



BRITISH LONG DISTANCE SWIMMING ASSOCIATION

LLYN TEGID (BALA LAKE) CHAMPIONSHIPS

SWIM INFORMATION

1 km Championship

Date	Saturday 12 th July 2008
Age Categories	Junior & Senior
Registration	Report to the Swim Secretary upon arrival at the Start site.
Briefing	9.30am on the stone jetty at the lake café car park
Start	10.00am from the stone jetty at the lake café car park
Course	The start and finish will be from an imaginary line between a buoy and the end of the stone jetty at the lake café car park. A triangular course will be formed from the jetty, up the lake, round a first buoy across to a second buoy and return to the jetty. Swimmers will complete one lap.
Entry Fee	£6.00
Conditions of Entry	<ol style="list-style-type: none">1. This swim is open to both members and non-members of the BLDSA.2. BLDSA Rules apply to this swim, i.e. only traditional swimming costumes/trunks (must not extend beyond the end of the shoulder onto the upper arm and lower than the crotch onto the upper leg) will be permitted (No wetsuits or body suits). Caps - Breaststroke swimmers must wear a PINK swimming cap. All other swimmers can wear any none pink swimming cap. Note – only one cap may be worn which have no insulating properties.3. This swim can be entered on the day of the swim.
Time limit	There will be a time limit of 1.5hours on this swim – this limit will be rigidly enforced.
Changing Facilities	There is a toilet block situated above the Wardens Building in the car park. In this building there are also showers available for use.
Presentations	The presentation for the 1km Championships, will take place, next to the Stone Jetty as soon as possible after the swim (around 13:15pm). Any certificate not collected at the Presentation will not be forwarded unless the cost of postage and package is paid, which is £1.20.

3 km Championship

Date	Saturday 12 th July 2008
Age Categories	Junior & Senior
Registration	Report to the Swim Secretary upon arrival at the Start site.
Briefing	9.30am on the stone jetty at the lake café car park
Start	10.00am from the stone jetty at the lake café car park
Course	The start and finish will be from an imaginary line between a buoy and the end of the stone jetty at the lake café car park. A triangular course will be formed from the jetty, up the lake, round a first buoy across to a second buoy and return to the jetty. Swimmers will complete 3 laps.
Entry Fee	£7.50
Conditions of Entry	<ol style="list-style-type: none">1. This swim is restricted to fully paid-up senior members of the BLDSA.2. BLDSA Rules apply to this swim, i.e. only traditional swimming costumes/trunks (must not extend beyond the end of the shoulder onto the upper arm and lower than the crotch onto the upper leg) will be permitted (No wetsuits or body suits). Caps - Breaststroke swimmers must wear a PINK swimming cap. All other swimmers can wear any none pink swimming cap. Note – only one cap may be worn which have no insulating properties.
Time limit	There will be a time limit of 2.5hours on this swim – this limit will be rigidly enforced.
Changing Facilities	There is a toilet block situated above the Wardens Building in the car park. In this building there are also showers available for use.
Presentations	The presentation for the 3km Championships, will take place, next to the Stone Jetty as soon as possible after the swim (around 13:15pm). Any certificate not collected at the Presentation will not be forwarded unless the cost of postage and package is paid, which is £1.20.

6 Mile - Two Way Championship

Date	Saturday 12 th July 2008
Age Categories	Senior
Registration	Report to the Swim Secretary upon arrival at the Start site.
Briefing	12.00am on the stone jetty at the lake café car park
Start	1:00pm from the stone jetty at the lake café car park
Course	The swim will consist of two lengths of Bala Lake, starting and finishing across an imaginary line from the end of the stone jetty at the lake café car park. The route to be taken will be from headland to headland. Swimmers must give their number to the Turning Judge as they round the turning boat at the far end of the lake.

Entry Fee £20.00

Conditions of Entry

1. For this swim **all swimmers must provide their own safety cover**, which shall be either a canoe and canoeist or rowing boat and boat crew. No swimmers will be allowed to participate in this event if they have not provided their own support.
2. This swim is restricted to fully paid-up senior members of the BLDSA.
3. All support craft are to fly a Flag Alpha while escorting their swimmer, failure to do so will result in disqualification.
4. It is the responsibility of the swimmer to ensure that their safety cover is at the briefing in good time. If a swimmer's safety cover is not at the briefing the swimmer will not be allowed to start the race.
5. BLDSA Rules apply to this swim, i.e. only traditional swimming costumes/trunks (must not extend beyond the end of the shoulder onto the upper arm and lower than the crotch onto the upper leg) will be permitted (No wetsuits or body suits). Caps - Breaststroke swimmers must wear a **PINK** swimming cap. All other swimmers can wear any none pink swimming cap. Note – only one cap may be worn which have no insulating properties.

Energy Drinks

It is advisable that you take an Energy Drink during your swim. This can be handed to your canoeist who will carry it down the lake and hand it to you during the swim. A reasonable feed strategy to be applied during your swim is to stop every hour. If your swim is several hours long and the water temperature is low you will need to take on energy during the swim. We want you to finish the swim not the swim to finish you!

Time limit

There will be a time limit of 5.5hours on this swim – this limit will be rigidly enforced. However, if you feel that you wish to swim and have worries that you might be just outside this finish time, then by agreement with the swim secretary, there may be a possibility that you can start your swim up to half an hour earlier.

Changing Facilities

There is a toilet block situated above the Wardens Building in the car park. In this building there are also showers available for use.

Presentations

The presentation for the 6 mile Championships, will take place, next to the Stone Jetty at 6:30pm. Any certificate not collected at the Presentation will not be forwarded unless the cost of postage and package is paid, which is £1.20.

3 Mile - One Way Championship (Junior and Senior)

Date Sunday 13th July 2008

Age Categories Senior & Junior

Registration Report to the Swim Secretary upon arrival at the Start site.

Briefing 11.30am on the Public Beach at Llangower (OS Ref 902321)

Start 12 noon from the Public Beach at Llangower

Course	The swim will consist of one lengths of Bala Lake, starting from an imaginary line from the end of the stone jetty. Swimmers will swim across the lake to a large yellow BLDSA buoy which they will pass on the left hand side. Swimmers will then continue headland to headland along the northwest side of the lake. The finish will be at the stone jetty at the Loch Café car park end of the lake. Swimmer will finish by touching the jetty and calling out their number.
Entry Fee	£10.00
Conditions of Entry	<ol style="list-style-type: none"> 1. For this swim all swimmers must provide their own safety cover, which shall be either a canoe and canoeist or rowing boat and boat crew. No swimmers will be allowed to participate in this event if they have not provided their own support. 2. This swim is restricted to fully paid-up junior and senior members of the BLDSA. 3. All support craft are to fly a Flag Alpha while escorting their swimmer, failure to do so will result in disqualification. 4. It is the responsibility of the swimmer to ensure that their safety cover is at the briefing in good time. If a swimmer's safety cover is not at the briefing the swimmer will not be allowed to start the race. 5. BLDSA Rules apply to this swim, i.e. only traditional swimming costumes/trucks (must not extend beyond the end of the shoulder onto the upper arm and lower than the crotch onto the upper leg) will be permitted (No wetsuits or body suites). Caps - Breaststroke swimmers must wear a PINK swimming cap. All other swimmers can wear any none pink swimming cap. Note – only one cap may be worn which have no insulating properties.
Time limit	There will be a time limit of 3.5hours on this swim – this limit will be rigidly enforced. However, if you feel that you wish to swim and have worries that you might be just outside this finish time, then by agreement with the swim secretary, there may be a possibility that you can start your swim up to half an hour earlier.
Changing Facilities	There are toilet blocks at both the start and finish of the swim. At the finish there are also showers available for use.
Presentations	The presentation for the 3 mile Championships, will take place at the finish end of the lake, next to the Stone Jetty as soon as possible after the swim (around 3:00pm). Any certificate not collected at the Presentation will not be forwarded unless the cost of postage and package is paid, which is £1.20.

General Information

All persons are advised to report any incidents, including near misses, to a nominated person who shall be named at the championship briefing meeting.

The BLDSA has in place Anti-Bullying and Child/ Vulnerable Adult Policies. Copies of which may be obtained from the BLDSA Hon. Child Protection Officer.

Any person associated with the swim are expected to pay any car park charges that may be due from the parking of there vehicle.

Note: BLDSA rules for Breaststroke swimmers have changed. Breaststroke swimmers must now wear a **PINK Cap**.

Swimmers are reminded that MP3 players should not be worn during the Championship Swim.

Emergency Safety Cover

Emergency Safety cover will be provided; at a minimum this will include the BLDSA rescue boat. In addition for the 1km & 3km Championships there will be a number of canoes located around the circuit.

How to get Bala, Llyn Tegid and the Start Location

The town of Bala is located in North Wales about 9 miles southwest of the A5. At the junction of the A5 at Druid just 2 miles west of Corwin take the A494 to Bala. For the start –

1km, 3km & 2 Way Championship - Upon entering Bala and crossing over the River Tryweryn continue straight through the centre of Bala. As you are leaving Bala you will see the Leisure Centre on your left. Immediately after this you will see the lake and you should turn left into the car park. The briefing, start and finish are from the stone jetty approximately 100m from the car park.

1 Way Championship - Upon entering Bala and crossing over the River Tryweryn turn left on to the B4391 and follow the road for a short distance until the lake is on your right. As you cross over the River Dee, which leaves the lake turn right on to the B4403 which runs along the side of the lake. Follow this road for 2.75 miles until you cross a bridge at Llangower (signed as weak), continue on the road for another 200m and turn right into the Public car park. This is Llangower. The start and briefing is on the beach across the railway line.

Caravan & Camp Site

For those who intend to stay at Bala for the weekend and wish to camp, a good site can be found at the southwest end of the lake at Llangower. This site is within 200m from the start of the one-way swim start. The campsite has access to the lake. The details of the site are *Pant Yr Onnen, Llangower, Bala, Gwynedd LL23 7BT, Tel no: 01678 520415*.

Websites

www.bldsa.org.uk - Information on all BLDSA events and much more.

www.bldsa-bala-swim.co.uk - Information on this swim, previous results and accommodation list.

www.visitwales.com – Official Wales Tourist Board Site

www.bala.co.uk – Bala Tourist Information Office Site

www.balawales.com - More Bala Information and accommodation lists.