

EASTBOURNE MARITIME SUNDAY

(SUPPORTED BY EASTBOURNE BOROUGH COUNCIL)

2 km OPEN WATER SEA SWIM

AN ASA SOUTH EAST REGION CHAMPIONSHIP SERIES EVENT

(See ASA SER website for Championship rules)

SUNDAY 27th JULY 2008 (CLOSING DATE: Wednesday 16th July 2008)

REGISTRATION 2.00 p.m. BRIEFING: 3.40 p.m. START: 4.00 p.m.

THE COURSE: Rectangular buoyed circuit starting in water 800m east of pier opposite the Langham Hotel, BN22 7AH

WATER QUALITY: The event is held from 'blue flag' beaches which regularly have the sea water tested by the Environmental Agency. The water quality is normally 'excellent' and never less than 'good'. The water temperature is usually about 19^o C.

SAFETY: Life Guard and inshore rescue craft will be in attendance throughout the race and any swimmer in difficulty should stop and raise a hand to summon assistance. Only official safety boats will be allowed on the course.

WEATHER REPORT: Telephone 01323-733606 between 9.00 a.m. and 10.00 a.m. on the day for confirmation conditions are suitable for the swim to be safely held. In the event of inclement conditions making it unsafe to hold the competition the organisers will make every effort to re-run on another date.

AGE GROUPS: (13~16) (17~24) (25~34) (35~44) (45~54) (55~64) (65~74) (75+)
Ages taken as of 31st December 2008.

DISABILITY ATHLETES: The event is inclusive of competitors 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.

REGISTRATION: All swimmers must be registered (category 2) members of clubs affiliated to the ASA, the Scottish or Welsh ASA. Overseas competitors must be registered members of clubs in a country affiliated to FINA. All competitors shall have joined the club they are representing at least 60 days prior to the competition.

PRIZES: Trophies will be presented for the first three women and men in each age group + challenge shields for overall fastest male and female. Time certificates will be awarded to all those completing the course

CUT OFF TIME: After 1 hour 15 minutes any swimmers who have not finished will be taken out the water.

ENTRY: The Entry form, Fee (£10.00), plus a signed 'Competitor Declaration and 'Certificate of Swimming Ability' must be sent to:-

Eastbourne Swimming Club
c/o 208 Willingdon Road
Eastbourne, East Sussex, BN21 1TU.

E-mail: rod.miller@eurotelonline.com
Tel: 01323-733606
Fax: 01323-416738

ORGANISORS CONDITIONS

(HELD UNDER ASA LAWS AND ASA TECHNICAL RULES INCLUDING IPC RULES FOR A MULTI-DISABILITY EVENT)

- 1) **Course Stewards Briefing:** Swimmers must register by 3.30 p.m. and then attend the safety briefing which will take place on the starting beach at 3.40 p.m.
- 2) **Competitor numbers:** Numbered hats will be provided and must be worn, plus either upper arms or back must display competitor number.
- 3) **Cloths:** Numbered plastic sacks will be provided for clothing and looked after by a steward. Whilst every effort will be made to maintain security it is suggested valuable personal effects are left with non-competing friends.
- 4) **Start:** Will be in the water and signalled by a fog horn and the drop of a flag. All competitors who have not previously taken part in the event are requested to submit an estimated time. Start waves will be seeded fastest to slowest and any swimmer not providing a time will be started in the slowest wave.
- 5) **Swim Attire:** In addition to the hat provided (which must be worn), goggles, nose clip, and earplugs can be used, but no other equipment which may be considered a buoyancy or insulation aid. Competitors can wear only one traditional costume or one FINA accepted body suit, but not a wet suit. Grease will be allowed subject to the Referee's opinion it has not been excessively applied.
- 6) **Swim Stroke:** This is a freestyle event with no stroke technique requirements.

EASTBOURNE 2 KM SEA SWIM ENTRY FORM

FULL NAME:.....

FULL ADDRESS:.....

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DATE OF BIRTH:.....GENDER (Circle): Male / Female

TEL. NO:.....E-mail:.....

ASA REGISTRATION NUMBER (Category 2).....

MULTI-DISABILITY CLASS (Disability competitors only).....

CLUB:.....REGION (tick): SER..... Other.....

ESTIMATED SWIM TIME (First time entrants only*).....:

*As guidance the 2007 winners times were: Women 26 min. 12 sec; Men 24 min. 56 sec.
For a full set of 2007 results visit web site: eastbourneswimmingclub.org.uk

Please enclose entry fee of £10.00 made payable to "Eastbourne Swimming Club"

COMPETITOR DECLARATION

(To be returned with entry form)

- 1) I am aware of the need to seek appropriate medical advice should I have 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 events or any such associated activities. Accordingly I hereby certify I am physically fit and well to participate in any such Competition.
- 2) I am aware of and appreciate the inherent risks in open water sea swimming including the possibility 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 endeavours to compete in a safe and proper manner and not to do anything which would expose me 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 as regards to safety.
- 5) I acknowledge the Eastbourne Maritime Sunday organising committee, the Eastbourne Swimming Club, the Eastbourne Borough Council, or any other body associated with the event, cannot be reasonably held responsible for any loss or damage to my 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 competition and all other laws and regulations applicable including ASA Safety Laws.

I have read and understand the above provisions and agree to abide by them.

I hereby declare the above particulars are correct and I am an eligible competitor in accordance with the laws of the ASA 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:.....

Date.....

(Only required for competitors under 18 years of age)

CERTIFICATION OF SWIMMING ABILITY

**(To be signed by Club Coach or Club Official
And returned with entry form)**

I certify that in my opinion the named competitor is a strong swimmer capable of safely completing a 2 Km open water sea event within 1 hour 15 minutes.

Name:.....

Position:.....

Signed:.....

Date:.....