



2010 Open Water Swimming Three Race Series

Organised by Leicestershire Lifeguards on behalf of Kenilworth Masters Swimming Club

Three Dates: Sun 23 May / Sun 8 August / Sun 26 September

Venue: Market Bosworth Water Trust

Name: -----

Age: -----

(as at 31.12.09)

Address -----

Tel: -----

(Daytime)

Tel: -----

(Evening)

Mob: -----

email: -----

(Please tick which event you wish to swim in – one per event)

Your Estimated time

Sun 23 May	400m <input type="checkbox"/>	800m <input type="checkbox"/>	1600m <input type="checkbox"/>		
Sun 08 Aug	150m <input type="checkbox"/>	400m <input type="checkbox"/>	800m <input type="checkbox"/>	1600m <input type="checkbox"/>	3800m <input type="checkbox"/>
Sun 26 Sep	400m <input type="checkbox"/>	800m <input type="checkbox"/>	1600m <input type="checkbox"/>		

Entry Fee

No. of events entered _____

Juniors

150m: £2.50 400/800m: £5.00

Total Fee **£**

Adults

Kenilworth Masters SC Members: £5.00 per event

Non Members: £10.00 per event

Swimmers Age

150m event is open to competitors aged 8 and above (as at 31.12.10).

400m event is open to competitors aged 11 and above (as at 31.12.10).

800m event is open to competitors aged 14 and above (as at 31.12.10)

The longer distance events are open to competitors aged 16 and above (as at 31.12.10)

Experience **Yes** **No**

(Have you swum in an open water event before?)

Wetsuits

(compulsory if the water temperature is below 15°C.
Above this temperature wetsuits are optional)

Medical conditions:

(Do you have medical conditions
the organisers should be aware of)



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Competitor's Responsibility Statement

Participating in an open water swim requires fitness and skill. I confirm that I have done sufficient training to ensure that I am fit enough to cope with the demands of this event.

I accept that taking part in this event is by its nature hazardous and contains certain inherent risks.

I attach no responsibility to the event organisers or event officials for any injury, accidents, loss or damage and will indemnify them from and against any liability found against them arising out of my negligent or reckless acts. I accept that in the event of my requiring medical attention during the event the medical personnel appointed by the event organiser take no responsibility for the treatment provided for any unreported existing condition which increases the risk of a medical emergency.

I acknowledge that the event organiser has relied on this statement (in its entirety) in accepting my entry to the event and that if I was unable or unwilling to agree to all the matters set out above in this statement of responsibility the event organiser would not allow me to compete. All statements of fact are true.

Name of Swimmer:

(Please Complete in Block Capitals)

Signed: **Date:**

Parent / Guardian:

(For all competitors under 18 years of age on the day of the event)

Signed: **Date:**

Emergency Contact

(Emergency contact details on day of event)

Name:

Tel:

Mob:

Relationship:
(How is this person related to you?)

.....

Please return completed entry form to:

1. OW Swim, 140 Woodside Avenue South, Green Lane, Coventry, CV3 6BE or,
2. Hand to Ian Lole or Roy McWhirter at a KM swim session

Please enclose a cheque payable to "Kenilworth Masters Swimming Club"

Closing date for entries: **Monday before each event (i.e. 17 May, 2 Aug, 20 Sept)**



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Following the success of last year's inaugural challenge, 2010 sees the introduction of a three event series. Each event offers a range of distances so whether you are new to open water swimming, want to achieve a personal target, are training for an Ironman or are looking for competition there is something for everyone with a fun and friendly atmosphere thrown in for good measure.

Distances:

Sunday 23rd May:

400m, 800m, 1600m

Sunday 8th August:

150m, 400m, 800m, 1600m, 3800m

Sunday 26th September:

400m, 800m, 1600m

The 150m event is open to competitors aged 8 and above (as at 31.12.10).

The 400m event is open to competitors aged 11 and above (as at 31.12.10).

The 800m event is open to competitors aged 14 and above (as at 31.12.10)

The longer distance events are open to competitors aged 16 and above (as at 31.12.10)

Venue:

Bosworth Water Trust

Far Coton Lane, Wellsborough Road Nr Nuneaton

Warwickshire CV13 6PD

www.bosworthwatertrust.co.uk

Bosworth Water trust is situated on the B585, half a mile west of Market Bosworth, Warwickshire.

Event Programme:

9.00a.m. Registration

9.45a.m. Compulsory Briefing for all races

10.00a.m. 400m race start

10.15a.m. All other races start

(11.00a.m. onwards – BBQ & social: August 8th only)

Car Parking:

There is plenty of car parking at the Water Park. It is charged at £3.00 per car. Please have correct change available for the automated barrier and DO NOT try and park on the roadside outside the water park.

Registration:

Registration will take place in the lecture room at the main complex. It will be open from 9.00a.m.

At registration you will be marked with your race number and be issued with a coloured swim hat.

Briefing:

There will be a compulsory briefing adjacent to the swim start before the race begins. The briefing will confirm the swim course, start and finish procedures as well as safety arrangements.

Event:

There will be an optional 5 minute "warm up" prior to the race start.

For the 800m, 1600m, 3,800m races - all the races will start at the same time (unless the number of entries requires more than one wave start). The swims will be based on an 800m lap - Competitors are responsible for counting their own laps.

Wetsuits:

Wetsuits are compulsory if the water temperature is below 15°C. Above this temperature wetsuits are optional. PLEASE NOTE: It is quite possible that wetsuits will be compulsory on May 23rd. The maximum distance competitors are allowed to swim may be limited if the water temperature is low. If you intend using a wetsuit but have never worn one to swim in before it is recommended that you ensure that it is suitable for swimming and that you practice in it before the event – it will modify your stroke and you will find out why you need petroleum jelly and where to put it!

Changing and Showers:

There are changing rooms and showers available at the Water Park at no extra charge.

Catering:

There is a cafe adjacent to the changing and shower block that will be open throughout the day.

Advice/Questions:

If you have any questions or require advice on either the event or open water swimming in general please speak to Ian Lole, Adrian Lole, Roy McWhirter at one of the KM swim sessions. Alternatively ring Ian on **07899 982346** or e-mail ianlole@btconnect.com.