

London Region

Open Water Competition

Sunday 10th July 2016

Note regarding entry to ASA Open Water Nationals

The ASA have changed the entry criteria for entry to the Open Water Nationals at Rother Valley on Sunday 24th July

They are for 2016

1. Having a qualifying 800m or 1,500m pool time
2. Achieve a 1st, 2nd or 3rd place in the Regional Championships for the Region in which the club is registered for which the competitor has entered the event (In our case this means you must be swimming for a club registered to London Region) . The distance swum must be the qualifying distance for your age group.

These rules apply to the following age groups and distances

1.5 K	12, 13, 14 year old
3K	15, 16 year old
5K	17-18 year old, 19+

It would help me as organiser if we can confirm name, ASA number, e mail and telephone contact details for anyone qualifying at the London event as I have to submit them to the ASA on Monday 11th July .

The ASA events team will contact each of the qualifying swimmers by e mail once the data has been processed onto the ASA system. The e mail will provide you with all the necessary information needed to enter. If you do not receive the information by Friday 15th July please contact the ASA at Loughborough and ask for Laura Hillyard of the events team who is coordinating entries for the Open Water nationals (please do not try contacting them before this date).