



Internet Swim Entry Form and Rules

Rules and How to Enter

- The competition will run over 5 months, with each competitor completing 5 timed swims, one for each month, Jan through to May.
- The competition is open to all SSMPC members, all Pentathlon club members, all Pentathlon GB and Scotland members and all Pony Club members. Pentathlon ages apply, not Pony Club ages. (ie Age on 31/12/2011, not 1/1/2011)
- The best 3 swims will be averaged to give your final swim time.
- At the end of each month the times will be posted on the web site so you can track your progress. The results of the series will be posted on the web site at the beginning of June. www.scottishsaltirespentathlon.com
- Series awards will be given to 1st to 6th in each category. There will also be a most improved award given in each category. Awards will be posted.
- The January swim must be completed by the 31st Jan and posted with entry form and payment ASAP to the address below. You will have a full month to complete Feb, March, April and May swims.
- Each time you complete a swim, send a scanned copy of the signed time-sheet to trishprise@aol.com.
- You must submit at least 3 swims in order to have a series time.
- The cost of entering all five swims is only £5. You must send this with your first time submitted.
- The swimming pool must be 25m or 50m (For anyone using a 50m pool times will be converted for a 25m pool using the appropriate formula)
- Swim your correct distance. YE, 10 and under, YD 11/12, 50m swim, YC 13/14 MM/W over 36, 100m, YB, 15/16, YA, 17/18, JM/W 19/20/21, SM/W, 22-35 all swim 200m. Age taken on **31/12/2011**.
- **10 Year old YE's, YD, and YC, only, may enter twice.** They may enter their own category and one category above if they also wish to do a longer distance. For example, a YC may move up to YB if they wish to swim 200m, a YD may move up to YC to swim 100m. Remember, however, you will be then competing against swimmers who are up to 3 years older than you when you choose to enter the older category as well as your own age group. Two entries cost £10 for the series.
- **Your swim time must be verified and signed on the appropriate form by a coach, teacher, Pentathlon GB official, or Pony Club official. Timing must be done to one hundredth of a second.**
- Send your entry form and first timed result to Trish Prise, SSMPC, Forest Lodge, East Brotherfield, Kingswells, Aberdeen AB15 8QN. Enclose £5 with first form. Cheques payable to **NSMPC**.



SSMPC Swim Entry and Time Sheet.

Name.....

Address.....

Post Code.....Email.....

Member of (Please Circle); Pen GB/Scotland, Pen Club (eg SSMPC), Pony Club

Club Name.....

Category Entered.....If U18 Date of Birth.....

Swim Distance.....

Swim Time.....Pool Length.....

Date and Venue of Swim.....

Swimmers signature.....

Witness Signature.....

Witness Print Name.....

Witness Position (eg coach, teacher).....

Send form to: Trish Prise, SSMPC, Forest Lodge, East Brotherfield, Kingswells, Aberdeen, AB15 8QN. Enclose £5 with first form. Cheques payable to NSMPC.

Subsequent timed swims to be sent to trishprise@aol.com