

Entry Form – please print and bring to registration on the day.

Coogee to Bondi 5km Ocean Swim is proudly sponsored by Beach Road Hotel

Distance: Approx 5 Kilometres.

Registration: 7:30-8:00am at Coogee Beach

Pre Race Briefing: 8:00am sharp at Coogee Beach

Start: 8:30am from Coogee Beach.

Finish: Approx 9.30 am to 10:30 am at Bondi Beach.

Entry Fee: \$65 (includes swimmer and accompanying paddler) which includes GST. Entries can be made online at HYPERLINK "<http://www.oceanswims.com>" www.oceanswims.com .

Late Entries: No on-line entries will be accepted after midnight on Friday 25th April 2008. A \$90 late entry fee (Cash only) applies to all swimmers entering after the on-line deadline. They will need to contact the Race Director Joanna Kyriazakos on 0437374715 or HYPERLINK "<mailto:mermaid@mermaidswim.com.au>" mermaid@mermaidswim.com.au to arrange a late entry. There will be no entries accepted on race day 27 April 2008.

The Swim: The course begins at Coogee Beach and finishes at Bondi Beach. The course will follow the coastline northwards from Coogee Bay taking each headland off each beach along the coast as a natural line of swimming with the added assistance of buoys strategically placed to guide swimmers safely along the coast line so that they avoid swimming into rocks or swimming too far out to sea (a maximum 200m from the shore line at any point in time)..

Registration: This is a paddler assisted swim. Swimmer and Paddler together will be considered as one entry. Both swimmer and paddler (race team) must have completed all registration details fully and correctly and ensure that all declarations are appropriately signed.

Race Day Registration – registration tables will be located in the middle of the Coogee Beach Promenade, northern end of the steps and just near the ramp.

Race Day Registration will be open from 7:30am to 8am. On race day all swimmers and escorting paddlers (the team) will be issued with a race cap, and number (written on their arm in black permanent marker). Failure to wear the race cap or have their number marked on their person may result in the team not being recognized as a competitor, nor receiving their race time result and may be requested to exit the course at the closest beach. On the day all teams must collect their caps and be marked with their race number and attend the

Pre Swim Briefing before moving to the race start. All competitors must sign the declaration at the end of this entry form and bring it to registration. No signed declaration = no cap & number = no registration.

Pre Swim Briefing - 8am Sharp:

A compulsory pre swim briefing will be held on Coogee Beach at 8am near registration tables. All swimmers and their paddlers must be present at this briefing. Any swimmer who feels that they are physically incapable or who do not reasonably anticipate that they can complete the swim should not commence the swim.

At the pre swim briefing Paddlers and Swimmers will be briefed on the course and the event's provision of water safety. The teams will be required to adequately demonstrate the signal "assistance required" and what they should do in the event either the swimmer or the paddler are in distress. At no such time should the swimmer be unaccompanied during the swim except at the first 200 metres from the start line and the last 200m off Bondi beach and the finish line. Under no circumstances are paddlers with their surf craft (ski, kayaks, boards etc) to approach a flagged area on any of the beaches, including Coogee and Bondi Beach.

Swim Start, Swimmers and Paddlers responsibilities and Navigation

This is a paddler assisted swim. No exceptions will be made should a swimmer not have a paddler at the start or the duration of the race. Any swimmer discovered swimming during the event without their escort paddler will be disqualified and requested to swim to the nearest shore or asked to be driven to shore by a water safety official.

10 minutes prior to the official race start, there will be an official start for paddlers where they will be required to enter the water and position themselves 200 metres from the shore in line with the mother ship being the Volunteer Coast Guard Vessel – this point being the first Buoy. It is at this point that the swimmer will make contact with their individual paddler and continue the swim.

The paddler assisting each swimmer is responsible for navigating the swimmer throughout the swim. The swim will follow the coastline northwards from Coogee Bay. With the exception of Gordons Bay, Clovelly Bay, and Tamarama Bay, paddlers will be required to maintain a course for swimmers that will not take swimmers further than (approximately) 200m off shore at any point during the swim.

Swim Course Details:

The swim will be launched from the Northern end of Coogee Beach.

Swimmers will need to meet up with their paddlers at the Mother Ship meeting point. No swimmer will be allowed to continue without their paddler. Swimmers may need to stop until they find their paddler at the Mother Ship Point before continuing on their course.

Once past the Mother Ship, swimmers will swim past Dunningham Reserve, and

then past Gordons Bay and Clovelly Bay (in line with Shark Point). Once past Shark Point, swimmers will follow the coast-line past Burrows Park, Waverley Cemetery and Calga Reserve.

The second major buoy will be positioned in the vicinity of Bronte Baths/Bronte Beach, marking the point at which swimmers can begin tracking for Mackenzies Point. Swimmers will be required and directed to swim on the sea side of the second and third buoy (that is keeping the buoy to their left). Taking this line, swimmers will then pass Tamarama Bay and Mackenzies Bay and pass the third buoy (on their left) before rounding Mackenzies Point.

Swimmers will continue to swim around Mackenzies Point into Bondi Bay but continue northwards in a straight line towards Ben Buckler, where they will turn left around the fourth buoy (keeping the buoy to their left) and head towards the southern end of Bondi Beach. At approximately 200m from the shore at the finish line, swimmers will be required to swim around the very last and fifth buoy (keeping the buoy to their right) before they head for the finish line at the Southern end of Bondi Beach.

The positioning of all the buoys mapping out the course will be in consultation with those directing water safety on the day and in close consultation with the Race Director, Randwick Council and Waverley Council Lifeguards and the Volunteer Coast Guard.

Swimmers and Paddlers Logistics

Swimmers and paddlers will need to make their own arrangements for transporting themselves and their craft to Coogee Beach, and from Bondi Beach.

Bag Transportation There will be transportation available for bags for those requiring their bags to be transported from Coogee to Bondi. Bags will be collected right up until 8:15am and be delivered at Icebergs Pool Deck for individual collection. Please note all care will be taken but no responsibility will be taken for mishaps or loss of personal belongings.

Time Limit For insurance & water safety reasons, there is a time limit of 2 hours on the swim. All swimmers must have completed the swim course within this time. Any swimmer that has not completed the course within this time will be registered as "DID NOT FINISH" and will be taken off the course.

Post Swim Refreshments and post swim yarn will be held at the Icebergs Pool for all participating swimmers and their friends/ family after the swim. All swimmers can reflect on their big efforts and compare their swim stories, and enjoy the views of the Bondi Icebergs. There will be some refreshments on offer for entrants (swimmers and paddlers) at the finish line and everyone can proceed to the Icebergs Pool Deck for further nibbles, collection of bags and viewing of finishers at South Bondi.

Authorities: The Volunteer Coast Guard, the NSW Water Police, Waverly Council and Randwick Council are all stakeholder authorities for the swim.

The Race Director in conjunction with the Volunteer Coast Guard, Council Lifeguards and Waverley Lifeguard Jet Ski Operators, will co-ordinate water safety for the swim, and will ensure that there are sufficient rescue vessels available to provide adequate communications and water safety.

The safety of all involved is paramount – particularly those swimming and those paddling. Each entry/team (ie swimmer and paddler) must follow the directions issued by the authorities providing water safety on the day.

Bad Weather/ Rough Seas: The swim will be subject to favourable weather and ocean conditions. The race director reserves the right to cancel, relocate or postpone the event due to rough or dangerous conditions.

Entries: This endurance swim is a community event. Swimmers compete against themselves and to challenge themselves in a swim that's is very different to other ocean swims in that they enjoy their own personal challenge of achieving a 5km distance out in open water, whilst cruising the Eastern Beaches coastline. There will be no elite class, no star swimmers, nor huge prizes on offer, just fun and great personal achievement to be had by all!

Enquiries: Enquiries can be made to Joanna Kyriazakos on [HYPERLINK](#) "mailto:mermaid@mermaidswim.com.au" mermaid@mermaidswim.com.au or 0437 374715.

Information, Responsibilities, Registration & Declaration Form

Swimmer and Paddler Waiver and Responsibility and Declaration

Responsibilities

The paddler and their swimmer are considered a team for the Coogee to Bondi ocean swim. As a team, they should work out a system of communication and protocols that will best suit them, mindful of the speed of the swimmer, the navigation visibility available to the paddler and any other relevant factors.

It is strongly recommended that each team practice adequately beforehand.

Teams are required to note and acknowledge (as evidenced by the signatures below) that:

notwithstanding which designated authorities may have overall control of water safety matters during the swim, each paddler is the key monitoring agent for their swimmer, who will be swimming off their craft; and

In order to ensure the safety of all participants, paddlers and swimmers must comply with any direction given by the designated authority, including as may be necessary, the NSW Water Police, the Volunteer Coast Guard, Jet Ski operators and Race Director;

Swimmer's and Paddler's Waiver and Declaration

The following declaration, once acknowledged & made by each Swimmer and Paddler, by way of each Swimmer and Paddler signing in the space below & paying the swim entry fee, entitles the Swimmer and Paddler to participate in the event.

I, the undersigned, in participating in the Coogee to Bondi Ocean Swim (the event), waive any claim, right or cause of action which, or those who are entitled to claim in my name, might otherwise have had, that might have arisen out of any loss of life, injury or damage sustained by my participation in this event.

This waiver, release and discharge operates separately in favour of all persons and bodies corporate involved or otherwise engaged in organising, promoting, staffing or in any other way associated with this event, including their servants, agents, representatives and officers, and will operate inclusive of damage or causation due to an act of negligence by any of them.

I hereby declare that I am physically fit, and have undertaken adequate training for this event, mindful of the specific route of the course, its direct exposure to the Tasman Sea, and the duration of the event.

I hereby agree that in the event of adverse weather conditions, those organising the event have an unquestioned right to modify, cancel and/or postpone the event.

For the sake of abundant clarity, I by signing below, with detracting from or limiting in any way, the above 4 points or the balance of this document, acknowledge the meaning and import of each point, and hereby take full responsibility for my own safety whilst participating in this event.

SWIMMER NAME (PRINT)

SIGNATURE

DATE

PADDLER NAME (PRINT)

SIGNATURE

DATE

Swimmer Registration

I understand the conditions & rules of the swim as stated & accept the release & indemnity.

If swimmer is under 18, parent / guardian to complete in the appropriate space provided.

Swimmer	
Name:	
Signature	
Address:	
Phone:	
E-mail:	
Age:	

Please ensure that you have read the swim rules, and swimmers declaration prior to signing the entry form.

Coogee to Bondi 5km Ocean Swim 2008
Sponsored by Beach Road Hotel
Sunday, 27 April 2008

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