



CHESHIRE COUNTY WATER POLO & SWIMMING ASSOCIATION

SEVENTH OPEN WATER COUNTY CHAMPIONSHIP ENTRY FORM

LOCATION Llyn Tegid/Bala Lake

SWIM Senior County Championship – 3km
 Junior County Championships – 3km
 Novice – 1km

ENTRY FEE 3km & 1km – 10th July 2010 - £6.00

CLOSING DATE 26th June 2010

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

.....

.....

.....

This event is run on behalf of Cheshire County Water Polo & Swimming Association by the British Long Distance Swimming association (BLDSA).

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."

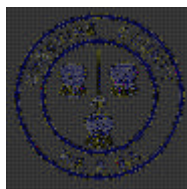
I acknowledge that the BLDSA relies entirely on the contents of this Entry Form in accepting my request for inclusion in the Championships.

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
Singledash@tiscali.co.uk



Cheshire County Water Polo & Swimming Association 7th Open Water County Championship To be Held at LLYN TEGID (BALA LAKE)

SWIM INFORMATION

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

Saturday 10th July 2010 – County Championship 3km (3 laps) & Novice 1km (1 lap)

Registration	9.00am – Report to the Swim Secretary
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 from an imaginary line between a buoy and the end of the stone jetty and finish by touching the 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 for the 3km race and 1 lap for the 1km race.
Entry Fee	3km & 1km - £6.00
Conditions of Entry	This swim is open only to Category 2 registered members of the ASA.
Closing Date	26 th June 2010 – No late entries will be accepted.

Presentations

The presentation will take place adjacent to the Stone Jetty at the Lake Café car park as soon as possible after 13:00. The first 3 place, male and female, junior and senior in the 3km race, which is the County Championship, will receive county medals. The first male and first female in the 1km event will receive a medal. All finishers in both events will receive a certificate.

Emergency Safety Cover

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

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.

[For more information see www.bldsa.org.uk](http://www.bldsa.org.uk)