



**2012 SUSSEX OPEN WATER  
5 km COMPETITION  
INCORPORATING THE SUSSEX COUNTY CHAMPIONSHIPS  
AND THE ASA SER 5 KM CHAMPIONSHIPS**

**Saturday 18<sup>TH</sup> AUGUST 2012 11AM**

**Closing Date: POSTMARK 1<sup>ST</sup> AUGUST 2012**

**LATE ENTRIES SUBJECT TO LATE ENTRY FEE AND AT  
DISCRETION OF PROMOTER**

**Minimum age of competitors 13 years as at 31<sup>st</sup> December  
2012**

**Please complete & return pages 3 & 4 when entering for the  
event.**

**VENUE: Eastbourne. Beach opposite The Langham Hotel,  
BN22 7AH, which is 800m east of pier**

**Course = 4 x 1.25 km buoyed circuit, starting in water**

**BRIEFING: 10.30AM**

**'Open' Competition: Challenge trophies winning woman and man  
Regional Competition: Challenge trophies first SER Junior and Senior competitors, plus  
SER medals for the first 3 Juniors and Seniors, both genders.  
Sussex ASA Championships: County medals first 3 Sussex Junior and Senior competitors ,  
both genders.**

**NB: Seniors 17 years + as at 31 December 2012**

**QUERIES EMAIL: [clover11@sky.com](mailto:clover11@sky.com)**

# COMPETITION CONDITIONS

(Under ASA laws and ASA Technical Rules including IPC Rules for a Multi-Disability Event)

## General

All competitors must be registered members of clubs affiliated to the ASA, the Scottish ASA or the Welsh ASA,

OR Registered members of clubs in a country affiliated to FINA. The registration shall have been valid for at least 60 days prior to the date of the competition.

**Temporary ASA registrations are available at extra cost, please ask for details.**

The event is inclusive of athletes with a disability who must be registered with the ASA, British Swimming and/or the IPC, and hold a valid Functional Ability Card (FAC). Disability athletes will swim under exactly the same conditions as all other competitors.

## Awards

'Open' Competition: Challenge trophies will be awarded to the winning woman and man irrespective of age and club Region/Country;

Regional Competition: Challenge trophies will be awarded to the first SER Junior and Senior competitors, plus SER medals for the first 3 Juniors and Seniors, both genders.

Sussex ASA Championships: County medals will be awarded to the first 3 Sussex Junior and Senior competitors, both genders.

## The Event

Swim Gear: No swimmer shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy. Goggles, caps (maximum 2), nose clip and earplugs may be used. Only one costume can be worn which shall be in accordance with FINA General Rules on Swimwear, in force on the date of competition.

Grease: Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the referee, excessive.

Hats: All competitors must wear the swim hat provided. If two hats are worn the one provided by the organisers must be on the outside.

Time Limit: There will be a cut-off time limit of 2½ hours after the start.

## Safety

The pre-requisite to swimming is attendance at the race briefing at 10.30 am. A roll call of all swimmers will be taken at the briefing.

Only the official safety craft and canoes will be allowed on the course. Competitor's coaches and supporters are not allowed to use their own canoes or boats.

In the event of inclement weather the safety officer will decide if the competition can be run safely. If the decision is taken to cancel the promoter will make every effort to re-run the event on another date.

## ASTHMA

Once asthma has been diagnosed and a treatment has been started, it is mandatory that athletes attending British Swimming national events i.e. National Age Groups, British Swimming championships, British Water Polo Semi finals/finals (excluding master events), declare this to the A.S.A together with the details of the medication that they are taking. This is essential to avoid falling foul of Doping Control regulations. The notification must be done on an annual basis. Any subsequent changes in medication should also be notified.

Remember: it is your responsibility to keep the ASA informed.

## PROVISIONS: Please read carefully before signing the entry form

### Competitors

Must be aware of and appreciate the inherent risks involved in Open Water Swimming training and competition including the possibilities of injury and accident & undertake to always conduct themselves in a responsible and professional manner.

Undertake at all times to train and compete in a safe and proper manner and not to do anything which would expose themselves or fellow swimmers to unnecessary risk or injury.

Undertake to take all reasonable safety measures for the protection of fellow swimmers and themselves and to inform the Referee of any concerns regards safety.

Acknowledge that during Open Water Swimming events the Sussex County ASA cannot be held responsible for any loss or damage to personal belongings.

Agree to abide by and be governed by the rules of the ASA and all other laws and regulations applicable including the ASA Safety Laws.



# SUSSEX / SER OPEN 5KM SEA SWIM ENTRY 2012



Surname						Forename			
ASA CAT						CLUB			
2						Multi-disability class			
Address						Date of Birth			
						Age As at 31 <sup>st</sup> December 2012			
Postcode						MALE / FEMALE Please circle			
Tel. No.						Email Please write clearly			

Acknowledgement will be by email unless a SAE is enclosed with entry.

**By entering this competition you are declaring that you are not only fit enough and have the stamina to complete the distance but also that you are medically fit to do so. Please read and consider the pre-exercise review below:**

- Has your doctor ever said you have a heart condition (such as coronary heart disease, congenital heart disease or vascular heart disease) YES / NO
- Do you feel pain in your chest, shortness of breath or dizziness when you undertake physical exercise. YES / NO
- In the past month have you had chest pain when you are not doing physical activity. YES / NO
- Do you lose your balance because of dizziness or do you ever lose consciousness. YES / NO
- Is your doctor currently prescribing drugs for blood pressure or heart condition or are you taking medication that may affect you when taking part in physical exertion. YES / NO
- Are you pregnant. YES / NO
- Do you suffer from epilepsy. YES / NO
- Do you suffer from diabetes mellitus and need to take insulin YES / NO
- Do you know of any other reason or medical condition which may affect your ability to take part in this event. YES / NO

***If you have answered yes to one or more questions, you should consult your doctor and confirm this when declaring your fitness to swim.***

Pre-existing medical conditions including medication and/or sensitivity to a particular drug should be notified by attachment to the entry form and to the event administrator on the race day. We draw your attention to the requirements of the ASA in relation to treatment and use of medication for asthma.

***PLEASE COMPLETE THE DECLARATION OVERLEAF***

## DECLARATION

I declare that I have read and considered the pre-exercise review and that I am medically fit to take part in this event.

- I am able to swim 6000m non-stop in a swimming pool
- I have read and will comply with the rules and provisions of the event
- I am an eligible competitor in accordance with the rules of the ASA.

**Signed..... (competitor or parent/guardian if under 18)**

**Date.....**

**Please ensure that a club official completes the following section before submitting.**

**I certify that the declaration made by the above swimmer is correct and to the best of my knowledge is fit and able to compete in this race.**

**Signed ..... (club official)**

**Position of club official.....**

**Date.....**

Please send completed forms to:

RACE ADMINISTRATION  
15 NETHERFIELD AVENUE  
EASTBOURNE BN23 7BS

Please enclose a cheque for £15 payable to 'Sussex County ASA' or make a bank transfer to:

Eastbourne Swimming Club

SORT CODE : 40 – 20 – 06      ACC 21399144      REF 5K/your name

(closing date: postmark 1<sup>st</sup> August 2012)