

Scottish 5km Swimming Championships 2006

**TOLLCROSS POOL – GLASGOW
SATURDAY 11th FEBRUARY**

Open Championship + Nine Age Categories

12 years & under	13 - 14 years	15 - 16 years
17 - 19 years	20 - 29 years	30 - 39 years
40 - 49 years	50 - 59 years	60 years & over

**Open Championship – 9 A.M.
Category Events – 11:30 A.M.**

Medals for First, Second and Third in each Age Category

Entry Fees : Open Championship £10 - Category Events £7.50

- Swimmers in the open category will compete one per lane.
- Swimmers in the category events will be required to share lanes with a number of other competitors and will be allocated to lanes on the basis of estimated times. Start order in each lane will be determined by drawing lots. Swimmers in these events will be required to wear a cap provided by the organisers for identification purposes.
- Swimmers may enter both open championship and age category events.
- Entries may have to be limited and the SASA reserve the right to introduce a selection criteria based on accredited times over 800, 1500 or 5000 metres for the open championship and estimated times for the category events.
- Swimmers in the open event who do not complete the distance in 1 hour 15 minutes and those in the category events who do not complete in 2 hours 15 minutes will be stopped and the distance they covered recorded.
- Entries should be made on the official entry forms, available from the S.A.S.A. office (01467 466520) and returned to the following address :

Scottish 5 Km Swimming Championships
c/o Melanie Findlay
S.A.S.A.
National Swimming Academy, Stirling University
Stirling, FK9 4LA

- Confirmations of entries and instructions for registration will be issued prior to the event.

Closing Date for Entries : Monday 30th January 2006

Scottish 5 km Swimming Championships 2006

ENTRY FORM

Name :

Sex : Male/Female

Address :
.....
.....

Postal Code : Telephone Number :

E-mail Address Telephone Number :

Club :

Registration number :

Event(s) Entered - tick box(es)

1) Open Championship (£10 entry fee)

2) Age Category Events (age at 31/12/2006) (£7.50 entry fee)

12 & under 13 -14 15 - 16 17 – 19 20 – 29
30 – 39 40 – 49 50 – 59 60 & over

Date of Birth :

Estimated time :

Entrants who don't have a time for this event are recommended to multiply their best time for shorter distances by the following amounts :

1500 metres – multiply by 3.5 800 metres – multiply by 6.7
400 metres – multiply by 14 200 metres – multiply by 30

Signature of competitor :

In order to host the event we will require volunteers to assist in counting and timing competitors. If you can assist in this capacity for the heat you are not swimming in or will be accompanied by someone who is able to assist enter your name and contact number(s) below;

Name : Tel. No(s) :

E-mail Address :

This entry form should be returned to the following address enclosing a cheque for the appropriate amount and made payable to the S.A.S.A.

Scottish 5 Km Swimming Championships
c/o Melanie Findlay
Scottish Swimming
National Swimming Academy, Stirling University
Stirling, FK9 4LA

CLOSING DATE FOR ENTRIES : MONDAY 30th January 2006