



CHESHIRE COUNTY WATER POLO & SWIMMING ASSOCIATION

OPEN WATER COUNTY CHAMPIONSHIP ENTRY FORM

LOCATION Llyn Tegid/Bala Lake

SWIM Senior Championship – 3km
 Junior Championships – 3km

ENTRY FEE 3km – 9th July 2005 - £7.00

CLOSING DATE 30th June 2005

ENTRANT

Please use BLOCK LETTERS. All sections MUST be fully completed.

Please enter me for the above Championships in the following event.
I enclose a S.A.E. for acknowledgement and cheque/P.O. payable to BLDSA

Senior Junior Ladies Gents as applicable

SURNAME

FULL INITIALS

FORENAME

AGE & DATE OF BIRTH

FULL ADDRESS

..... Post Code

Telephone Number

ASA Registration No.

CLUB (for programme)

LONG DISTANCE SWIMMING EXPERIENCE

.....

.....

CERTIFICATE OF SWIMMING ABILITY

I certify that in my opinion and having regard to the nature of this Championship, the entrant is a competent swimmer. **To be signed by a Club Coach.**

Signed Name

Date **Not to be signed by entrant!**

DECLARATION

1. I am an eligible competitor in accordance with the General Competition Laws of the A.S.A
2. I have read, understand and will abide by the BLDSA Championship Rules.
3. I am a fully paid up Category 2 member of the ASA.
4. The particulars given on this entry form are true.
5. I am not suffering from any illness or disability known to me, which would render my participation in this Championship inadvisable. **(A MEDICAL EXAMINATION MAY BE REQUIRED).**
6. "I acknowledge that I am aware of all the risks inherent in open water swimming. I hereby waive any and all rights to claims for loss or damages, arising out of my participation in open water swimming events, against the BLDSA, ASA or any individuals officiating or supervising this event."

I acknowledge that the BLDSA relies entirely on the contents of this Entry Form in accepting my request for inclusion in the Championships.

SIGNATURE OF ENTRANT DATE

SIGNATURE OF PARENT DATE

(If entrant is under 18 years old)

PLEASE RETURN THIS FORM (WITH FEE) TO:

Andy Wright
521 London Road
Stretton
Warrington
Cheshire
WA4 5PH



Cheshire County Water Polo & Swimming Association

First Open Water County Championship

To be Held at LLYN TEGID (BALA LAKE)

SWIM INFORMATION

This new event will be held within the BLDSA Annual Llyn Tegid (Lake Bala) Championships.

Saturday 9th July 2005 - 3km (3 laps)

Briefing	9.30am on the stone jetty at the lake café car park
Start	10.00am from the stone jetty at the lake café car park
Course	The swim will take place from the stone jetty at the lake café car park. It will start and finish from an imaginary line between a buoy and the end of the stone jetty. A triangular course will be formed from the jetty, up the lake, round a first buoy across to a second buoy and return to the jetty. Swimmers will complete 3 laps.
Entry Fee	3km - £7.00
Conditions of Entry	This swim is open only to Category 2 registered members of the ASA.
Closing Date	30 th June 2005 – No late entries will be accepted.

Presentations

The presentation of certificates for the will take place at the Stone Jetty at the Lake Café car park as soon as possible after 13:00.

Safety Cover

Safety cover will be provided by a number of canoes and powerboats – including the BLDSA rescue boat

Certificate of Swimming Ability

Please note that no entries will be accepted unless the 'Certificate of Swimming Ability' section of the entry form is completed.

Rules of Competition

The County Championship is to be held within a BLDSA Championship. As a result, this event will be run under BLDSA rules. The principal rule to note is D7. This rule states that one sleeveless and legless costume, one cap and goggles are to be used. Sleeveless shall mean the costume must not extend beyond the end of the shoulder onto the upper arm and legless shall mean the costume must not extend lower than the crotch onto the upper leg. No neoprene or other insulating buoyancy enhancing material may be used for any purpose.

Caravan & Camp Site

For those who intend to stay at Bala for the weekend and wish to camp, a good site can be found at the southwest end of the lake. To get to the site, travel through Bala and continue on the A494 along the side of the lake. As the road starts to turn away from the lake, Glanllyn Caravan & Camping Park is on the left hand side of the Llyn. Tel no 01678 540227.

For more information see www.bldsa-bala-swim.co.uk