



# **BRITISH LONG DISTANCE SWIMMING ASSOCIATION**

## **CHAMPIONSHIP ENTRY FORM**

CHAMPIONSHIP	WYKEHAM LAKE (Junior / Senior)
DISTANCE	5Km Senior event (please note there will be a time limit of 3.5hrs) / 2 Mile Junior and Senior events (please note there will be a time limit of 3.5hrs) 1 KM (Novice event) Wetsuit and non wetsuit categories
DAY / DATE	Sunday 24th June 2012
ENTRY FEE	£25 5Km / £22.00 2 Miles / £10.00 1Km
CLOSING DATE	Sunday 26th May 2012 ***Swimmers may enter the Novice event on the day but there will be an entry limit***

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

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**(PLEASE NOTE ENTRIES WILL ONLY BE ACCEPTED FROM FULLY PAID UP MEMBERS OF THE B.L.D.S.A. FOR THE 2 MILE AND 5KM EVENTS)**

**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"/> NOVICE <input type="checkbox"/> 5KM <input type="checkbox"/> 2 MILES <input type="checkbox"/> 1KM non wetsuit <input type="checkbox"/> 1KM <input type="checkbox"/> wetsuit category	F/STYLE <input type="checkbox"/> BRST/S <input type="checkbox"/> LADIES <input type="checkbox"/> GENTS <input type="checkbox"/>	Please tick as appropriate
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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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Email address \_\_\_\_\_

LONG DISTANCE SWIMMING EXPERIENCE:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 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:

CANOEIST:

Name \_\_\_\_\_

Do they have: BLDSA Canoe Escort  
/ BCU Level 2?

### 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 2012 MEMBERSHIP CARD FROM YOUR COUNTRY'S GOVERNING BODY OR EVIDENCE OF ALTERNATIVE PERSONAL INSURANCE WHICH COVERS PARTICIPATION IN OPEN WATER SWIMMING EVENTS.

### 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:

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

### MEDICAL DECLARATION

"In the event of an emergency, is there any information which rescue personnel, first aiders or ambulance crews/hospital may need to know in order to assist you? Please include details of any medical conditions (including specific instructions for treatment in an emergency, if applicable), disabilities (e.g. mobility restrictions, visual impairments, deafness, learning difficulties, and any subsequent special requirements), or any other information which could be relevant in the event of an emergency. This information will be held in confidence and distributed only to rescue and safety officials"

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: \_\_\_\_\_

I declare that if I enter the swim whilst pregnant, I will inform the swim secretary at the earliest possible opportunity, and will provide him/her with a letter from a doctor or midwife confirming my suitability to enter the event. I understand that entry may be refused to pregnant swimmers at the discretion of the swim secretary, following a risk assessment" Signed \_\_\_\_\_

*IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU HAVE YOUR MEDICATION*

### 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:

Liane Llewellyn, 62 Main Road, Denholme, Bradford, West Yorks, BD13 4BL. Tel: (01274) 830615.

Email: [liane.llewellyn@btinternet.com](mailto:liane.llewellyn@btinternet.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 WYKEHAM LAKE CHAMPIONSHIPS

## INFORMATION SHEET

**Date of Swim:** Sunday 24<sup>th</sup> June 2012

**Venue:** Wykeham Lake, Scarborough, N. Yorks.

**Time:** 5km and 2 miles: Briefing 11.30am, Start 12.00noon. 1,000metres: Briefing 3.00pm, Start 3.30pm

**Distance:** 5km Senior, 2 Miles Juniors and Seniors 1,000 metres Novice event wetsuit and non wetsuit categories, (1,000 metres event is open to non-members and may be entered on the day of the event).

**Entry Fee: £10.00 (1,000 metres) £22.00 (2 miles) £25 5KM**

(Please make cheques payable to the B.L.D.S.A)

**Briefing :** Will be held on the lake side at 11.30am and 3.00pm

**Juniors Awards:** The Trevor Smith Trophy will be awarded to the 1<sup>st</sup> Placed male, The Lewis Craven Trophy Will be awarded to the 1<sup>st</sup> Placed female and the Kendall Mellor Trophy will be awarded for the best 1<sup>st</sup> attempt. Awards will also be made for 2<sup>nd</sup> and 3<sup>rd</sup> places in both male and female categories. There will also be an award for the 1<sup>st</sup> overall breaststroker. Certificates will be awarded to all who complete the course. Junior team awards will be made. A junior team will consist of the fastest three junior swimmers from one club

**Senior Awards:** Trophies will be awarded to the first placed male and female. Awards will be also be made for 2<sup>nd</sup> and 3<sup>rd</sup> places in both male and female events. Certificates will be awarded to all who complete the course. Senior team awards will be made. A senior team will consist of the fastest three senior swimmers from one club

**1,000 metre awards:** awards will be made for 1<sup>st</sup> male and female in each category and certificates will be awarded to all who complete the course.

**Presentation:** This will be held on the lakeside as soon as possible after the last swimmer finishes.

**Facilities:** There are limited facilities at this venue. However there will be portable toilets on site. **Please note Wykeham Watersports centre now charge 5 pounds per car for parking at the site and no dogs are allowed on site.**

### **How to get there:**

Wykeham Lake is on the A170 Scarborough to Pickering Road. (It is on the left if coming from Scarborough, just after West Ayton) and on the (Right if coming from Pickering).

Sign posted Wykeham Lakes / Charm Park and is opposite Hutton Buscel.

### **Accommodation:**

An accommodation Pocket Guide can be obtained from: Scarborough Hotels Association, 1<sup>st</sup> Floor, 7 The Crescent, Scarborough, YO112PW. Tel: 01723-363190 or E-mail; [s-h-a@dircon.co.uk](mailto:s-h-a@dircon.co.uk) or Web Address: [www.s-h-a.dircon.co.uk/](http://www.s-h-a.dircon.co.uk/)

Tourist Information Centre: Unit 3 Pavilion House, Valley Bridge Road, Scarborough, YO11 1UZ. Tel: 01723-373333.

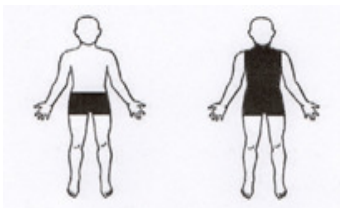
### **Caravan and Camping Sites.**

St Helens in the Park Wykeham, Scarborough , N Yorks. :Tel 01723-862771. 56 touring pitches.

latest arrival time 21.00hrs

### **Costumes**

No costume must extend outside the highlighted are detailed in the picture below



Please Return entry form to: Liane Llewellyn, 62 Main Road, Denholme, Bradford, W Yorks, BD13 4BL. Tel 01274-830615. mobile: 07885135780 Email: [liane.llewellyn@btinternet.com](mailto:liane.llewellyn@btinternet.com).