

SaDSA Open Water Swimming Championships 2016

Incorporating the Yorkshire Championships

Wykeham Lakes, Scarborough

Saturday 2nd July 2016

Revised details

You are invited to take part in the SaDSA Open Water Championships, incorporating the Yorkshire Open Water Championships at Wykeham Lakes.

Wykeham Lakes is located approximately 6 miles west of Scarborough, just south of the A170 Scarborough to Pickering road.

Swimmers from other areas are welcome to participate, but only Yorkshire and SaDSA club swimmers are eligible for championship awards.

Events: Age as of 31st December 2016

- Senior Championships (M & F, 19 to 24yrs) – 3Km (3 x 1Km lap)
- Masters Championships (M & F, 25-34, 35-44, 45-54, 55-64, 65 & over) – 3Km (3 x 1Km lap)
- Youth 17/18yrs Championships (M & F) – 3Km (3 x 1Km lap)
- Youth 15/16yrs Championships (M&F) – 2Km (2 x 1Km lap)
- Age Groups 12-14yrs Championships (M&F) – 1.5Km (1Km lap+ 500m lap)
(a 1 hour time limit may be implemented by the Organisers)
- "Come and Try It" (10 and over) – 500m

The entry fees for all Championship races is £10.00 and for the "Come and Try It" £5.00; please note that due to the cold weather during May the water is much cooler than normal, therefore wet suits can be worn in all events.

Awards:

Yorkshire Championships: 1st, 2nd and 3rd place medals in each Championship event

SaDSA Championships: 1st, 2nd and 3rd place medals in each Championship event

"Come and Try It" events: Certificates of completion for all finishers.

Depending on entry number additional awards may be made.

On the day timings:

- 10.30am Site open for competitors
- 10.45am Official and Safety Crew sign on and briefing
- 11.00am Swimmer signing on opens
- 11.30am Championship briefing
- 12.00pm Championship Start -depending upon entry numbers this may be split but will all start within 10 minutes.
- 1.10pm "Come and Try It" briefing
- 1.20pm Championship presentation
- 1.45pm "Come and Try It" start
- 2.30pm "Come and Try It" presentation
- 3.30pm Site cleared of all competitors.

Entry details: Closing date - Tuesday 28th June 2016

Please send completed entry forms and fees to:

SaDSA Open Water, Derwent House, Ings Lane, Brompton by Sawdon, Scarborough,
YO13 9DS

Enquires to the organiser, Steve Roberts, via email: derwent.house.sr@btinternet.com

Officials and helpers will be eligible to reduced entry fees.

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Wykeham Lakes, Scarborough
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Entry Form

Surname: Forename:

Gender: M / F Date of Birth: ___ ___ / ___ ___ / ___ ___

Club:

ASA No.: ___ ___ ___ ___ ___

Address:

.....

Email:

Essential, as all final information and start lists will be sent as Word and Excel files.

Emergency contact and telephone number:

.....

Events entered (Please put a tick in the relevant box) £10.00, except where shown.

| | | | |
|-----------------------|--------------------------|---------------------------|--------------------------|
| Senior Championship | <input type="checkbox"/> | 17/18yrs Championship | <input type="checkbox"/> |
| 15/16yrs Championship | <input type="checkbox"/> | 12-14yrs Championship | <input type="checkbox"/> |
| Masters Championship | <input type="checkbox"/> | "Come and Try It" (£5.00) | <input type="checkbox"/> |

Age is as 31st December 2016.

Fee enclosed: £ _____ Cheques payable to: "Scarborough and District SA"

Please send **both** pages of the completed entry form along with fees by **28th June** to:
SaDSA Open Water, Derwent House, Ings Lane, Brompton by Sawdon, Scarborough,
YO13 9DS

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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 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.
3. 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 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 with regard to safety.
5. I acknowledge that during the Open Water event the organisers 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 and the Conditions.

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 send both pages of the completed entry form along with fees by **21st June** to:
SaDSA Open Water, Derwent House, Ings Lane, Brompton by Sawdon, Scarborough,
YO13 9DS