



**Great Leinster Swim 10 Kilometre or 5 Kilometre**  
**Scout Centre, Lough Dan, Roundwood, County Wicklow**  
**Saturday 27th August 2011**  
**10 km Registration 8.30 am Start 9.00 am**  
**5 km Registration 9.15 am Start 10.00 am**  
**Swim Ireland Leinster Region Open Sea Committee**

Name

Email

Mobile Phone Number  Sex (M/F)  Nationality  Swim Ireland Number

Home Phone Number  Club  Date of Birth: Month  Year

Address

**ENTRY CRITERIA AND CUT OFF TIME**

The Open Sea Committee are asking competitors to submit their their estimated time. The Open Sea Committee will allocated places to the swimmers based on an assessment of their ability to complete the course. Place in both races are limited. The acceptance of your entry will be confirmed the week prior to the race, submission of this application form does not guarantee entry. The Open Sea Committee will be enforcing a cut off time of 2 hours 15 minutes for the 5 Kilometre race and 4hours for the 10 Kilometre race.

Race (5km of 10km)  Estimated Time

**KAYAKERS**

Kayaker's Name

Kayaker's email address

Kayaker's Mobile Phone

The Open Sea Committee would appreciate if competitors could source their own Kayakers. The Open Sea committee will have kayakers for safety assistance but cannot guarantee a kayaker per individual swimmer

**WATER VISIBILITY**

Lough Dan is a mountain lake. Water visibility is much lower than the pool or the Open Sea and may in certain areas of the lake be only one or two feet. Wetsuits are not allowed in the Lough Dan 5 Kilometre or 10 Kilometre Races. Water temperatures may be lower than in the sea. Some swimmers will find swimming in fresh water more difficult than sea water (salt water) due to lack of buoyancy.

The Swim Ireland Leinster Region Open Sea Committee reserve the right to:

- change the start time of either race:
- cancel or postpone either events if conditions are unsafe; and
- to refuse admission to the either the Lough Dan 5 Kilometre or Lough Dan 10 Kilometre race.

The Swim Ireland Leinster Region Open Sea Committee will not issue refunds of entry fees in the event that the Lough Dan 5 Kilometre or Lough Dan 10 Kilometre races are cancelled, postponed, start time changed or if a swimmer is asked to retire from the race.

Please note the registration time of 8.30 am and start time of 9.00am for the 10 Kilometre race and the registration time of 9.15 am and the start time of 10.00am for the 5 kilometre race is different to that advertised in the Official Leinster Open Sea Calendar.

