

Return the completed forms by **31st July** together with the entry fee of £10 for ASA members only too.

Ray Gordon, 38 Benton Lodge Avenue, Newcastle upon Tyne NE7 7LU

Email: Swimnec@aol.com

All cheques payable to **ASA North East Region**

All swimmers under the age of 18 years must be under the supervision of a Club Coach, designated Club Official or parent/guardian at all times when in vicinity of the event.

Regional Championship & Two Bridge Swim – Swim North East

Please read this document carefully before signing.

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and do not have any knowledge of any medical condition which would make it inadvisable for me to compete in Open Water Swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such event.
2. I declare that by entering the 1km swim I can swim at least 1500 metres nonstop in a pool (the equivalent of 60 lengths in a 25m pool).
3. I declare that by entering the 3km swim I can swim at least 4500 metres nonstop in a pool (the equivalent of 180 lengths in a 25m pool).
4. I am aware of and appreciate the inherent risks involved in such competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
5. I undertake at all times to use my best endeavour to compete in a safe and proper manner and not do anything which would expose me, or fellow swimmers, to unnecessary risk or injury.
6. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers, and to inform the referee of any concerns I may have with regard to safety.
7. I acknowledge that during the Open Water event the ASA North East Region cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
8. I hereby agree to abide by and be governed by the rules of the Amateur Swimming Association and all other laws and regulations applicable including the ASA Safety Laws and the Conditions of the NER.

I hereby declare that the above particulars are correct and I am an eligible competitor in accordance with the laws of the Amateur Swimming Association and will abide by the conditions laid down by the Association for this competition. I know of no medical condition or other impediment which would render my participation undesirable.

Signature of Competitor: Date:

Signature of Parent/Guardian if under 18 years of age:

To be completed by a Club Official:

I certify that the above information for is correct.

Signed(Club Official): Date:

Print Name:

Position:

Please read and keep these conditions for future reference

ASA North East Region

Open Water Swimming

(Under ASA Laws and ASA Technical rules)

Regional Championship & Two Bridges Swim Conditions

1. **The event is open to bona fide members** of clubs affiliated to the ASA or registered members of clubs from Countries that are affiliated to FINA.
Non-members are not eligible for the Regional Championships.

A swimmer entering the 13-15yr age group and be at least 13 years, and no older than 15 yrs on 31st December 2009.

Minimum age for all events is 13yrs on 31st December 2009.

All competitors for the Regional Championship event must be registered swimmers.

A swimmer shall have joined the club in whose name he is entered at least 60 days prior to the date of the competition.

All swimmers must attend the pre-race safety briefing. Competitors who do not attend the briefing will not be allowed to swim.

2. **Entries**

Entries will only be accepted when received by the entries secretary on or before the closing date on the official entry forms together with the correct entry fee.

All competitors must read and sign the entry form, which must be verified by a Club Official for the Regional event.

3. **Awards**

Medals will be awarded for 1st, 2nd & 3rd for both junior & senior in the regional championship event.

Certificates will be awarded to all competitors who finish the courses.

Presentations will take place as soon as possible after completion of the event.

4. The event is freestyle; the races will be swum over 1k and 3k.

5. The organisers reserve the right to split the events, and/or stagger the starts, in the interests of safety, if the number of entrants require it.

6. Competitors must have their number clearly visible on their LEFT shoulder or upper arm. They must call out their number when passing the finish point.

7. A time limit of **2 hours**, after the start, will be applied for the 3k event and 45 mins for the 1k event.

8. There will be no video coverage of the finish.
9. All competitors MUST, in the interest of safety, wear the swim hat provided.
10. No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Goggles, caps, nose clip and earplugs may be used.
11. Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the referee, excessive.
12. In the interests of safety all swimmers must have finger and toe nails trimmed.
13. Safety cover is provided by Castlegate Quay Watersports Centre. Only official safety boats and canoes will be allowed on the course.
14. First aid cover is available at the Watersports centre, where all staff are first aid qualified.
15. Car parking at the event centre is limited; vehicles must be left at the main car park. Changing and limited toilet facilities are available at the event centre.
16. In the event of bad weather, the Safety Officer will decide if the competition can be run safely.
17. Protests shall be made and dealt with as detailed in ASA Law for the Regional event.
18. Any matters not provided for in these conditions shall be decided by the Regional Management Board.