

Avalon Beach Surf Swim 2010

1. START

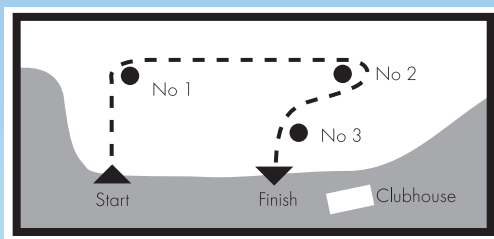
Swimmers are to marshal at flags at the northern end of the beach 15 minutes prior to race time. Swimmers will be marshalled into 5 swim groups, ie juniors, masters and open. Please assist race marshals by wearing your swim cap in the marshalling area. Swimmers will not be permitted to race if their cap is not worn.

At the request of the race marshal the first group will proceed towards the starting line. Swimmers will not be permitted to enter the water till given the signal.

Swim groups will be started in the following sequence: 10 thru to 19 years, 20 thru to 29 years, 30 thru to 39 years, 40 years thru to 49 years, 50 thru to 60+

2. RACE

Once underway the course you swim is to the left of marker buoys No 1. and No 2. and to the right of marker buoy No 3.



3. FINISH

When crossing the line you will be handed a time slip. You are asked to quickly proceed up the beach towards the clubhouse certificate processing area. Race officials will record your name and adjusted race time on your certificate. Upon receiving your certificate proceed out of this area to clear way for other finishers.

4. SAFETY

To maximise swimmer safety, Avalon Beach slsc will maintain a high presence in the water. If you require help don't hesitate to call an IRB, malibu or surf ski for assistance by raising your arm in the air.

5. REMEMBER

First group starts at 10.30 am over the overall distance of approx 1.5km
Caps must be worn by all race participants.

6. PARKING

Free parking is available opp Avalon Beach Public School in Old Barrenjoey Road, courtesy of Pittwater Council. It is only a short walk to the beach from here.

NOTE: The above details may be subject to change
Enjoy the Swim!

Trophies and Prizes

Trophies and prizes will be presented as soon as possible for 1st, 2nd and 3rd in the following categories.

MALE

- A** 10-15 yrs
- C** 16-19 yrs
- E** 20-29 yrs
- G** 30-39 yrs
- I** 40-49 yrs
- K** 50-59 yrs
- M** 60+

FEMALE

- B** 10-15 yrs
- D** 16-19 yrs
- F** 20-29 yrs
- H** 30-39 yrs
- J** 40-49 yrs
- L** 50-59 yrs
- N** 60+

Note: Minimum age 10 years on day of event.

There will be random prizes drawn but you must be in attendance to win.

Official Rules and Regulations

1. GENERAL

The spirit of friendly competition should be maintained throughout the event. Any unsportsman-like conduct will be grounds for immediate disqualification. Decisions of the event officials are final and not subject to appeal. All complaints must be written, signed and filed with the Event Director within 30 minutes of the finish of the event.

2. SWIM

No extraneous aids are allowed, This includes but is not limited to fins, boards, snorkels, floatation gear and personal support teams.

Swimmers will be required to have an official race number on both arms. This number must remain on the individual throughout the entire event.

Organisers reserve the right to accept, reject and cancel entries.

All swimmers agree to swim the course as marked.

No swimmer shall be awarded a place unless carrying an official number.

No personal escorts, trained surf life savers in attendance.

Safety—if in trouble do not panic. Remain calm and signal for help, while calmly swimming to nearest patrol member. Remember, do not panic.

Medical staff shall have the ultimate and final authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without the risk of serious injury.

Avalon Beach Surf Swim

Sunday 17 January 2010



Avalon Beach Surf Swim 2010 Entry Form

Official Use Only
Entry Number

Surname:

First Name:

Permanent Address:

Suburb:

Postcode:

Phone Number (after hours)

E-mail Address:

Sex (M or F):

Age as at 17/1/2010

years

Category

Number previous Avalon Beach Surf Swims

Entries will only be accepted if the declaration is signed and your cheque for \$30 payable to Avalon Beach SLSC is included. The entry fee is non-refundable. Late Entry Sunday 17 January is \$35.

MAIL TO: Avalon Beach SLSC
PO Box 110
AVALON BEACH NSW 2107
by 15 January 2010



Enter And Pay Online

Thru www.oceanswims.com

When you are on the site, go to the Featured Swims box on the right hand side and click 'Avalon'.

Entry Fee online \$30.
Online entries close midnight Friday 15 January 2010.

We accept Visa and Mastercard. Payment will appear on your credit card as oceanswims.com internet.

Further details, download entry form, race results check



Need more information email wazzabout@hotmail.com.

Register in person

Saturday 15 Jan 10.00 to 4.00pm
Avalon Beach Surf Club

Late Entry Sunday 17th January from 8.00am \$35 - **No further entries after 10.00am on Race Day.**

The Avalon Beach Surf Swim is proudly supported by:



Avalon Beach Surf Swim 2010 Declaration

- I, the undersigned, in consideration and as a condition of acceptance of my entry for myself, my heirs, executors and administrators, hereby waive all and any claim, right cause of action which I or they might otherwise have for or any arising out of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the cause of or consequent upon my entry or participation in the said event.
- This waiver, release and discharge shall be and operate in favour of all persons, corporations and bodies involved or otherwise engaged in promotion or staging the event and the servants, agents, representatives and offer any of them and includes but is not limited to and other related companies, and other sponsors and shall so operate whether or not the loss injury or damage is attributable to the act of neglect of any or more of them.
- I am aware that ocean swimming is a potentially dangerous sport with risks of serious injury and even death. I accept full responsibility to inform myself/ourselves and asses all the dangers, hazards and risks of entry in the Avalon Beach Surf Swim and rely/relies solely on my/our assessment of these dangers, hazards and risks before participating notwithstanding any decision thereon made by Avalon Beach SLSC Inc. and other persons, corporations and bodies involved in promoting or staging the Avalon Beach Surf Swim ("the Organisers")
- I hereby acknowledge that I have sole responsibility for all my personal possessions and athletic equipment during the event and its related activities.
- I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and have not received medical advice against such activity.
- I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident or illness during the event.
- I hereby permit the free use of my name and picture in broadcasts, telecasts and the press as they pertain to the event.
- I hereby agree that in the event of a race cancellation due to a storm, rain, inclement seas or weather, winds or other "Act of God" conditions my enrolment fee shall be non-refundable.
- That the terms and conditions contained in this entry form shall be construed broadly to provide a release, indemnity and waiver to the Organisers of any liability for loss injury or other damage to personal property to the maximum extent permitted by law and shall be construed according to the law of New South Wales.

Entrant: _____ Date:

Declaration must be signed

Declaration to be signed by Parent or Guardian

If you are under 18 years on the day of the race this declaration must be signed by your parent or guardian.

I certify that I am the parent/guardian of _____ who will be years of age on the day of the race and that he/she has trained for and has consent to swim in this event.

Signed: _____ Date:

Declaration must be signed

Risk Warning (Section 5M Civil Liability Act 2002)
Warning is given to all entrants in the Avalon Beach Surf Swim 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.

**The onus is on the applicant for the correctness of information supplied.
1 entry per form.
Fees must accompany postal entries.**