

**PORTSMOUTH NORTHSEA SWIMMING CLUB**  
**SUPPORTED BY PORTSMOUTH CITY COUNCIL**

**SOUTHSEA JUNIOR OPEN WATER RACE**

**SUNDAY 12 SEPTEMBER 2010**

**START OF RACE 11.30 am**

**ENTRY FORM**

DISTANCE: 800 METRES Approx.

ENTRY FEE: £5.00

Please enter me for the above swim, I enclose a cheque payable to PNSC.

Please circle entry category: - Age as at 31 December 2010

BOYS 11 Yrs & Over

GIRLS 11 Yrs & Over

SURNAME:.....

OTHER NAMES IN FULL:.....

DATE OF BIRTH ..... AGE (as at 31 Dec 2010).....

ASA CLUB.....

ASA Registration No.....

I confirm that the above swimmer can complete the course in less than 1 hour

Signature of Club Coach.....

Name of Club Coach .....

Signature of entrant ..... Date .....

I agree to my child swimming in this event

Signature of parent / guardian: .....

PLEASE RETURN THIS FORM AS SOON AS POSSIBLE TO:

MRS ANNE WHITE PNSC, MEET MANAGEMENT,  
MOUTBATTEN SPORTS CENTRE, ALEXANDRA PARK, PORTSMOUTH, PO2 9QA  
Tel 023 9265 0242 Email admin@pns.org.uk

**CLOSING DATE -14 August 2010**

# SOUTHSEA JUNIOR OPEN WATER RACE

SUNDAY 6 SEPTEMBER AT 11.30 AM  
BRIEFING AT 11.15 AM

This race is only open to ASA category 2 registered swimmers aged 11 and over, (as at 31 December 2010). Entry will be limited in numbers for safety reasons, and will be on a first come first served basis.

This race will be swum in a circuit between the Headquarters of Portsmouth Voluntary Lifeguards (next to Rocksby's Restaurant), and South Parade Pier, over a distance of 800 metres approx.

**All swimmers must be under the supervision of a Club Coach or designated Club Official at all times whilst in the vicinity of the sea.**

Swimmers will swim against the current at the start and return with the current at no more than 50 metres from the shore and will be able to get out of the sea at any time during the race.

All swimmers will be numbered for safety reasons. A hat with the same number on it will be issued at the briefing and the swimmers must wear these throughout the race. The sea will be about 16-17 degrees which is very comfortable for swimming.

All swimmers must report at 11.00 am on the beach by the Lifeguard Headquarters.

**There will be a safety briefing at 11.15 am outside of the Lifeguard Headquarters, which everyone must attend. Competitors who fail to attend will not be allowed to start the race.**

Portsmouth & Southsea Voluntary Lifeguards will patrol the beach and the water throughout the race.

There will be a drink and mars bar at the finish for each swimmer and prizes will be awarded

Parents will be able to walk along the beach and shout encouragement

