

BRITISH LONG DISTANCE SWIMMING ASSOCIATION

Recognition of Relay Swim Application

PLEASE COMPLETE IN BLOCK CAPITALS

Team Manager Full Name.....

Address.....

.....

.....Post Code.....

Tel No inc Area Code Day.....Evening.....

Mobile.....

B.L.D.S.A. Membership Number.....

NAME OF TEAM.....

Names of Swimmers in order of swimming.

	First name	Surname	BLDSA Membership No.
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1.....			
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2.....			
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3.....			
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4.....			
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5.....			
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6.....			
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SWIM DETAILS

Name of Course.....

Distance.....Miles.....Kms

From.....

To (state if two-way or more).....

Stroke.....

Time taken (for record claims see over).....Hours.....Mins.....Secs

Day and date of Swim.....

Tides at start of swim if applicable.....

OBSERVER

Full Name

Address

.....

.....

Tel Nos Day

Evening

Mobile

B.L.D.S.A. Membership Number.....

I certify that the above information is correct. I also certify that the BLDSA rules governing relay swims were observed at all times.

Signature of Witness

Date.....

Please return to Hon Recorder: Gill Stables, 3, Lower Castle Park, Kendal, Cumbria, LA9 7BW. Tel 01539 737083 Mobile 07773 861507 gillstables@nascr.net

RULES FOR RECOGNITION OF RELAY SWIMS AND RECORDS

- 1 Each team shall consist of six swimmers all of whom must be members of the BLDSA.
 - 2 The names of the six swimmers shall be given to the Official Observer before the start of the swim. Thereafter there shall be no substitution whatsoever.
 - 3 Each swimmer shall swim for one hour each time he/she enters the water.
 - 4 On receipt of a time signal, a takeover must be made within five minutes of the preceding swimmer's hour ending. During the 'takeover' the new swimmer shall swim up from behind the preceding swimmer.
 - 5 Pace making is not allowed.
 - 6 Team members shall rotate in the same order throughout the swim.
 - 7 Members of junior teams must all be under 16 years on the day of the swim.
 - 8 No swimmer under 12 years of age on the day of the swim may take part. Proof of age may be required where the observer is in doubt about the age of the swimmer.
 - 9 An Official Observer acceptable to the British Long Distance Swimming Association shall be present during any Relay Team Swim for it to be considered for recognition. The Observer shall be agreed by arrangement with the Hon. Recorder prior to the swim taking place.
 - 10 The minimum distance for which a Relay Certificate will be issued shall be 20 miles for a one-way swim or 10 miles each way in the case of a multiple way attempt.
 - 11 Only the breaststroke or freestyle strokes will be recognised for record purposes.
 - 12 Light sticks must be used by all swimmers during the hours of darkness, at least two being in use during takeovers.
 - 13 Fees (a) Administration – no charge
(b) Observers reasonable expenses i.e. Fares, Accommodation etc. shall be borne by the members of the swimming team.
- Claims for record times (including inaugural times for a new course)**
- 14 The swim must be observed throughout by an additional witness over 18 years of age acceptable to the Association. Requests for acceptance should be made in writing via the Hon Recorder at least two weeks prior to the attempt.
 - 15 Three synchronised watches must be used.
 - 16 The official time must be the arithmetic mean of the three times.
 - 17 If the fastest of the three watches varies by more than one minute in two hours from the second fastest, then the fastest time must be ignored. The official time will be the arithmetic mean of both remaining times.
 - 18 A record will not be recognised unless the new time reduces the previous record by at least one minute.
 - 22 In the case of strokes other than freestyle, the additional witness must be an official of either the B.L.D.S.A., A.S.A. or S.T.A to act as a stroke judge. M.F.October 99

RECORD CLAIMS SECTION

TIMES: Watches 1&2&3.....&.....&.....
Additional Witness
Full Name.....
Address.....
.....
.....Post Code.....
Tel No Day.....Evening.....
Mobile.....
B.L.D.S.A .Membership Number.....
or alternative criteria (see rule 14).....

I certify that to my personal knowledge the above information is correct. I am aware of the rules governing recognition of relay swims and record claims.

Signature of additional witness.....
Date.....