

Jersey Long Distance Swimming Club

Senior & Masters Club Championships

JLDSC Senior & Masters Club Championships on Sunday 14th September 2014

The JLDSC Senior Club Championships will be held in conjunction with Dominion Jersey Masters Open Water race.

The races will take place on Sunday 14th September. Check in is at 8:30 am and all races will start at 9am.

Venue is St Catherine but this will be weather dependent and may be moved if required. An email will be sent if the venue changes or please check by calling 07797 752 792.

- 1) The JLDSC Club champion trophies will be awarded to the first male/female in the 5km race
- 2) Masters awards to first male/female:
 - a) 40-49
 - b) 50-59
 - c) 60-69 in 3Km event

And

- 3) THE NEXT SWIMMER HOME IN EACH AGE GROUP IN THE 5KM EVENT will be the Winning Masters.

There are no wetsuits allowed for the JLDSC club championships.

All CLUB trophies will be handed out at the dinner.

Conditions

Meet to be held under ASA Laws and Technical Rules of Swimming.

Age as of 31st December 2014. Competitors in the Senior Age Group must be 18 or over on the first day of the meet.

All entries will be accepted on a first come, first served basis and restrictions on numbers will be applied if required.

Anything not covered in the above will be at the discretion of the promoter.

The promoter reserves the right, if weather and – or tidal conditions warrant, to cancel or postpone the event or to amend the list of starters.

All competitors taking part do so at their own risk.

Competitors must report by the times given on entry form.

All competitors will be given a numbered coloured hat. These MUST be worn at all times during the competition with the number at the front. Failure to abide by this may result in disqualification.

Other craft will act as guard boats any instructions given by canoeists or guard boats must be complied with immediately. Failure to do so may result in disqualification.

Should a swimmer require assistance he/she should raise one arm above the water and call to the nearest boat/kayak.

Any swimmer exiting early must advise the course officials as soon as possible.

Swimmers should finish by touching the red and white boom or as informed at the pre swim briefing

There is a time limit of 2hours 30minutes for all open water races.

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Entry Form

Please use **BLOCK CAPITALS**

Mr / Mrs / Miss / Ms / Dr		First Name	
Surname		Club Name	Jersey Long Distance Swimming Club
Address		Date of Birth	Male / Female
		Telephone	
		Email	
Post Code			
Open Water - Sunday 14th September - Check in 8:30am Start 9am Venue: St Catherine's			

Distance	<i>Tick one only, no time required</i>
3km	<input type="checkbox"/>
5km	<input type="checkbox"/>

Confirmation

I confirm that I am fit to compete in Masters Swimming and I will be responsible for my own safety and insurance. I exonerate the ASA, Jersey Swimming Club, the Sponsors and the Meet Organisers from any liability for injury to me as a result of my medical condition or as a result of any accident. I declare that I am eligible to swim and accept the promoter's conditions.

Signed _____ Date _____

_____ Entry for Open Water at £10.00 = £ _____

_____ x places at the Meal at £20 (£22 with Steak) each = £ _____

Total Enclosed £ _____

The closing date for entries is 12th August 2014.

All cheques payable to "Jersey Swimming Club". Please return the entry form with cheque to:

Graeme Lowe
 41 La Ville Des Marettes
 St Ouen
 Jersey
 JE3 2HH

If you have any questions please email graeme@lowejersey.co.uk or contact the JSC Office:

Tel: 01534 870788

Email: admin@jerseyswimmingclub.com

Web: www.jerseymasters.com

Program will be emailed to all entrants who have provided readable email addresses before the meet.

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Saturday Evening Meal Choices

The meal costs £20 per person, excluding drinks with a £2 supplement if choosing steak. Please provide your choices with your entry. Please note that places for the meal are limited.

Full Name	Choice for Starter	Choice for Main (& how steak cooked if applicable)	Choice for Dessert
Is there any person/group you would like to sit with?			



Dominon Jersey Masters Meet

Sat 13th September 2014

STARTERS

Soup of the Day

Served with Crusty French Bread

Beef Satay Skewers

Salmon & Prawn Fishcakes

With Lemon Aioli

MAINS

9oz Sirloin Steak

*Served with Cherry Vine Tomatoes,
Flat Cap Mushroom, Chips & Peppercorn Sauce*

Fillet of Sea Bass

Served on Crushed Jersey Potatoes with Fine Green Beans

Butternut Squash Risotto

Served with Rocket Salad

DESSERTS

Tiramisu

Double Chocolate Mousse

Tart of the Day

Cheesecake of the Day

Selection of Ice Cream