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Our aim is to protect, conserve and promote the natural environment and built heritage for the benefit of present and future generations.



Northern Ireland Bog Snorkelling Championships 2009 Entry Pack



Conditions of Entry

THE COURSE

- The course will consist of a bog drain measuring 60 yards x 4 foot x 5 foot deep. Adult competitors will swim two lengths, making a total of 120 yards. Juniors and Fun Run competitors will swim one length (60 yards).

ENTRIES

- The enclosed Entry Form must be completed and returned together with one Fitness Declaration per entrant.
- The deadline for returned forms is 5pm on Tuesday 30th June 2009. Late entries will not be accepted.
- By return (after 30th June) each entrant will receive an official entry number and a check in time on a first come first served basis.

RULES

- Competitors must complete two lengths of a 60 yard drain cut into the peat bog in the quickest time possible, wearing a snorkel, mask and flippers without using any conventional swimming strokes.
- Flippers must be used for propulsion only and hands used for doggy paddle only - the use of any other strokes will result in disqualification.
- Wet suits are optional but advisable.
- The 5 categories are: Men's, Women's, Junior, Fun Run and Relay (3 per team).
- The Official's and the Timekeeper's decision is final.

ON THE DAY

- Please ensure that you allow plenty of time to check in. Competitors who miss their check in time may miss their race.
- Basic changing facilities and makeshift cold water showers will be available.
- Competitors are advised to bring a towel plus a change of clothes and a bag to store wet items.

PRIZES

- Men's Northern Ireland Champion (1st, 2nd, 3rd) - Two lengths 120 yards
- Women's Northern Ireland Champion (1st, 2nd, 3rd) - Two lengths 120 yards
- Junior Northern Ireland Champion - One length 60 yards (1st, 2nd, 3rd) - One length 60 yards (ages 12-15)
- Slowest Time - Two lengths 120 yards
- Relay Team Champion (3 persons per team) - Two lengths per competitor
- Best Fancy Dress for Fun Run - One length 60 yards (ages 12+)

Prizes will consist of a trophy and every entrant will receive an official certificate.

HEALTH AND SAFETY PRECAUTIONS

- A paramedic will be on site throughout the event.
- Staff will endeavour to make this a safe and enjoyable event. No responsibility can be taken for anyone who acts in a foolhardy or reckless manner.
- Anyone suspected of having consumed a large amount of alcohol will not be permitted to race.

OTHER ATTRACTIONS

The Northern Ireland Bog Snorkelling Championships is a small part of International Bog Day. There will be lots of fun games and activities for all the family happening in the park including free train rides, face painting, kids crafts and much, much more. See www.ni-environment.gov.uk for details.



Fitness Declaration

A Fitness Declaration (included inside) should be completed and returned prior to participating in the Bog Snorkelling Championships 2009 to be held at Peatlands Park. You should be of reasonable fitness and be able to swim 100m or 75m for 12-15 year olds and Fun Run competitors. You must at all times stick to the rules and conditions pertaining to this event.

COURSE LENGTH

- The total length of the course is 120 yards. The drain is approximately 4 feet wide by 5 feet deep.
- The course consists of two lengths of a bog drain (one length for Junior and Fun Run competitors).

RESTRICTIONS

- Minimum age is 12 years (only by consent of parent/guardian).
- You must be able to swim 100m or 75m for 12-15 year olds.
- Please check with your doctor if you have any medical concerns.

WHAT TO WEAR

You must provide your own equipment. We recommend that you wear a wetsuit, however normal swimwear, shorts and a t-shirt will suffice. You may wear fancy dress for the Fun Run. In addition you should bring a mask, snorkel and fins (flippers). A towel plus a change of clothes and a bag to store wet items is advisable. Basic changing facilities and makeshift cold water shower facilities will be available on site.

FITNESS

You must be of a reasonable fitness level. If unsure of your fitness for this event, please consult your doctor. Participants must be able to swim for this water based activity. You must sign, date and return the Fitness Declaration enclosed. More than one Fitness Declaration has been provided to allow entrance for multiple participants.

THE DECLARATION

You must be able to swim 100m or 75m for 12-15 year olds and Fun Run competitors. Use only one Fitness Declaration form per participant. Please photocopy, phone or log onto www.ni-environment.gov.uk/peatlands for more forms if required.

Northern Ireland Bog Snorkelling Championships 2009

Peatlands Park

Sunday 26th July
11am - 5pm