



# BRITISH LONG DISTANCE SWIMMING ASSOCIATION

## CHAMPIONSHIP ENTRY FORM

CHAMPIONSHIP	CHAMPION OF CHAMPIONS (Junior / Senior)
DISTANCE	5 Miles / 3 Miles / 1 Mile: Juniors & Seniors
DAY / DATE	Saturday 14th June 2008
ENTRY FEE	£30 (Full), £20 (3mile and 1mile events), £15 (1mile event)
CLOSING DATE	Saturday 7th June 2008

**PLEASE USE BLOCK (CAPITAL) LETTERS TO COMPLETE ALL SECTIONS OF THIS FORM.**

**(PLEASE NOTE ENTRIES WILL ONLY BE ACCEPTED FROM FULLY PAID UP MEMBERS OF THE B.L.D.S.A.)**

**ENTRANT:** Please enter me for the above Championship in the following event.  
I enclose a SAE for acknowledgement, and cheque/P.O. made payable to the B.L.D.S.A.

SENIOR <input type="checkbox"/> JUNIOR <input type="checkbox"/>	F/STYLE <input type="checkbox"/> BRST/S <input type="checkbox"/>	Please tick as appropriate
FULL EVENT <input type="checkbox"/> 3 MILES <input type="checkbox"/> 1 MILE <input type="checkbox"/>	LADIES <input type="checkbox"/> GENTS <input type="checkbox"/>	

SURNAME:	
FORENAME:	
AGE:	DATE OF BIRTH:      /      /

ADDRESS:	
POSTCODE:	

TELEPHONE NUMBER:	
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BLDSA MEMBERSHIP NUMBER:	
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CLUB / TOWN (For programme and results)	
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**LONG DISTANCE SWIMMING EXPERIENCE:**

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Average time to swim a mile? \_\_\_\_\_

## BOAT /CANOE

(Please read carefully section F of the Championship Rules, particularly regarding limitation of entries)

Can you bring a canoe? YES  NO  and or canoeist if requested? YES  NO  Tick as applicable

IF YES, PLEASE GIVE DETAILS OF:

<b>CANOE:</b>	Plastic/Fibre Glass	With life jacket	With paddle	With spray deck	<b>(Delete as appropriate)</b>
<b>CANOEIST:</b>	Name _____			Do they have: BLDSA Canoe Escort / BCU Level 2?	

### 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. (B.L.D.S.A. Official or Club Coach)

SIGNED:

NAME:

DATE:

☠ **Not to be signed by entrant!** ☠

### MEDICAL DECLARATION

Do you have any medical problems we should be aware of? YES  NO

If yes please list these here:

\_\_\_\_\_

\_\_\_\_\_

Should you require medical assistance at this event is there any special medication or treatment you require. If so please list this here:

\_\_\_\_\_

*IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU HAVE YOUR MEDICATION WITH YOU AND IT IS EASILY ACCESSIBLE SHOULD YOU NEED IT.*

### DECLARATION

1. I am an eligible competitor in accordance with the B.L.D.S.A. Championship Rules.
2. I have read, understand and will abide by the B.L.D.S.A. Championship Rules.
3. I am a fully paid up member (or life member) of the B.L.D.S.A.
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 this event, against the B.L.D.S.A. or any individuals officiating or supervising this B.L.D.S.A. event."

I acknowledge that the B.L.D.S.A. relies entirely on the contents of this Entry Form in accepting my request for inclusion in these Championships.

SIGNATURE OF ENTRANT:

DATE:

SIGNATURE OF PARENT:

DATE:

(If entrant is under 18 years of age)

**PLEASE RETURN THIS FORM (WITH FEE) TO:**

Stephen O'Brien  
4 Ansford Avenue,  
Abram,  
Wigan, WN2 5PQ.  
Telephone:- 01942 862009 (Eve:) or 07736572398 (Day)  
Stephen.o'brien@uk.hjheinz.com

**Cheques, Postal Orders etc are to be made payable to "B.L.D.S.A."  
Please enclose a stamped addressed envelope with the entry form.**



# BRITISH LONG DISTANCE SWIMMING ASSOCIATION

## CHAMPION OF CHAMPIONS CHAMPIONSHIPS

### SWIM INFORMATION

The Champion of Champions Event will take place in Dover inner Harbour on Saturday, 14th June 2008.

1. Entry Fee/Conditions

Entry to the full Championship is restricted to paid up members of the B.L.D.S.A. - entry fee is £30.00.

Fully paid up members of the B.L.D.S.A. may also compete in the 3 mile and 1 mile events (as individual swims) - entry fee for two events is £20.00. Entry fee one event is £15.00.

2. The Event

Both the Senior and Junior Champion of Champions events will consist of three swims - over 5 laps, 3 laps and 1 lap of the designated course in Dover Harbour

Each lap will be 1 mile - the course being set using GPS readings.

To complete the Champion of Champions event, competitors must complete all three swims and the Championship will be decided on the basis of the lowest aggregate times.

Trophies will be awarded to the winners of the Senior Ladies and Men's event, and to the winners of the Junior Ladies and Men's competitions. Outside of the Champion of Champions event, swimmers will be able to enter one or two races separately (see above) but such events will not be eligible for the full Champion of Champions competition.

Certificates will be presented to all competitors finishing individual races.

3. Swim Timings

	<u>Briefing Time</u>	<u>Start Time</u>
5 Mile Swim:	8.45am	9.15am
3 Mile Swim:	1.15pm	1.30pm
1 Mile Swim:	4.15pm	4.30pm

In order for competitors to complete the full Champion of Champions event, they must complete each individual event before the designated time for the start of the next element.

Briefing meetings will take place in front of the Dover Life Saving Club prior to each individual swim.

**Attendance of the Briefing is mandatory.**

4. Course

The Course will be square each side approximately 400m in length and swimmers must pass outside of a number of buoys on each circuit total 1600m (1 Mile). Each time a swimmer passes the start point (Prince of Wales Pier) at the completion of each lap, they must touch the time recording pad, failure to do so will invalidate the lap.

The start will be a standing start on the beach; the finish will be at the same point, where the swimmer must touch the time pad pier and give their name and number to the timekeepers.

5. Presentations

The Presentation will take place at the in front of the Dover Life Saving Club at approximately 6:00.

6. Safety Cover

Safety cover will be provided by two powerboats from Dover Water sports Centre and Local crews, by canoeist lifeguards, and by the B.L.D.S.A. rescue boat (s).

Given the difficulty in ensuring sufficient canoe cover, swimmers are encouraged to bring their own canoeists if possible.

7. 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.

8. Location

Dover Lifesaving Club is situated at the western end of Dover Harbour. From the M20 follow the signs for Dover and ferries. The M20 becomes the A20 as you come into the Town of Dover the pass through the go straight ahead through two islands (First is Archcliffe island second Limekiln island) On reaching the third island (Prince of Wales Island) turn Right on to Union street (Sign posted Marina) Cross the steel Bridge and turn left onto the Esplanade. Dover life Saving Club Is situated on the beach approximately 100m along the Esplanade.

Sorry you will need to Pay and display on the sea front. Other car parks are available near by. Most sea front hotels offer free parking. More details on Parking are available at [www.dover.gov.uk/parking/dover.asp](http://www.dover.gov.uk/parking/dover.asp) or

**Parking Services**

Town Hall

Biggin Street

Dover

Kent

CT16 1HQ

Tel: 01304 216868

Fax: 01304 216869

9. Notes

This is the third year the Champion of champions has been held in Dover harbour. The event is held in the recreational area of the harbour. Nevertheless, it will be a very demanding swim and the following points should be taken into account before entering:

- The swim is early in the season and water temperatures can be in the low fifties. (10°C+) with local cold spots below this.
- The harbour is the largest man made in the UK and can be influenced by wind and swell outside the protective Breakwaters.

- The harbour is also subject to very strong tidal flow. The high tidal flow may cause slower swimmers to swim on the spot or even backwards. On the Plus side on the opposite leg tidal assistance is given.
- This year we will be using electronic time keeping were each swimmer will wear an identification bracelet, hopefully this will eliminate the issues cause by the wind last year and the time keepers not been able to identify swimmers. It will be the swimmers responsibility to return the bracelet to the officials after there last swim.

Serious training is needed before attempting open water swim of this magnitude, nevertheless all the above will add to the enjoyment of the swim and I encourage you to enter.

The Dover Lifesaving Club have kindly offered the use of their Club Facilities to change and shower.

#### 10. Accommodation

Dover is a large town with a high number of people crossing the channel staying over night. Therefore, a wide range of accommodation is available.

Please feel free to contact me if you require any more info.