



**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

THE SWIM

The objective of the swim is for individual swimmers to achieve the greatest possible distance within one hour. The incoming results will be listed in order of the distance completed, in the individual age categories as detailed below.

BLDSA medallions for **ALL INDIVIDUAL** events, duly inscribed, will be awarded as follows:

- | | |
|------------------------------|--------------------------------|
| Up to 5 competitors | Gold Medal |
| Between 6 and 10 competitors | Gold and silver Medals |
| Over 10 competitors | Gold, Silver and Bronze Medals |

In the team swim, members of the first three teams in each age group will receive BLDSA medallions.

Every entrant will receive a souvenir BLDSA Postal Swim embroidered badge as a memento of having taken part in the swim.

The swim must be completed in the months of January of February.

LOCATION

You may use any swimming pool 25yards in length, or longer. All results will be in Metres. Yards, distances will be converted into metres.

ELIGIBILITY

Entry will be accepted from any swimmer, you do not need to be a member of a club, with age groups from under 10's to over 85's, please see below. Entries can only be accepted on the official entry form (or copies thereof) – and accompanied by the correct entry fee.

INDIVIDUAL CATEGORIES (MEN & WOMEN)

9 and under	Open	35 – 39 years	55 – 59 years	75 – 79 years
10 – 11 years	20 – 24 years	40 – 44 years	60 – 64 years	80 - 84 years
12 – 13 years	25 – 29 years	45 – 49 years	65 – 69 years	85 years plus
14 – 15 years	30 – 34 years	50 – 54 years	70 – 74 years	

TEAM CATEGORIES

- | | |
|---------------|-----|
| 9 and under | 25+ |
| 10 - 11 years | 35+ |
| 12 - 13 years | 45+ |
| 14 - 15 years | 55+ |
| Open | 65+ |

A team **MUST** consist of 3 swimmers of the same sex. All swimmers in a team must be first claim members of the same club. To enter a team event, all swimmers must have already entered the individual event. For the under 9, 10-11, 12-13, 14-15, and 16 year age groups, each swimmer must be that age or under.

For the open category swimmers can be of any age.

For all other teams, the youngest member will determine which category the team is in, and all swimmers must be older than that category.

Individual swimmers may only be entered into one team in these competitions.

All age categories are calculated on ages on 1st January, in the year of the swim.

SWIMMERS 1 ST NAME		SURNAME		AGE ON 1 ST JAN		CLUB	
NATIONALITY		TOTAL DIST. IN METRES		SEX		DISABILITY H1, H2, H3	
SWIMMERS ADDRESS							
						POSTCODE	
TEL NO		DATE OF BIRTH		E MAIL			
COUNTERS NAME							
COUNTERS ADDRESS							
						POSTCODE	
TEL NO							

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DECLARATION

- The total distance swum in one hour time period is checked and correct.
- 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 DONE 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 Name		Age on 1 st Jan	Dist. Swum in metres	
TEAM NAME	TEAM AGE GROUP	NATIONALITY	TOTAL DISTANCE	SEX