

Standard Entry Form



British Long Distance Swimming Association One Hour Postal Swim

Under the auspices of the British Long Distance Swimming Association and the rules of the postal swim

Swimmers Details

First Name	Surname	Sex	Date of birth	Age on 1 st January
Nationality	Club	Disability H1, H2, H3		Official Use
Total Distance Swam in One Hour - metres				
Address:				
			Postcode:	
Telephone Number:		Email Address:		

Counters Details

Counters Name:	
Counters Address:	
	Postcode:
Telephone number:	

Declaration

- 1) The total distance swum in a one hour time period is checked and correct.
- 2) All details in this entry form are true and correct.

Swimmers signature _____ Date _____

- 3) **For all swimmers under 25 years of age:** I am an amateur in accordance with the laws of my National Governing Body.

Swimmers signature: _____

Parents signature: _____ (If entrant under 18 years)

I confirm that the swim was completed in accordance with the rules set out and that the above details are true and correct.

Counters signature: _____ Date: _____

Team Entry Form

To be completed **only** if a team entry is being made. (Only one of these sections need to be completed for each team entered)

Swimmers Names	Age on 1 st January	Sex	Distance Swam in metres
1			
2			
3			

Team Name	Team Age Group	Nationality	Total Distance Swam in metres

Standard Entry Form

Distance Completed - Lap Counter - Name of Swimmer: _____

The length of the pool is _____ ** Metres/Yards (**Delete as applicable)

Lengths Completed - Mark each length on this sheet as the swimmer completes the distance.

1	26	51	76	101	126	151	176	201	226
2	27	52	77	102	127	152	177	202	227
3	28	53	78	103	128	153	178	203	228
4	29	54	79	104	129	154	179	204	229
5	30	55	80	105	130	155	180	205	230
6	31	56	81	106	131	156	181	206	231
7	32	57	82	107	132	157	182	207	232
8	33	58	83	108	133	158	183	208	233
9	34	59	84	109	134	159	184	209	234
10	35	60	85	110	135	160	185	210	235
11	36	61	86	111	136	161	186	211	236
12	37	62	87	112	137	162	187	212	237
13	38	63	88	113	138	163	188	213	238
14	39	64	89	114	139	164	189	214	239
15	40	65	90	115	140	165	190	215	240
16	41	66	91	116	141	166	191	216	241
17	42	67	92	117	142	167	192	217	242
18	43	68	93	118	143	168	193	218	243
19	44	69	94	119	144	169	194	219	244
20	45	70	95	120	145	170	195	220	245
21	46	71	96	121	146	171	196	221	246
22	47	72	97	122	147	172	197	222	247
23	48	73	98	123	148	173	198	223	248
24	49	74	99	124	149	174	199	224	249
25	50	75	100	125	150	175	200	225	250

Partial lengths completed (Put a tick in the box against the nearest 5 yards or metres completed. Round **down** to the last 5 yards (or metres) completed.

5 10 15 20 25 30 35 40 45

To calculate the distance swam use the following:

(Number of Lengths x Pool Length) + Part Length = Total Distance Swam (Yards/Metres)
 (_____ x _____) + _____ = _____ (Yards/Metres)

To convert distances in yards to meters multiply by 0.9144. **Grand Total** _____ **Meters**

Entry Fees Enclosed

U.K. Entries				Overseas Entries			
	Entries	Fees	Totals	Entries	Fees (US)	Fees (Can)	Totals
Individuals		£3.75/person	£		\$9.00/person	\$9.50/person	\$
Teams		£3.00/team	£		\$6.00/team	\$6.50/team	\$
Results Sheets		£2.00	£		\$5.00	\$7.00	\$

Overseas entries must be paid in sterling wherever possible please. Money order or cash are acceptable. US and Canadian \$ are the only other acceptable currency. Overseas entry fee includes mailing souvenirs by surface mail. I enclose cheque/PO/money order payable to B.L.D.S.A). Note: Overseas Cheques Cannot Be Accepted

Please write clearly when completing entry forms. Postal swim entries should be sent to: -

Dr Alan Pomfret, 74 Banastre Drive, Newton le Willows, Merseyside. WA12 8BE.