



**IMPORTANT - Please read this document carefully before signing.**

**Any queries should be raised with the ASA Office.**

1. I am aware of the need to seek appropriate medical advice if I have concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Open Water Swimming / Masters Swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
2. I am aware of and appreciate the inherent risks involved in such training and competition including the possibility of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
3. I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk or injury.
4. 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 as regards to safety.
5. I acknowledge that at Open Water Swimming / Masters Swimming events British Swimming Ltd, the Amateur Swimming Association or any body affiliated thereto, 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.
6. 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.

I have read and understand the above provisions and agree to abide by them.

**Signature of Competitor:** ..... **Date:** .....

## Event Information

The British Gas ASA 3KM Open Water Masters Championships 2010 will be held on Sunday 18<sup>th</sup> July in conjunction with the East Region Open Water Championships.

The event will be held under ASA Laws, Rules, Regulations and Championships Conditions

### Entry Details

Please return the completed entry form and fee and return to the ASA Events Department, SportPark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF.

If you are paying by cheque please ensure that the title of the event, swimmers name, club and ASA registration number are written on the back. **Cheques should be made payable to "The ASA"**.

Entries will only be accepted if they are received by **Friday 25<sup>th</sup> June 2010**.

### Venue

Whitlingham Outdoor Education Centre  
Whitlingham Lane  
Trowse  
Norwich  
NR14 8TR

Tel: 01603 632 307

### Map and Directions



#### By Car -

Whitlingham OEC is just 10 mins from the city centre. Follow signs for Trowse, once in the village turn left opposite the Church, down Whitlingham Lane. Pass the Norfolk Ski Club on your right and Whitlingham OEC can be found 500 yards on your left. Park at either the little or great broad car parks. (NB car park fees go to the Whitlingham Trust for the upkeep of the park).

## **Confirmations**

A list of processed entries will be available on the Swimming website [www.swimming.org](http://www.swimming.org) from 2<sup>nd</sup> July. Competitors are requested to check their details carefully and inform the Events Department immediately if there are any errors on 01509 640128.

The final schedule for the day will also be published on the website shortly after the entry deadline.

## **Event Timings**

Briefing – Swimmers MUST sign in and attend the briefing at the relevant time – any swimmer not attending the briefing will NOT be able to swim.

Start – The race start will depend on the number of entries and will be confirmed once the closing date has passed.

## **Promoters Conditions**

1. Numbered hats will be provided and must be worn.
2. For reasons of safety, a numbered band (provided) shall be worn on the wrist or ankle throughout the event and handed to the Clerk of the Course when exiting the water.
3. Wet suits and flippers are not allowed.
4. Competitors' numbers shall be marked by the Clerks of the Course on the shoulders and hands before any grease is applied. Grease or other such substances are allowed as long as it is not, in the opinion of the Referee, excessive.
5. Protests shall be made and dealt with as detailed in ASA law; the Promoter shall be the East Region Open Water Committee.
6. Any matters not provided for in these conditions shall be decided by the East Region Open Water Committee.

Full event conditions can be found at the following link:

**Please fill in the form below to pay for entry to the  
British Gas ASA 3km Open Water Masters Championships**

**Card Details**

**Switch-Maestro/Mastercard/Visa (Please Delete as appropriate)**

Please print clearly

Card Number

Start Date / /     Expiry Date / /     Issue Number

Last 3 digits on signature strip

We also require the name and address of the CARD HOLDER

Full Name: .....

Address.....

.....

Post Code.....

Day time contact number.....

Please enclose a 2<sup>nd</sup> SAE for receipt of payment to be returned.

Payment can take anything up to 10 days to be processed.

**Finance Office Information:**

**Event: British Gas ASA 3KM Open Water Masters Championships**

**Date: 18<sup>th</sup> July 2010**

**Budget Code:**

**Event Officer:**