

PORTSMOUTH NORTHSEA SWIMMING CLUB
SUPPORTED BY PORTSMOUTH CITY COUNCIL

SOUTHSEA PIER TO PIER RACE (CLARENCE TO SOUTH PARADE)

UNDER ASA LAWS & TECHNICAL RULES OF OPEN WATER SWIMMING

SUNDAY 12 SEPTEMBER 2010 Briefing at 2.30 pm - Start 3.00 pm

DISTANCE 2 km

SWIMMERS NOT ATTENDING THE BRIEFING WILL NOT BE ALLOWED TO SWIM

ASA REGISTRATION NUMBER	MALE Please tick	FEMALE Please tick
SURNAME	FORENAMES	
DATE OF BIRTH	AGE AS AT 31.12.10	
ADDRESS	TELEPHONE NUMBER	
EMAIL	CLUB	

ENTRY FEE £10.00

PLEASE SHOW CATEGORY IN WHICH YOU ARE COMPETING –Please tick box

JUNIOR (under 17 as at 31 December 2010) (All competitors must be 12 yrs as at 31 December 2010)					
17-24	25-34	35-44	45-54	55-64	65+

**ENTRIES CLOSE 14 AUGUST 2010, OR BEFORE IF MAXIMUM
NUMBERS ARE REACHED**

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

**PLEASE READ THE COMPETITION CONDITIONS AND SIGN THE DECLARATION
FORM.**

DECLARATION FORM

SOUTHSEA PIER TO PIER RACE 2010

IMPORTANT – 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 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 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 endeavour 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 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 safety
- 5 I acknowledge that, during Open Water Swimming events, Portsmouth Northsea SC 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 ASA and all other laws and regulations applicable including the ASA Safety Laws and Conditions of the Competition.
- 7 The event briefing will take place at the Hovercraft Terminal at 2.30 pm

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

ENTRIES CAN ONLY BE ACCEPTED FROM ASA CATEGORY 2 REGISTERED SWIMMERS

I hereby declare that the above particulars are correct and I am an eligible competitor in accordance with the laws of the ASA and will abide by conditions laid down Portsmouth Northsea SC for this competition. I know of no medical condition or other impediment which would render my participation undesirable.

SIGNATURE OF COMPETITOR..... DATE

I CERTIFY THAT THE ABOVE INFORMATION IS CORRECT
Signed by Club Official

SIGNATURE of Parent / Guardian if under 18 yrs of age

NB: If currently resident in or born in Hampshire, please tick.....

INCOMPLETE, INCORRECT OR LATE ENTRIES WILL NOT BE ACCEPTED AND THE FEE WILL BE FORFEITED

ALL CHEQUES PAYABLE TO PNSC

RETURN THE COMPLETED ENTRY FORM, DECLARATION FORM, ENTRY FEE AND SAE TO:-

**MRS ANNE WHITE, PNSC MEET MANAGEMENT
MOUNTBATTEN SPORTS CENTRE, ALEXANDRA PARK, PORTSMOUTH, HAMPSHIRE, PO2 9QA**

Telephone 023 9265 0242 EMAIL admin@pnsc.org.uk

Email admin@pnsc.org.uk

**PORTSMOUTH NORTHSEA SC SUPPORTED BY PORTSMOUTH CITY COUNCIL
PIER TO PIER OPEN WATER SWIMMING RACE 2009
UNDER ASA LAWS AND TECHNICAL RULES OF OPEN WATER SWIMMING**

COMPETITION CONDITIONS

- 1 The Competition is open to bona fide members of clubs affiliated to the ASA,
 - 1.1 Competitors must be 12 years of age as at 31 December 2010
 - 1.2 A swimmer entering the Junior event must be under 17 as at 31 December 2010
 - 1.3 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
 - 2.1 Entries will only be accepted when received by the organiser on or before the closing date on the official entry form together with the signed declaration and correct entry fee
 - 2.2 The Meet Management reserves the right to limit the number of entries and to close the competition once the maximum numbers have been reached

- 3 The competition is a freestyle race
 - 3.1 In the event of there being sufficient entries the promoter reserves the right to make separate starts for Men and Ladies.
 - 3.2 In the event of separate starts the Men's race will start first.
 - 3.3 All starts will be in accordance with the ASA Laws of Open Water Swimming

- 4 Awards
 - 4.1 Trophies are awarded to
 - Men's Race Overall Winner
 - Ladies Race Overall Winner
 - 1st Hampshire Man
 - 1st Hampshire Lady
 - 1st Portsmouth Man
 - 1st Portsmouth Lady
 - 4.2 Medals will be awarded to top 3 in each category
 - 4.3 Certificates will be issued to all competitors who complete the race
 - 4.4 Presentations will be made at Lifeguard Headquarters, Southsea Seafront as soon after the race finish as possible

- 5 Briefing will be by the Hovercraft Terminal and swimmers not attending will not be allowed to swim. Competitors must have their number written on back or upper arm. Numbered hats will be issued

- 6 A time limit of 1 hour 15 mins will be applied, any swimmer not completing the course in this time may be requested to withdraw from the race and leave the water

- 7 No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Goggles, cap, nose clip and earplugs may be used.

- 8 Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Referee, excessive.

- 9 Only the official Safety Boats and Canoes will be allowed on the course. Competitors are NOT allowed to use their own canoes.

- 10 The organisers reserve the right to cancel the swim should the weather conditions be considered dangerous or unsuitable and the competitors must accept this as a condition of entry. If this happens, after expenses have been paid, a percentage of the entry fee MAY be refunded.

- 11 Multiple starts times may be used in the interest of safety

- 12 Protests shall be made and dealt with as detailed in ASA law

- 13 Any matters not provided for in these conditions shall be decided by the Meet Management of PNSC

