

BRITISH LONG DISTANCE SWIMMING ASSOCIATION

Recognition of Swim Application

PLEASE COMPLETE IN BLOCK CAPITALS

Full Name.....
Address.....
.....
.....Post Code..... Tel No inc Area Code
Day.....Evening.....
Mobile.....
Age.....Date of Birth.....
B.L.D.S.A. Membership Number.....

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.....

WITNESSES

Full Name 1.....2.....
Address 1.....2.....
.....
Tel Nos Day 1.....2.....
Evening

Mobile

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

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

Signature of Witness 1.....

Date.....PLS.....Yes/No

STATEMENT

I did not receive any physical support in any way, from any source, and did not use any artificial aids to swimming, other than for visual purposes.

I did not leave the water at any stage during the time claimed (delete if claiming a two way swim or if not applicable).

I did not take any intoxicating liquor or artificial stimulant during or immediately prior to the swim.

Signature of Swimmer.....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 INDIVIDUAL SWIMS AND RECORDS

- 1 The Association shall, at the discretion of the Executive Committee, recognise an individual swim, which applies with the following conditions:
- 2 The applicant must have been a member of the Association at the time of the swim.
- 3 Application must be made on the Association’s official form (available from the Hon Recorder), and completed in full.
- 4 A swim by any member under 12 years of age will not be considered.
- 5 A member of the pilot life saver panel must accompany applicants under 14 years of age.
- 6 A current member of the Association, who is 18 years of age or over, or two witnesses over 18 years of age acceptable to the Association must observe throughout the swim.
- 7 No individual attempt may be made whilst an Association Championship on the same course is in progress.
- 8 All courses must be in open water and of not less than 5 miles for Seniors and 3 miles for Juniors by the shortest possible route – or not less than 3 miles from the start to the turn for a two-way course.
- 9 The swimmer must not leave the water at any stage during the time claimed. In a two-way swim the swimmer may leave the water, at the turn, for not more than 10 minutes, re-entry should be at the same point as the exit. He/she should not be touched except for medical purposes.
- 10 The swimmer must not receive support from any floating or fixed object and shall not use any aids to swimming other than a standard costume, cap and goggles.
- 11 The swimmer must not consume, or so recently have consumed as still to be under the influence of alcohol or stimulants.
- 12 The swimmer may stand for the purpose of resting or the consuming of food or drink provided rules 10 and 11 are complied with and no steps are taken.
- 13 The swimmer must not be accompanied by any other swimmer in the water for the purpose of pacemaking.
- 14 The only strokes for which recognition will be considered are freestyle, breaststroke, backstroke and butterfly.
- 15 The start and finish of an inaugural swim must not be within 1 mile of the start or finish of any other recognised course.
- 16 Claims for inaugural swims must accurately define the course and be accompanied by a satisfactory map. The actual start point must be defined within 100 metres and the finish point similarly or within 800 metres in the case of a tidal swim.

Claims for record times (including inaugural times for a new course)

- 17 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.
- 18 Three synchronised watches must be used.
- 19 The official time must be the arithmetic mean of the three times.
- 20 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.
- 21 A record set outside a championship will not be recognised unless the new claimed time reduces the previous record time 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 17).....

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

Signature of additional witness.....

Date.....