



## Cheshire County Water Polo & Swimming Association First Open Water County Championship To be Held at LLYN TEGID (BALA LAKE)

### SWIM INFORMATION

The 3<sup>rd</sup> Annual County Championship will be held within the BLDSA Annual Llyn Tegid (Lake Bala) Championships.

#### **Saturday 8<sup>th</sup> July 2006 - 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 - £4.00
Conditions of Entry	This swim is open only to Category 2 registered members of the ASA.
Closing Date	24 <sup>th</sup> June 2006 – 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](http://www.bldsa-bala-swim.co.uk)***