



Rotary Club of Penrith SWIMATHON



GENERAL INFORMATION

- 1) The Rotary Club of Penrith invites you to enter a team in our Swimathon. This fun event is intended to provide you with an opportunity to raise funds for your own preferred charity, good cause, club or team – or if you prefer for this year's Rotary supported charities.
- 2) **Swimming information:**
 - a) Teams can consist of up to 8 swimmers for children, but the optimum size of team is 5 adult swimmers.
 - b) Each team swims continuously, in relay, with only one team member swimming at a time for 50 minutes.
 - c) Sponsorship can be based on the number of lengths swum by the whole team, or, more commonly, for a fixed sum of money. We encourage each team member to seek sponsorship, and we hope you will raise a substantial sum for your chosen charity.
 - d) **This is a fun event: one has to break records, and we ask that inexperienced or out of condition swimmers do not over-exert themselves.**
 - e) **RECORD ATTEMPTS** - If you really do want to try and set or break a record the following rules will apply:-
 - i) Maximum team size is 5.
 - ii) You should expect to share a lane like everyone else.
 - iii) No diving is allowed.
 - iv) There will be monitoring at both ends of the pool.
- 3) **Administrative information:**
 - a) We will provide sponsorship forms - which will need to be brought on the night of the swim you want them to be certified.
 - b) We will record the lengths swum by each team and, if you bring your forms, certify your sponsorship forms to enable you to collect money from your sponsors.
 - c) The main aim of the event is to provide you with a fundraising opportunity, however to cover administration costs for the event there will be an entry fee of £10 per team entered.
 - d) **Please make all cheques payable to "Rotary Club of Penrith" and send them to the organiser [address below].**
- 4) **We look forward to seeing you at the event and thank you for your support.**

ORGANISER: John Shorter, 9 Glendowlin Lodges, Yanwath, Penrith, CA10 2LA, Tel 01768254006