



BRITISH LONG DISTANCE SWIMMING ASSOCIATION

DERWENTWATER CHAMPIONSHIP 2010

CHAMPIONSHIP	Derwentwater (Senior / Junior)
DISTANCE	5¼ Miles & 2 Miles
DAY / DATE	Saturday 31st July 2010
ENTRY FEE	(5¼miles) £18 Senior / £12 Junior (2miles) £11 Senior / £7 Junior
CLOSING DATE	Saturday 17 th July 2010

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.

LADIES <input type="checkbox"/>	GENTS <input type="checkbox"/>	F/STYLE <input type="checkbox"/>	BRST/S <input type="checkbox"/>	Please tick as appropriate
5.25 MILES <input type="checkbox"/>		2 MILES <input type="checkbox"/>		

Surname:																			
Forename:																			
Age:			Date of Birth:										/		/				

Address																			
Post Code																			

Telephone Number	
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Email address	
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BLDSA Membership Number	
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Town / Club Name	
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Long Distance Swimming Experience

Average Time to swim 1 Mile	
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BOAT / CANOE

(Please read carefully section F of the Championship Rules, particularly regarding limitation of entries). You must provide your own boat/canoe escort and crew. It is your responsibility to ensure competency of escort/crew.

Details of boat type _____ and length if boat _____

Crew;	Name/s _____	Do they have: BLDSA Canoe Escort/ BCU Level 2 <input type="checkbox"/>
	Name/s _____	

CERTIFICATE OF SWIMMING ABILITY

I certify that in my opinion and having regard to the nature of this Championship, I am competent to complete the distance.

SIGNED: _____ NAME: _____

DATE: _____

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 are there any special medications or treatments you may require. If so please list these here:

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

International Swimmers

PLEASE NOTE: CIVIL LIABILITY INDEMNITY AND PERSONAL ACCIDENT COVER IS ONLY PROVIDED TO THOSE MEMBERS OF THE BLDSA WHO ARE UK RESIDENTS.

INTERNATIONAL COMPETITORS MUST ATTACH A COPY OF A 2010 MEMBERSHIP CARD FROM YOUR COUNTRY'S GOVERNING BODY OR EVIDENCE OF ALTERNATIVE PERSONAL INSURANCE WHICH COVERS PARTICIPATION IN OPEN WATER SWIMMING EVENTS.

DECLARATION

1. I am an eligible competitor in accordance with the B.L.D.S.A. Championship Rules.
2. I have read, understood 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: __/__/____

(If entrant is under 18 years of age)

SIGNATURE OF PARENT: _____ DATE: __/__/____

PLEASE RETURN THIS FORM (WITH FEE) TO:

Mr Joe Wilkin Oxley, Grandmas Cottage, The Thoroughfare, Warton, Nr Carnforth, Lancs, LA5 9PQ.

Tel: 01524 736587, Cheques, Postal Orders etc are to be made payable to "B.L.D.S.A."

Please enclose a stamped self-addressed envelope with the entry form.



BRITISH LONG DISTANCE SWIMMING ASSOCIATION

DERWENTWATER CHAMPIONSHIP 2010

DERWENTWATER ~ Saturday 31st July 10

5¼ Mile Swim (Seniors & Juniors), 2 Mile Swim (Seniors & Juniors)

B.L.D.S.A. Rules apply to this Championship and it is your responsibility to familiarize yourself with them. N.B. Swimwear must not extend below the crotch on to the leg or beyond the shoulders on to the arm. Breaststroke swimmers must wear a pink hat and no other colour, for freestyle swimmers the opposite applies.

Briefing for all competitors and officials will be at 9.00 am on the lakeside near Keswick launch.

Swim starts at 9.30 am for the 5¼ mile swim and 10.30 for the 2 mile swim.

Both swims are open to SENIORS AND JUNIORS.

The 5¼ mile swim will start and finish near Keswick launch pier and the exact course will be identified at the briefing. The 2 mile swim will start from Kettlewell Beach near Ladore.

There are two turning points:-

- No 1 is by a rock at the top end of the lake on the right hand side,
- No 2 is just off the beach at Kettlewell (the start of the 2 mile swim),
- **A buoy will mark both turns.**

Please give your number to the marshals at both turns and the finish.

All swimmers must supply their own crew, whistle and flag alpha-

NB please refer to your BLDSA handbook regarding the flag alpha and note carefully regarding dimensions etc. - the regulations must be strictly adhered to. Rowing Boats are available but you must bring two competent oarsmen, who are also competent swimmers.

NO CREW - NO SWIM!

NO FLAG - NO SWIM!

There are a limited number of rowing boats available and will be allocated on a first come first served basis. Only one boat per swimmer is allowed - life jackets are available at the boating office and must be worn by all crew.

Care must be taken not to get grease on the boats.

All swimmers must be members of the BLDSA to compete - the swim is only open to members of the BLDSA.

For your safety, BLDSA rules and laws apply. For more information please consult your BLDSA handbook - general championship rules.

Prize giving will be on the lakeside after the last swimmer has finished. Certificates will be presented to all competitors who successfully complete their swims.

The Club you nominated on your entry form will be the one that will appear in the programme.

There will be a time limit of 5½ hours on the 5¼ mile swim - this will be rigidly enforced.