

COLD WATER CLASSIC

**MONA VALE TO BONGIN BONGIN BAY OCEAN SWIM 1.2KM
10AM SUNDAY JUNE 21ST 2009**



- Start and Finish at Mona Vale Beach
- Mona Vale to Bongin Bongin Bay, North of Rock Pool (also known as The Basin)
- Register at Mona Vale from 8:30 am to 9:45 am
- \$25 to enter. On line and mail entries only. *No entry on the day*
- Only 4 divisions -- Men and Women With and Without wetsuits.
- All proceeds to Mona Vale Surf Life Saving Club
- Free parking
- Free soup kitchen

Proudly Sponsored by



Register on line at www.oceanswims.com
Cheques payable to Mona Vale SLSC, PO BOX 16, MONA VALE 1660

PLEASE PHOTOCOPY &/OR RETURN TO:

Mona Vale SLSC, PO. Box 16 Mona Vale, NSW 1660 by 19th June 2009

Enter online at www.oceanswims.com



ENTRY FORM

LAST NAME _____ FIRST NAME _____

STREET ADDRESS _____

SUBURB _____ POSTCODE _____

PHONE _____ SEX male / female _____ DATE OF BIRTH _____

EMAIL _____

CATAGORIES

FEMALE NO WESTSUIT FEMALE WESTSUIT

MALE NO WETSUIT MALE WETSUIT

DECLARATION

I, the undersigned, in consideration of acceptance of my entry in Mona Vale SLSC's Cold Water Classic ocean swim, for myself, my heirs, executors and administrators hereby wave any claim, right or cause of action which I or they might otherwise have for or arising out of: (i) 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 said event, (ii) any publication, or use of any form of 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 be and operate separately in favour of Mona Vale SLSC's Cold Water Classic Ocean Swim and all persons and bodies involved or otherwise engaged in the promoting or staging of the event; and the servants, agents, representatives and officers of any of them, and shall operate whether or not the loss, injury or damage is attributable to the act or negligence of any one or more of them.

OTHER CONDITIONS

Registration will take place at Mona vale Beach from 8:30 to 9:45. Please assist by turning up as early as possible. The swim starts at 10am and will follow a course around buoys from in front of Mona Vale Surf club proceeds out to see approximately 450m , head north approximately 400m and return to the northern part of Mona Vale beach known as Bongin Bongin Bay or The Basin. Should conditions require it the course maybe reversed or held predominantly in the Bongin Bongin Bay. Entries are restricted to persons who have adequately trained for this event and is at the absolute discretion of the swim committee. The minimum entry age is 14 and the maximum is 75. The maximum number of swimmers is 350. Swimmers physical condition will be their own responsibility. All participants are encouraged to train for this event and have a medical checkup prior to entry. All swimmers must wear a cap. Each swimmer is responsible for their own physical condition and enters the event at their own risk. There will be a safety craft patrolling the course. Signal them if you need any help. Water safety officers have the final authority to remove a competitor from the water for any reason All decisions of the swim committee will be considered absolute and final.

Risk Warning (Section 5M Civil Liability Act 2002) Warning is given to all Entrants in Cold Water Classic that there is the risk of harm to their person and/or property arising from any inadequacy of physical condition or stamina to complete the swim, hazardous sea and beach conditions including sea currents and waves and the presence of sea craft and sea creatures and other hazards.

Signature(s) _____ Date: _____

Signature of Parent or Guardian if under 18 _____

FOR ADVANCE ENTRIES GO TO www.oceanswims.com & REGISTER ONLINE