

YOUR INVITATION TO



NORTH STEYNE SLSC'S THE COMMONWEALTH BANK 12th ANNUAL OCEAN SWIM'S & CBA DASH FOR CASH SUNDAY 28th MARCH 2010 NORTH STEYNE BEACH, MANLY



CommonwealthBank

- 2.5km swim – triangular course to Shelly Beach/Fairy Bower & back to North Steyne Beach (minimum age 13) – starts at 10.30am
- 1.0km swim - starting & finishing at North Steyne SLSC (minimum age 9) – starts at 9.15am
- CBA Dash for Cash, back of break to the beach (200m) (Open M & F) (cash prize 1st, 2nd & 3rd) – to be held after the completion of the 2.5km swim & you must have completed either swim.
- Register at North Steyne SLSC clubhouse from 8.00am-10.00am
- 1.0km only swimmers - \$20 on-line entry fee - \$30 late entries on the day
2.5km only swimmers - \$25 on-line entry fee - \$35 late entries on the day
Entry to both swims \$40 on-line - \$50 late entries on the day
- Every swimmer receives a cap. Certificates available
- Prizes for 1st place male/female overall & random other prizes in the 1.0km & 2.5km swim's (subject to swim committee)
- Prizes presented after each race.
- Entry forms available from North Steyne SLSC Inc – www.northsteyneslsc.com.au or On-line at www.oceanswims.com
- Proceeds will go to the benefit of North Steyne SLSC Inc
- For further information or entry forms contact – 02 9977 6180 or northsteyneslsc@hotmail.com or
: Damian O'Shannassy 0402 029 963 or doshannassy@optusnet.com.au
: Bernie Burrows 0414 544 533 or teleline@bigpond.com

ENTRY NO _____ 1.0km _____ 2.5km _____

NORTH STEYNE SLSC'S TWELTH 2.5/1.0KM OCEAN SWIMS ENTRY FORM (Please print details)

FIRST NAME SURNAME.....

AGE SEX: M / F. Date of Birth EMAIL ADDRESS:

STREET ADDRESS

SUBURB.....POSTCODE.....PHONE.....

2.5km Classic Swim - Age Division (Tick)

		13-19		20-24		25-29		30-34		35-39	
40-44		45-49		50-54		55-59		60+			

1.0km Swim - Age Division (Tick)

9-12		13-19		20-24		25-29		30-34		35-39	
40-44		45-49		50-54		55-59		60+			

I, the undersigned declare that:

(A) I have undertaken sufficient training and have acquired a level of fitness necessary to complete this event/s and
 (B) in consideration and as a condition of acceptance of my entry in the North Steyne SLSC's 2.5/1.0km Ocean 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, or 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 North Steyne SLSC's 2.5/1.0km 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.

Signature(s):Date:.....

Signature of Parent or Guardian if entrant is under 18.....

OTHER CONDITIONS

- Registration will take place at **North Steyne SLSC Clubhouse** from 8.00am to 10.00am. Please assist by having the exact money and bringing a completed entry form. Entry on the day is \$30 for 1.0km swim, \$35 for 2.8km swim or \$50 for both swims. **All proceeds to North Steyne SLSC.**
- The 2.5km CBA swim **starts at 10.30am** and will follow a triangular course to Fairy Bower/Shelly Beach and back to **North Steyne SLSC Clubhouse.**
- 1.0km CBA swim starts at **9.15am** and will start & finish at **North Steyne SLSC Clubhouse**
- **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 13 and maximum is 75 for the 2.5km swim. 9 to 75 for the 1.0km swim.
- **Swimmers physical condition will be their own responsibility.** All participants are encouraged to train for this event and have a medical check up prior to entry. Floatation devices, fins and wetsuits are not permitted.
- **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 safety craft patrolling the course. Signal them if you need any help.
- At the finish of the swim you will receive a time slip which should be handed to the recorder. Have your name checked off, even if you did not complete the course. This helps us with the **safety check.**
- **Prizes.** All swimmers will receive a certificate and a cap. Prize winners must be present to collect their prize.
- All decisions of the **Swim Committee** will be considered absolute and final.
- **For further information contact:** Damian O'Shannassy on 0402 029 963 or doshannassy@optusnet.com.au or Bernie Burrows on 0414 544 533 or teleline@bigpond.com
- North Steyne SLSC P.O. Box 310 Manly 1655, Ph: 9977 6180, Fax: 9977 6227 or www.northsteyneslsc.com.au