



THE NORTH STEYNE SLSC Inc 20th ANNUAL OCEAN SWIM

SUNDAY 25TH MARCH 2018
NORTH STEYNE BEACH, MANLY

Proudly sponsored by



and supported by



- 1.0km swim - starting & finishing at North Steyne SLSC (minimum age 9) – starts at 9.15am
- 2.8km swim – triangular course to Shelly Beach/Fairy Bower & back to North Steyne Beach (minimum age 13) – starts at 10.30am
- Dash for Cash, back of break to the beach (200m approx) (Open Male & Female) Cash prize 1st, 2nd & 3rd – to be held after the completion of the 2.8km swim & you must have already completed either swim.....event to be confirmed on the day
- Registration at North Steyne SLSC clubhouse from 8.00am - 10.00am
- 1.0km only swimmers - \$35 online entry fee - \$45 late entries on the day
2.8km only swimmers - \$35 online entry fee - \$45 late entries on the day
Entry to both swims \$50 online - \$60 late entries on the day
- Every swimmer receives a Zoggs cap. Certificates available on request.
- Zoggs prizes for 1st place male & female in each age group & Zoggs Prize Packs for 1st, 2nd & 3rd places overall for male and female in the main races. Other prizes may be awarded subject to the swim committee.
- Prizes presented after each race. Ocean Swim T-Shirts available for purchase at the Club.
- Entry forms available from North Steyne SLSC – www.northsteyneslsc.com.au or online 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,
admin@northsteyneslsc.com.au : Bernie Burrows 0414 544 533, teleline@bigpond.com
: Tracey Hare-Boyd 0416 042 465, traceyhb@bigpond.com

TIMER TAG NO _____ 1.0km _____ 2.8km _____
NORTH STEYNE SLSC'S 20TH 1.0/2.8 KM OCEAN SWIMS
ENTRY FORM (Please use BLOCK letters)

Email Address																					
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First Name																					
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Last Name																					
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Gender (Please circle)	MALE	FEMALE
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Age on Event Day		YEARS
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Date of Birth (DD/MM/YYYY)		/		/				
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Address																					
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Suburb / Town																					
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Post Code				
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Mobile Number	0																				
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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+		

2.8km Classic Swim - Age Division (Tick)										
		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 1.0/ 2.8 km 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 Inc. 1.0/2.8 km 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 \$45 for 1.0km swim, \$45 for 2.8km swim or \$60 for both swims. **All proceeds to North Steyne SLSC.**
 - The 1.0km swim starts at **9.15am** and will start & finish at **North Steyne SLSC Clubhouse**
 - The 2.8km swim starts at **10.30am** and will follow a triangular course to Fairy Bower/Shelly Beach and back to **North Steyne SLSC Clubhouse.**
 - **Entries are restricted** to a person who have adequately trained for this event and is at the absolute discretion of the Swim Committee. The minimum entry age for the 1.0km swim is 9 to 75 and for the 2.8km swim is 13 and maximum is 75.
 - **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 cap and a certificate on request. 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: Bernie Burrows on 0414 544 533, teleline@bigpond.com or Tracey Hare-Boyd on 0416 042 465, traceyhb@bigpond.com or North Steyne SLSC P.O. Box 310 Manly 1655, Ph: 9977 6180, Fax: 9977 6227 or admin@northsteyneslsc.com.au