

# Scottish Winter Swimming Championships 2022

## Endurance Swim Qualifier

This will be a tough 450m (18 widths of the marina) race for experienced cold water swimmers only. In order to compete in this race you will need to prove that you have swum at least 200m in water of 5 degrees or less in the 2021/22 winter season.

You will need to bring this qualifying swim form with you on the day, signed by you and your witness, or you will not be able to compete in this event.

Swim Date .....

Swim Location .....

Swim Distance .....

Water Temperature .....

Name of swimmer .....

Signature of swimmer .....

Name of witness .....

Signature of witness .....