

Dover Regatta 2K Freestyle Sea Swim Race

Promoted by:-**Dover Life Guard Club**. Held under A.S.A. Laws and A.S.A. Technical Rules
www.dover.lifeguard.btinternet.com.

Part of the SE Region Open Water Championship Series
www.southeastswimming.org/openwater/

To take place at 14:30 on Sunday 9th August 2009

CONDITIONS

1. This race is promoted by Dover Life Guard Club affiliated to the Amateur Swimming Association (ASA) and is held under ASA Laws and A.S.A. Technical Rules.
2. **Competitors must be registered with the A.S.A.** (Professionals may compete)
3. Competitors and where necessary guardians must complete and sign the Entry Form which must be signed by an official of their club to state that they are competent to take part in the race.
4. The race is a 2000m Freestyle race starting at 14:30 from the Prince of Wales Pier to the Boundary Groyne and back to the pier. Times and placings will be awarded when the swimmer have touched the finish buoy that will be placed near the waters edge at the finish point. For safety reasons entries may be limited and managed on a first applied basis.
5. There will be automatic free entry for the Team Prize for competitors that have three or more members of their club taking part. The **entry fee is £12.00** per swimmer and entries must be made on the attached entry form or photo copy of the entry form. To: Lee Wakeham, 9 Bunkers Hill Road, Dover, Kent, CT17 0JH.
You must include a stamped addressed envelope for race acceptance details by no later than **2nd August 2009** and another stamped addressed envelope if you require a result sheet.
Entries on the day will be accepted. Entry fee £15.00

Results will be posted on www.dover.lifeguard.btinternet.co.uk/ & www.southeastswimming.org/openwater/

Entries by e-mail or without payment will not be accepted.

6. **Categories**
12 - 14 Male
15 - 17 Male
18 + Male
- Ages taken at 31st December 2009**
12 - 14 Female
15 - 17 Female
18 + Female
7. Trophies will be awarded to the First Male and First Female.
Overall first three Male and Female finishers will receive: - 1st £85, 2nd £65, 3rd £45.
Awards will be made to the first three finishers in each category: 1st £40, 2nd £20, 3rd £10.
Prizes for the first placed Male and Female over 40 years.
Prize for the first placed three person club team. (Awarded to the club with the lowest three aggregate placings from the overall placings, regardless of category.)
8. Registration will be between 13:00 and 14:00 at the Dover Sea Sports Centre, Marine Parade Dover-Opposite the Dover Harbour Board House. All competitors under 18 yrs of age must be accompanied by a parent or guardian whose name will be recorded at registration. At registration, competitors will be numbered on both their shoulders and given a corresponding numbered swim cap which **must** be worn. This numbered cap can be worn over competitors own cap. The pre-race brief will take place at 14:00. Competitors not attending the pre-race briefing will not be allowed to take part in the race.

PTO / Continued:

9. Failure to register will result in disqualification and the entry fee will not be returned.
10. No wet suits or flippers allowed. For safety reasons competitors will not be allowed to listen toMP3 players while racing. The organisers reserve the right to exclude any swimmer from the race on the grounds of safety or the breaking of rules.
11. Due to a very tight Regatta time table, swimmers who have not finished the race within **1 hour** will be removed from the water.
12. Immediately after the pre-race brief the competitors will assemble on the beach near the start. A steward will notify 10 minutes, 5 minutes, then 4, 3, 2, 1 minutes. Then the competitors will be called by their registration number and counted into the water by the swimmer steward. Competitors will then line up against the Pier. Once all the competitors are in line the race will be started by the simultaneous lowering of a flag and an audible signal.
13. For safety reasons, your numbered hat must be handed to the steward as you leave the water at the finish.
14. Tea and coffee will be available, free of charge, to all competitors after the race at the H.Q.
15. Any protest will be dealt with by the Referee whose judgment will be final. The organisers reserve the right to remove any competitor from the water during the race.
16. In the event of cancellation of the race refunds will be available.
17. Presentations will be made at the KMFM radio road show stage on the main promenade. Time to be confirmed on the day.

PLEASE FIND ENTRY FORM ON NEXT PAGE

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ENTRY FORM

Full Name: Address:

.....

..... P Code:

Tele No: Date of Birth:

A.S.A. Registration No: (Insurance requirement) Long Distance Experience:

.....

.....

.....

Club: Club Official (Print & Sign)

Please tick category entered:

Ages taken at 31st December 2009

12 – 14 Male		12 – 14 Female	
15 – 17 Male		15 – 17 Female	
18 + Male		18 + Female	

I hereby declare that the above information is correct and that I am an eligible competitor in accordance with the Laws and Technical Rules of the A.S.A. I have read and will abide by the attached Conditions laid down by the Dover Life Guard Club for this competition. I know of no medical condition or other impediment that would render my participation undesirable.

Signature of competitor: Date:

Signature of Parent or guardian if under 18 yrs. (Print & Sign)

IMPORTANT

Please read this document carefully, any queries should be raised with:

Lee Wakeham: The Race Organiser, Dover Life Guard Club.

- 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 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 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 endeavors 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 of 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 safety.
- 5 I acknowledge that during Open Water Swimming/Masters Swimming events the Amateur Swimming Association and Dover life Guard Club 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 acknowledge that the 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.
- 7 I hereby agree to abide by and be governed by the Laws and Technical Rules of the Amateur Swimming Association. All other laws and regulations applicable, including the A.S.A Safety Laws and the Conditions of the Dover Life Guard Club.

I have read and understand the above provisions and agree to abide by them by signing and returning the attached entry form.

Entry Fee **£12.00** Cheques to be made Payable to: **Dover Life Guard Club**: You **must** include a stamped addressed envelope for acceptance details.

Closing date: - 2nd August 2009

Entries can be accepted on the day: Entry fee £15.00

Please send entries to: - Lee Wakeham
9 Bunkers Hill Road
Dover
Kent
CT17 OJH

Telephone: 01304 208232
Mobile: 07759319956
Leewakeham218@sky.com