



**Declaration**

- I certify:
- a) I shall abide by BLDSA rules.
  - b) That I am competent to swim the distance
  - c) That the particulars given are, to the best of my knowledge true.
  - d) That I have read the information sheet relating to the championship.
  - e) That I am not suffering from any illness or disability known to me which would render my participation in the championship inadvisable. (A MEDICAL EXAMINATION MAY BE REQUIRED).

Usual signature of the entrant:

Date:

Signature of Parent or Guardian:  
(If entrant is under 16 years of age)

Date:

**Certificate of swimming ability**

I certify that in my opinion and having regard to the nature of this championship, the above entrant is a competent swimmer. (BLDSA, Official/Regional Representative, Club Coach.)

Signed

Date

Name

(Not to be signed by the entrant)

**This swim is usually oversubscribed – it is suggested that you send your completed entry forms by return.**

Entries are restricted to the first thirty(30) completed forms to arrive at the following address:

Mrs C Longney  
Rookwood, 105A Sedbergh Rd  
Kendal, Cumbria LA9 6BE  
Telephone 01539 727350 (answerphone available)

Please enclose a SAE for further swim details.

Trophies

1<sup>st</sup> Senior Mens Freestyle  
1<sup>st</sup> Senior Ladies Freestyle  
1<sup>st</sup> Junior Mens Freestyle  
1<sup>st</sup> Junior Ladies Freestyle  
1<sup>st</sup> Local Male(LA22, LA23 postcode)  
postcode)  
Best Senior First Attempt

1<sup>st</sup> Senior Mens Breastroke  
1<sup>st</sup> Senior Ladies Breastroke  
1<sup>st</sup> Junior Mens Breastroke  
1<sup>st</sup> Junior Ladies Breastroke  
1<sup>st</sup> Local Female (LA22, LA23

Other trophies/medals for 2<sup>nd</sup> and 3<sup>rd</sup> places may be awarded at the discretion of the committee.

TBASC 2008