



Manly Life Saving Club  
and The Manly Daily  
present

**THE Manly Daily**

# THE MANLY DAILY OCEAN SWIM

## SUNDAY 7 MARCH 2010

1Km - 9.30AM BEACH START at SHELLY BEACH (nippers & novices)  
2km - 10.30AM BEACH START at MANLY BEACH (main event)

enter online at [www.oceanswims.com](http://www.oceanswims.com)  
closes midnight Thursday 4 March 2010

### ENTRY FORM

SURNAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTCODE: \_\_\_\_\_ PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

SEX: Male / Female AGE: \_\_\_\_\_ PARENT SUPPORT: yes no (no cost if swimming with tagged child)

CATEGORIES – please circle

2km Swim	1km Swim
13-15 yrs Male Female	9-10yrs Boy Girl
16-19yrs Male Female	11-12yrs Boy Girl
20- 24yrs Male Female	Open Male Female
25-29yrs Male Female	
30- 34yrs Male Female	
40-44 yrs Male Female	<i>All competitors receive a race swim cap</i>
45-49yrs Male Female	
50-55yrs Male Female	
55-59yrs Male Female	
60 – 65yrs Male Female	
65-69yrs Male Female	
70 + yrs Male Female	

### ENTRIES

Pre-swim - \$25 Online only (*close midnight 4 March*) [www.oceanswims.com](http://www.oceanswims.com)

Late entry (on the day) from 7.30am - \$30

Nippers and Novices 1km swim -\$15 pre-swim / late entry (on the day) -\$20

*Parents may swim at no cost with children who have a timing tag (please complete form)*

# CONDITIONS OF ENTRY

## ELIGIBILITY:

Entrants are restricted to:

- (a) Any person **9 years of age or over**, who has adequately trained for this event.
- (b) All entrants must be in good physical health.
- (c) Any person's entry in this event is at the absolute and unfettered discretion of the Race Committee and all competitors agree that they will obey all directions of the Water Safety Patrol during the entire competition.

## MEDICAL:

All participants are urged to train and have a **MEDICAL CHECK-UP PRIOR TO ENTRY IN THIS EVENT**. Swimmers' physical condition will be their own responsibility.

## RACE COMMITTEE:

All decisions made by the Race Committee are final and competitors have no rights of protest or appeal.

## PROCEEDS:

Net proceeds will go to the benefit of the Manly Life Saving Club Inc.

## PRESENTATIONS:

Major awards will be presented at approximately 11.30 am on Sunday, 7 March 2010. Prize winners should be present to collect prizes.

## PRIZES:

EACH CATEGORY

1 <sup>st</sup> Male	1 <sup>st</sup> Female
2 <sup>nd</sup> Male	2 <sup>nd</sup> Female
3 <sup>rd</sup> Male	3 <sup>rd</sup> Female



## AGREEMENT WAIVER and INDEMNITY

**(BY SUBMITTING THIS FORM YOU AGREE TO THE CONDITIONS OF THE EVENT AND WAIVER)**

I understand that the Manly Daily Ocean Swim is a demanding event. Possible risks include drowning, rips, sandbars, being hit by surf craft or other competitors, shark attack, rocks and marine stingers. All swimmers enter the water at their own risk, are responsible for their own physical condition and are urged to seek training for this event. In consideration of acceptance of my entry, I, intending to be legally bound, do hereby for myself, my executors and administrators, waive, release and forever discharge any and all rights and claims for damage which may hereafter accrue to me against Manly Life Saving Club Inc and The Manly Daily and Manly Council as well as its sponsors, officers, agents, representatives, successors and/or assigns for any and against all damages which may be suffered by me in connection with my swimming in the Manly Daily Ocean Swim and agree to be bound by the conditions of entry set out above. The applicable law is that of New South Wales. **Children under 18 years of age must have their entry form signed by a parent or guardian**

## SIGNATURES:

Entrant: ..... Parent/Guardian .....  
(If Entrant is Under 18yrs)

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All enquiries to Scott [admin@manlylsc.com](mailto:admin@manlylsc.com)  
Phone: 9977 2742  
[www.manlylsc.com.net.au](http://www.manlylsc.com.net.au)

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Enter online at [www.oceanswims.com](http://www.oceanswims.com)