



ASA North West Region & Salford Community Leisure invite you to the

2009 Open Water Competition

(Under ASA Laws and ASA Technical rules)

at

Water Sports Centre, Salford Quays, Salford

On

SUNDAY 19TH JULY 2009 from 08.30 – 12.30

Novice Open Water & Junior Triathletes – 500m (1 lap)

Junior Open Water & Triathletes – 1500m (3 laps)

Senior Open Water & Triathletes/Iron Man – 3,000m (6 laps)

Novice Open Water & Junior Triathletes – Briefing TBC in Info Pack

Junior Open Water & Triathletes – Briefing TBC in Info Pack

Senior Open Water & Triathletes/Iron Man – Briefing TBC in Info Pack

(Timings may be adjusted depending upon number of entries)

Swimmers can enter their estimated pool times as this may decide heats if needed. Promoters reserve the right to limit entries due to safety considerations.

SWIMMERS NOT ATTENDING THE BRIEFING WILL NOT BE ALLOWED TO SWIM

Registration form header with instructions and gender selection options (MALE/FEMALE).

FORENAMES.....SURNAME.....

CLUB.....DATE OF BIRTH...../...../.....

ADDRESS.....

.....POSTCODE.....PHONE NO.....

E-MAIL ADDRESS.....

Table with 4 columns: Event, Description of Events, Tick Box & Estimate Time, Entry fee. Lists three events: Novice Open Water & Junior Triathlete (500m), Junior Open Water & Triathlete (1500m), and Senior Open Water & Triathlete/Iron Man (3000m).

Entries close: 12th June 2009 All cheques payable to ASA North West Region

Return the completed forms (pages 1 and 2), together with the entry fee of £10 plus an A4 s.a.e for Event Information. to:

Diane Stafford, Swimnorthwest, Belle Vue Athletic Centre, Pink Bank Lane, Manchester M12 5GL

Email: diane.stafford@swimming.org

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

## 2009 North West Region Open Water Championships

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 ASA North West Region or Salford Community Leisure 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 of the NWR Championships.

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 West Region  
Open Water Swimming**  
(Under ASA Laws and ASA Technical rules)

1. The competition is open to bona fide members of clubs affiliated to the ASA, the Scottish ASA, the Welsh ASA or registered members of clubs from Countries that are affiliated to FINA.  
A swimmer entering the Junior Championship must be under 17 years of age and be at least 13 years on the day of the competition.  
The Novice race is open to 12 years and over  
All competitors 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.
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. Forms completed incorrectly will not be accepted.  
**All competitors must read and sign the entry form, which must be verified by a Club Official.**
3. Awards  
To be confirmed in the Entry Pack Information.  
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 Senior race is swum over 3000m, the Junior race is over 1,500m and the Novice race is swum over 500m. Depending on entry numbers the events may be staggered.

**SWIMMERS NOT ATTENDING THE BRIEFING WILL NOT BE ALLOWED TO SWIM**

5. 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.
6. Time limits after the start, will be applied - For the Novice swim 20 minutes after the start, Junior 30 Minutes after the start and for the Senior 30 Minutes after the first swimmer has finished or longer at the Referee's discretion.
7. All competitors MUST, in the interest of safety, wear the swim hat provided.
8. 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. Tri athletes may wear Wetsuits. Open Water swimmers should wear appropriate costumes allowed within the ASA rules.
9. Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the referee, excessive.
10. Safety cover is co-ordinated by the Salford Water Sports Centre Team if you are able to offer any assistance please email the entries secretary before the event – [diane.stafford@swimming.org](mailto:diane.stafford@swimming.org)
11. Car parking at the event centre is limited; please park considerately and follow the directions of event officials. Changing and limited toilet facilities are available at the event centre.
12. Please note:  
**No dogs are permitted at the event centre or in the car park area.**
13. Protests shall be made and dealt with as detailed in ASA Law.
14. Any matters not provided for in these conditions shall be decided by the Regional Management Board.