
**Mrs S Richardson, Fortkaos, 121 Maple Grove, March, Cambs, PE15 8JP**  
Members of ASA Clubs should submit their entries through their club with a single payment please  
All cheques payable to **ASA EAST REGION**

Late, incomplete or incorrect entries will NOT be accepted  
**PLEASE NOTE THAT OPEN WATER SWIMMING AGE IS AT 31 DECEMBER 2011**