



# 10am SUNDAY JANUARY 24th 2010

## THE 33RD WARRIEWOOD TO MONA VALE

### OCEAN SWIM 1.6 km

Register at Warriewood Beach from 8:30am to 9:45am

\$30.00 for pre-entries or \$40.00 on the day (Please turn over for pre-entries)

Warriewood to Mona Vale Beach – 1.6km ocean swim

- > *Every swimmer receives a cap and certificate*
- > *Medals for places in every age group*
- > *Mystery prizes*
- > *BBQ*
- > *Free parking at Mona Vale and Warriewood Beach*
- > *Free shuttle from Mona Vale to start line*
- > *Free secure gear transport from Warriewood to Mona Vale*
- > *Electronic timing*

REGISTER ON LINE AT [www.oceanswims.com](http://www.oceanswims.com)

SEE YOUR RESULTS ON [www.oceanswims.com](http://www.oceanswims.com) or [www.monavaleslsc.org.au](http://www.monavaleslsc.org.au)

Event sponsored by

official web site





PLEASE PHOTOCOPY &/OR RETURN TO:  
**Mona Vale SLSC, PO. Box 16 Mona Vale, NSW 1660 by 22 January 2010**  
 Enter online at [www.oceanswims.com](http://www.oceanswims.com)

OFFICIAL WEB SITE



**ENTRY FORM (Please print details)**

LAST NAME FIRST NAME

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STREET ADDRESS

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SUBURB POSTCODE

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PHONE SEX DATE OF BIRTH

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EMAIL

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**Age as at 24/01/10**

<input type="checkbox"/> Under 15	<input type="checkbox"/> 15-19	<input type="checkbox"/> 20-24	<input type="checkbox"/> 25-29	<input type="checkbox"/> 30-34	<input type="checkbox"/> 35-39
<input type="checkbox"/> 40-44	<input type="checkbox"/> 45-49	<input type="checkbox"/> 50-54	<input type="checkbox"/> 55-59	<input type="checkbox"/> 60 & over	

**DECLARATION**

I, the undersigned, in consideration of acceptance of my entry in the Mona Vale SLSC Don Jenkin Memorial Swim, for myself, my heirs, executors and administrators hereby waive 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 Don Jenkin Memorial 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.

Signature(s) Date:

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Signature of Parent or Guardian if under 18

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**OTHER CONDITIONS**

Registration will take place at Warriewood Beach from 8:30 to 9:45. Please assist by having the exact money and bringing a completed entry form. Entry on the day is \$40 All proceeds to Mona Vale SLSC.

The swim starts at 10am and will follow a course around buoys from Warriewood to Mona Vale. All Competitors should arrange their own transport.

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 15 and the maximum is 75. The maximum number of swimmers is 1000

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.

At the finish of the swim you will receive a certificate. First, second and third in each of the 11 age divisions (male and female) will receive a medal. You must swim with your age group to be eligible for a medal. All competitors will be eligible for drawings of mystery prizes when they attend the presentation and draw of prizes after the swim. Prize winners must be present to collect their prize.

All decisions of the swim committee will be considered absolute and final

BBQ and refreshments will be available. Have a great day