

DOVER LIFE  
GUARD  
CLUB  
FOUNDED 1935



DOVER SWIMMING  
CLUB  
FOUNDED 1886

*Registered Charity Number 270111*

AFFILIATED TO R.L.S.S. L.G.C. ASA South East Region E.I.A.S.A. K.P.F.A. Kent Youth Service Dover District Sports Council

## **THE KEITH GILLMAN MEMORIAL SWIM**

Promoted by:-Dover Life Guard Club. Held under A.S.A. Laws and A.S.A. Technical Rules  
To take place at 14:00 on Sunday 2nd September 2007

### **ENTRY CONDITIONS**

- 1** The race will be run under **ASA Laws and ASA Technical Rules of Open Water Swimming** by the Dover Life Guard Club (affiliated to SE Region ASA) and shall be open to male and female swimmers who **must be 12 years old on 31st December 2007**
- 2** All swimmers under the age of 18 must be under the supervision of a club coach or designated club official at all times.
- 3** The event is open to all members of clubs who are affiliated to the ASA. Competitors must be registered with the ASA and must produce their ASA number.
- 4a** The race is a mixed team event only and clubs can enter more than one team.  
**b** Each team **MUST** consist of 2 x female and 2 x male swimmers of any age from the same club.
- 5a** The event will be freestyle.  
**b** Swimmers will be given a hat and number when they register on the day which must be worn during the race.  
**c** The briefing will take place in the Dover Life Guard Club Headquarters at 13:30. Any swimmers missing the briefing will not be allowed to swim  
**d** The race will start at 14:00  
**e** Swimmers must call out their number to the officials upon touching the finish buoy. Then swim to the beach and leave the water.  
**f** The wearing of wet suites or neoprene costumes is not permitted. Costumes shall not extend beyond the elbow or knee.
- 6a** A time limit of 45 minutes from the start shall apply.  
**b** The organisers reserve the right to remove a swimmer from the water at any time.
- 7** **Awards:** will take place in the Dover Life Guard Club Headquarters immediately following the event.  
**The Keith Gillman Trophy:** will be awarded to the fastest team and may be held by the winners from the time of giving satisfactory guarantee until 30 days prior to the date fixed for the next years event, or until written demand for return by the Dover Life Guard Club.  
**Medals:** will be awarded to the 3 fastest teams.  
**Certificates:** will be awarded to all swimmers completing the event.
- 8** Entries will only be accepted on the official entry form correctly completed with entry fee and received before the closing date.
- 9** The promoter reserves the right to curtail or cancel the event in the case of adverse weather. Competitors wishing to check on the event should telephone Lee Wakeham on 01304 208232 or 07759319956 on the morning of the swim.
- 10** Dover Life Guard Club will not incur any legal liability for anything done or omitted to be done by them and shall not be liable for any personal injury, damage to, or loss of property sustained by any person in connection with the above event.

**Dover Life Guard Club hope you will enjoy this event.**

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### ENTRY FORM

Open to A.S.A. registered swimmers

**ENTRIES CLOSE SUNDAY 19<sup>th</sup> AUGUST 2007**

CLUB NAME .....

TEAM NAME .....

**TEAM ORGANISER**

NAME .....

ADDRESS .....

CONTACT NUMBER .....

2xMale & 2xFemale Swimmers Per Team PLEASE PRINT IN CAPITAL LETTERS					
FORENAME	SURNAME	MALE	FEMALE	DOB	ASA NUMBER

Please enter me for the above event. I enclose a cheque for **£10:00 per team** made payable to  
**"Dover Life Guard Club"** with a stamped and addressed envelope to:

**Lee Wakeham, 9 Bunkers Hill Road, Dover Kent, CT170JH. Tele: 01304 208232 Mobile: 07759319956**

**PTO / Continued**

**IMPORTANT EACH SWIMMER MUST READ AND SIGN BELOW**

- 1 No medical practitioner has informed me of nor do I have any knowledge of any medical condition,  
which would make it inadvisable for me to participate in open water swimming. Accordingly, I  
hereby certify that I am physically fit and well to participate in the above event.
- 2 I am aware of and appreciate the inherent risks involved in open water swimming.
- 3 I undertake to conduct myself in a responsible and professional manner and to use my endeavours to  
compete in a safe and proper manner and not to do anything which would expose myself or fellow  
swimmers to unnecessary risk of injury.
- 4 I further undertake to inform the referee of any concerns I may have, either before, during or after the  
event, regarding safety.
- 5 I acknowledge that during this event Dover Life Guard Club can not 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 Dover Life Guard Club conditions.

**Signature of Competitor 1** .....

**Signature of Parent(If under 18)** .....

**Signature of Competitor 2** .....

**Signature of Parent(If under 18)** .....

**Signature of Competitor 3** .....

**Signature of Parent(If under 18)** .....

**Signature of Competitor 4** .....

**Signature of Parent(If under 18)** .....

**I CERTIFY THAT THE ABOVE INFORMATION IS CORRECT:-**

**CLUB OFFICIAL:** ..... **DATE:** .....