

Dee Why Surf Life Saving Club

Entry Form

18TH OCEAN CLASSIC SWIM, FUN SWIM, DUATHLON AND MESSAGE-A-THON

SUNDAY 17TH FEBRUARY 2008

PARTICIPANT DETAILS (Please print in BLOCK letters)

internal use

First name
Surname
Address
Postcode
Email
Phone number/s
Age on race date DOB / / Sex Male Female
Estimated swim time 2 km: min sec 800m: min sec

Race ID Number
Race type _____ (800m, 2k, Duathlon)
Race category _____ (13-19, 20-29, 30-39, 40-49, 50-59, 60+)
Wave _____
Entry Fee (see overleaf for reference)
Payment \$ Cash / Cheque (made payable to Dee Why SLSC)

RULES

- All entrants must wear the appropriate coloured swim cap provided and their race ID number.
- Entrants are restricted to persons adequately trained for this event. Entry is at the discretion of the race committee.
- Wetsuits, floatation devices and fins are generally not allowed; exceptions may be considered by the committee.
- Entrants are not eligible for place prizes or awards if competing out of their age category or if using swim aids.
- All swim entrants must pass through the finishing chutes for timing; once an entrant reaches these chutes, overtaking/ passing is strictly forbidden and will lead to immediate disqualification through race marshals.
- A swim time-limit applies to Duathlon entrants who do not finish the swim within 1 hour; they may be withdrawn from the event at the discretion of the race committee.
- Entrants behaving dangerously or in an un-sportsmanlike manner may be withdrawn from the event by the race committee or marshals. Entrants are to take action to avoid interference with public use of beach and golf course.
- All race committee decisions are considered absolute and final.

WARNINGS AND RISKS

- Entrants are responsible for their physical condition and fitness for entering this event and they enter the event at their own risk. Entrants are urged to train adequately and to have medical check-ups prior to entry in this event.
- The swim is in ocean waters which may include risks to persons including: choppy uneven surface conditions, rip currents, breaking waves, unknown sea bed conditions, marine creatures, impacts with people and craft.
- The Duathlon run is in public areas along an ocean beach, along a path near an unprotected cliff edge and along the edge of a public golf course and involves risks including: uneven irregular surfaces which may contain sharp objects, impacts with other persons, trip hazards, golf balls in flight.

DECLARATION

I the undersigned, in consideration of and as a condition of my acceptance in the DY2K Ocean Classic Swim, 800m Fun Swim, Duathlon and Massage-a-thon, for myself, the entrant and heirs executors and administrators hereby waive all and any claims, right of cause of action which I or they might otherwise have for or arising out of:

- (1) Loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.
- (2) Any publication, or use of any form of the media whatsoever, of our or any one or more of our names, photographs images or activities in, or incidental to our entry or participation in the said event and whether for advertising or otherwise.

This waiver, release and discharge shall operate separately in favour of the 800m Fun Swim, DY2K Ocean Classic Swim, Duathlon and Massage-a-thon and all persons and bodies involved or otherwise engaged in the promoting or staging the event, and the servants, agents, representatives and officers of any of them and shall operate whether or not the loss, or injury or damage is attributable to the act or negligence of any one or more of them.

X SIGNATURE of entrant Date / /
Parent or Guardian to sign if entrant is under 18 years Date / /

DY 2K

Dee Why Surf Life Saving Club's 18TH OCEAN CLASSIC SWIM, FUN SWIM, DUATHLON AND MESSAGE-A-THON SUNDAY 17TH FEBRUARY 2008

Dee Why Surf Life Saving Club is situated on Sydney's Northern Beaches, providing voluntary life saving services (beach patrols and surf awareness) during the summer season for the local community and visitors to Dee Why Beach. The event is held each year to raise much needed funds for the club to renew and repair surf rescue equipment as well as training resources and facilities. Thank you in advance for your support!

GENERAL INFORMATION

- The events will be timed using an electronic timing process; it is therefore mandatory that swimmers & biathletes pass through the finishing chutes at the end of their respective events to provide their race ID numbers to officials.
- The swim course will be patrolled by inflatable rescue boats, surf skis and rescue boards and tubes
- Officials have the final authority to remove competitors from the water if judged to be physically incapable of continuing the swim leg without risk of serious injury
- Competitors requiring assistance should wave to attract attention of patrolling water craft or course marshals
- First aid and drink stations will operate at the Surf Club and at the summit of Long Reef headland
- If conditions on the day force a postponement, a reserve date will be announced within two weeks of the event
- All proceeds will go to the benefit of the Dee Why Surf Life Saving Club

COURSE DESCRIPTION, RACE BRIEFING AND STARTING TIMES

Swim Courses

The Swim courses will be set towards Long Reef and marked by buoys to suit conditions on the day:

- The 800m Fun Swim will be run on a triangular course approx. 150 off-shore following large yellow buoys.
- The 2km Ocean Swim course follows the same course as the 800m Fun Swim, but continues on to the cone-shaped purple buoys as an extension of the 800m triangular course.
- The Duathlon event starts as part of the 2km Ocean Classic Swim, and is followed immediately by a 4.5km run along the beach from Dee Why Beach to the marked turn-around point at the top of Long Reef headland to return along the beach.

Race Briefing

To eliminate any doubts about the rules, course, start and timing procedures of the events, race officials will hold race briefing sessions at 8:45am (800m Fun Swim) and 9:45am (2K and Duathlon). All entrants are required to attend these briefings.

Starting Waves

The 800m Fun Swim will be started in one wave. For the 2K Ocean Classic Swim and Duathlon, starting waves will be organised by estimated finishing times provided by each entrant. These estimates provide the basis for the allocation of an entrant to a wave.

Starting Times

800m Fun Swim – 9.00am sharp

2K Ocean Classic Swim and Duathlon – 10.00am sharp

Note: More details and any changes made to suit conditions on the day will be displayed, available and/or announced on the day at the Surf Club before the event.



REGISTRATION START AND CUT-OFF TIMES

General registration on race day (Sunday, February 17, 2008) will start at 7:30am. Competitors should proceed to the appropriate registration table (grouped by age categories) at the Southern end of the surf club. After submitting a completed entry form (provided overleaf) and paying the entry fee, competitors will receive a coloured swim cap and will have race numbers written on their arm (Duathlon competitors will receive their race number on arm and leg).

Note: Pre-registered swimmers and biathletes will have to proceed to a separate registration desk on the day of the event (also from 7:30am onwards) to pick up their swim caps and have race numbers written onto their arm/ leg.

Registration cut-off times

The following registration cut-off times will apply:

800m Fun Swim: 8:15am
2K Ocean Classic Swim 9:15am
Duathlon 9:15am

RACE CATEGORIES (age on day of event)

Age bracket	Sex	Race category
13-19	M	1
	F	2
20-29	M	3
	F	4
30-39	M	5
	F	6
40-49	M	7
	F	8
50-59	M	9
	F	10
60+	M	11
	F	12

PRIZES & PRESENTATION

- All competitors will have the option to receive a certificate of achievement. 1st, 2nd, 3rd place getters in age categories will receive a medallion. Other prizes will be announced on the day
 - Presentations will take place as soon as possible after the conclusion of the event. A recovery BBQ and refreshments will be available for purchase at the clubhouse
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FOR FURTHER DETAILS (Contact the Event Co-ordinator)

Ian Nicol Mobile 0411 316 141 or Home 02 9971 0326

Email nicolif46@optusnet.com.au
