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Caption

OPEN WATER RACE CLINIC

For swimmers who want to enter the county champs but have never raced in open water, the race clinic is on the morning of the champs.

Unique opportunity open to Swim England Lincolnshire County affiliated club swimmers aged 12-15

Attend a coached session where you will learn:

Safe Entry and Exit

Open Water Swim Race Skills - sighting, turning, drafting, breathing,

Open Water Starts and Finishes

Race Tactics

LINCOLNSHIRE OPEN WATER COUNTY FESTIVAL 2022

8th August 2022, ACTIVITIES AWAY, SOUTH HYKEHAM

SCHEDULE	AGE GRP	TIME	ENTRY FEE
RACE CLINIC	12-15 YRS	10-12AM	£15 (INCLUDES RACE FEE)
AGE GROUP CHAMPS	12-15 YRS	2-4PM	£10 - 800M £15 - MILE
MASTERS MILE	16 YRS +	7PM	£15



COACHES
PAUL FOWLER, 100% SWIMMING
SUZY HEGG, SWIM ENGLAND LEVEL 2 OPEN WATER COACH

VENUE
 ACTIVITIES AWAY
 THORPE LANE
 SOUTH HYKEHAM
 LINCOLN
 JUST OFF THE A46

AGE GROUP MEDALS (AGE AT 31 DEC 2022)
 AGE GROUP: 12, 13, 14, 15
 MASTERS: 16-24, 25-34
 35-44, 45-54
 55-64, 65+

Supported by Swim England & Lincolnshire County ASA & Lincs Civils Engineering



RACE CAMP BOOKING FORM

PLEASE SEND BOOKING FORM BACK TO lincsasa.openwater@gmail.com by THE 26th June 2021

PAYMENT MUST BE MADE VIA BACS TO: LINCOLNSHIRE COUNTY ASA, LLOYDS BANK SORT CODE: 309104 A/C number 00321561. QUOTE REFERENCE "COUNTY OPEN WATER 2022" AND YOUR SURNAME

PRE-REQUISITE:

1. SWIMMERS MUST BE GOOD FREESTYLE SWIMMERS (ranked faster than 1.45 for 100m) AND BE ABLE TO SWIM 400M CONTINUOUSLY
2. SWIMMERS MUST BE AT LEAST 12 YEARS OLD AT 31/12/2022
3. SWIMMERS **DO NOT HAVE TO HAVE PREVIOUS OPEN WATER EXPERIENCE**

NAME	GENDER:		
RANKED CLUB			
S.E. NUMBER			
DATE OF BIRTH	AGE AT 31/12/2022		
PREVIOUS OPEN WATER EXPERIENCE	NONE	1-5 TIMES	MORE THAN 5 TIMES
200M FREE TIME			
MEDICAL CONDITIONS	YES	NO	
IF YES PLEASE WRITE DETAILS HERE			
ANY OTHER CONDITIONS THAT MAY IMPACT LEARNING ON THE COURSE			
PARENT/GUARDIAN CONTACT	NAME:	TEL:	
2ND EMERGENCY CONTACT	NAME:	TEL:	
e:mail			
ANY OTHER INFO			
GDPR - Lincolnshire County Swimming Association will not hold, or pass on your details to 3rd parties unless explicitly instructed	*I wish my details to be kept by Lincolnshire County Swimming Association for future events	* Please keep my details for this event and then delete my details	*Delete as appropriate



Swim England

Affiliated County



ENTRY FORM - CHAMPIONSHIP

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NAME	GENDER:		
RANKED CLUB			
S.E. NUMBER			
DATE OF BIRTH	AGE AT 31/12/2022		
EVENT ENTERED	800M	MILE	
ALSO ENTERED INTO RACE CAMP	YES	NO	
MEDICAL CONDITIONS	YES	NO	
IF YES PLEASE WRITE DETAILS HERE			
PARENT/GUARDIAN CONTACT	NAME:	TEL:	
2ND EMERGENCY CONTACT	NAME:	TEL:	
e:mail			
ANY OTHER INFO			
GDPR - Lincolnshire County Swimming Association will not hold, or pass on your details to 3rd parties unless explicitly instructed	*I wish my details to be kept by Lincolnshire County Swimming Association for future events	* Please keep my details for this event and then delete my details	*Delete as appropriate

NOTES TO CLUBS RACE SKILLS CAMP

1. Spaces are first come first served but individual clubs will be capped at 15 spaces
2. Closing date is 26th JUNE or when the camp is full
3. If you would like to send over a bulk booking, and pay as a club, please do so, but send over the names of those who wish to book as soon as you have them to avoid disappointment
4. Please encourage swimmers who have not qualified for Midlands or National in the pool but you see they have open water potential (good endurance, decent freestyle stroke)- we don't want to interfere with training programmes you may have for Regional/National Pool Competitions but see this as an opportunity for those swimmers who have not qualified to represent their club at regional/national level in the pool but have potential in open water. However, we also welcome applications from swimmers who are also regional/national level pool swimmers.
5. This camp is aimed at children with limited open water racing experience - not necessarily those who have competed in open water before

LINCOLNSHIRE Open Water Festival 2022

Championship Conditions (Age Group & Masters) General Conditions

1. The Lincolnshire Open Water Championships shall be held under Swim England (ASA) Regulations & Technical Rules and FINA Technical Rules of Open Water Swimming.
2. The Lincolnshire County ASA Executive reserves full powers over the Lincolnshire Open Water Championships ("The Championships"), including but not limited to cancelling, postponing or changing the Championship venue and/or format due to reasons beyond its reasonable control.
3. All competitors must be a category 2 registered member of a club offered on the online entry system in whose name he/she is entered, at the date of making the initial entry.
4. Competitors from overseas will be accepted if they are from one of the countries affiliated to FINA.
5. Ages as at: 31st December 2022
6. Closing date: Midnight Sunday 26th June 2022
 - 6.1. Entries for register members (point 3) must be made via club secretaries and completed with a payment VIA BACS TO: LINCOLNSHIRE COUNTY ASA, LLOYDS BANK SORT CODE: 309104 A/C number 00321561. QUOTE REFERENCE "COUNTY OPEN WATER 2022" AND YOUR SURNAME
 - 6.2. Entries for the Masters Mile must be made via 100% Swimming via <https://www.simplenix.com/e/lincolnshire-masters-mile-tickets-99612> . The 100% swimming masters mile incorporates the Lincolnshire Masters County Championships
7. Entry fee: £10 for the 800m (12 & 13 yrs) and £15 for the mile (14 & 15 yrs)
8. Age Group Championship Distance and Medals
9. Distances are as follows: 12/13yrs - 800m; 14/15yrs - One mile; 16 & over - One mile.
10. Midlands Championship medals will be awarded to the top 3 male and female competitors from any club, in the relevant distances, in each of the following age groups: 12,13,14,15, 16-24, 25-34, 35-44, 45-54, 55-64, 65+

11. There will be a cut off time limit of 30 minutes after the first competitor in each event has finished.
12. All competitors MUST sign in at the registration area at the given time for their event.
13. Any competitor not attending a safety briefing for your event will NOT be allowed to swim in the event.
14. Competitors must have their given number displayed on their back, upper arms and backs of hands. Numbering of competitors will be supervised by designated officials, and may be adjusted if needed. Should wetsuits be in use specialist numbers will be provided.
15. Water Temperature & Swimwear
 - a) Water Temperature 20 degrees or above: Swimming costumes must comply with FINA Open Water Rules.
 - b) Water Temperature 18-19.9 degrees: Competitors may choose to wear a wetsuit or a swimming costume that complies with FINA Open Water Rules.
 - c) Water Temperature 16-17.9 degrees:- Competitors must wear a wetsuit
 - d) For the purpose of these conditions, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.
 - e) When wetsuits are worn a swimming costume may be worn underneath for modesty.
16. No competitor shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Jewellery and watches are also not permitted to be worn. Goggles, nose clip, earplugs and maximum TWO caps may be worn, the outer cap MUST be the provided numbered latex cap. (If allergic to latex please inform the promoter at time of entry and/or competition). Only one swimsuit is allowed.
17. Competitors shall be allowed to use grease or equivalent providing these are not deemed in excess, in the opinion of the Chief Referee. It must not be applied prior to being numbered, or when the numbering has not dried.
18. Reasonable modifications may be made to the course or the manner in which the Championships and Challenge events are conducted based on the conditions at the time.
19. Cancellations:
 - a) If the conditions are deemed to be unsuitable and not safe at the Championships, a decision may be made to cancel, pause or postpone the competition.
 - b) Full refunds of entry fees to the Championships will be offered to all affected competitors.
 - c) No refunds will be offered, or given, for any other expenses incurred in relation to the Championships.
20. Any matters not provided for in these conditions shall be decided by the Lincolnshire ASA County Executive