

INDIVIDUAL AND TEAM ENTRY FORM

1. Complete this hard copy entry form and mail it to
The Caves Beachside Resort Ocean Swim
 C/o- Caves Beach SLSC. P.O. Box 46. Swansea 2281

Early bird entry fee is \$30.

Cheques and Money Orders are payable to
 Caves Beach S.L.S.C.

CLOSING DATE FOR ALL PRE RACE ENTRIES
Wednesday 3rd March 2010

2. A \$10 late entry fee applies to all race day entries.
 On the day registrations commence at 7.00 am.

Late registrations will be taken until 9.00 am and last
 transport to Spoon Rocks leaves at 9.30 am.

Name
First Name Last Name

Address

City.....State.....Post Code.....

Ph.....

E-Mail.....

Age at 15/02/10.....DOB.....

Sex M F

Age category swimmer (Circle if applicable) Yes

Elite Category Swimmer (Circle if applicable) Yes

Back of the Pack Swimmer (Circle if applicable) Yes

Club Team Name (if applicable)

Club Team Category (please circle): 48-99yrs 100-149 yrs
 150 -199 yrs 200+ yrs

I would like to pre order a (Please Tick)

() The Caves Beachside Resort Ocean Swim T-Shirt \$25.

Size S M L XL XXL XXXL

TShirts can be viewed online at
cavesslsc.com.au/oceanswim

RELEASE AND INDEMNITY

By signing the Entry Form, I agree that Caves Beach S.L.S.C. (the Club) and all persons, corporations and bodies involved or otherwise engaged in promoting The Caves Beachside Resort Ocean Swim (the Organisers) are not liable for any loss or damage however caused (including but not limited to, by the negligence of the Organisers) suffered by me/the entrant (where signed by parent/guardian) named in this form in connection with the swim. Accordingly I agree that I/the entrant (where signed by parent/guardian) named in the form and my/the entrant's heirs, executors and administrators release and discharge the Organisers from all damages, expenses, loss or liability consequent upon my/the entrant's entry or participation in the Swim, whether or not the damage, expense, loss or liability is attributable to the act of neglect of any one or more of the organisers and keep them indemnified against all such damages, expenses, losses and liabilities which they may suffer, incur or sustain in connection with or arising in any way whatsoever by my/the entrant's entry or participation in the swim. I agree not to make any claim or commence or pursue any proceedings against the Club, its members, servants, agents, the Organisers or their representatives in respect of any damage, however caused (including but not limited to, the negligence of the members, servants, or agents and representatives of the Organisers) suffered by me/the entrant in connection with the swim.

Risk Warning (pursuant to Section 5M Civil Liability Act 2002) Warning is given to all entrant's in the The Caves Beachside Resort Ocean Swim that there is the risk of harm to their person. You should not enter this event unless you are physically capable and reasonably anticipate completing the swim. Risks include hazardous sea conditions, sea creatures and natural and man made obstacles. Water Safety Officers and medical staff reserve the right to bring to shore by water patrol any entrant they deem incapable of competing further in the event.

Signed (Applicant)

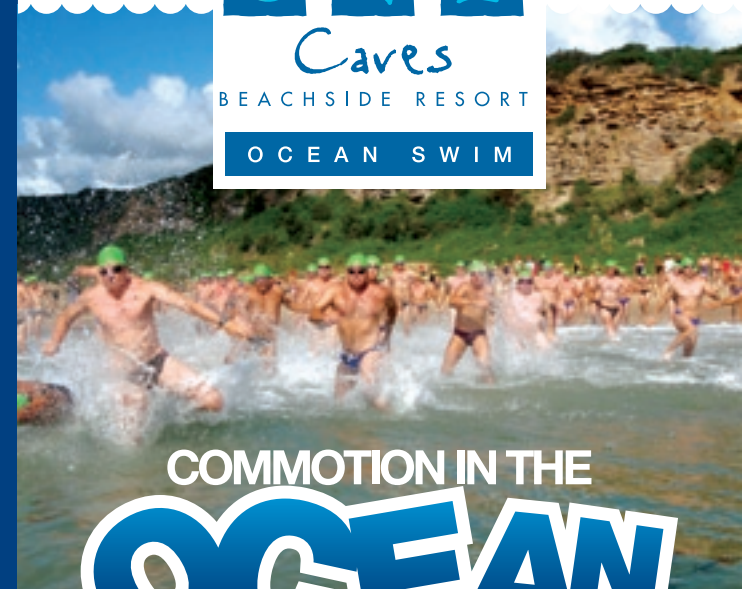
Signed (Guardian)

(12-17yrs)

Date



Supporting Caves Beach Surf Lifesaving Club



COMMOTION IN THE OCEAN

A 1.5 kilometre one way swim from
 Spoon Rocks Beach to Caves Beach

CAVES BEACH March 7th 2010 - 10am

Website. www.cavesslsc.com.au/oceanswim

E-mail. oceanswim@cavesslsc.com.au

Enter online at www.oceanswims.com

Contact Darryl on 0409 180 931



EVENTS

1.5 KILOMETRE INDIVIDUAL SWIM

Start Time 10am. Open event, with staggered wave starts. Prizes will be awarded to winners in each of eleven (11) Age Categories, & elite division male and female. Swim categories are elite and age groups of 12 to 14 years then in 5 year age groups up to 65+.

COAL & ALLIED TEAM CHALLENGE



Club Teams will consist of 4 people male or female. Age categories will be the cumulative age of all team members. Team members should submit their entry forms together where possible. Team entries must be submitted prior to Wednesday 3rd March 2010. There is no extra charge for entering as a team. All team members are still eligible for individual prizes. No team entries will be accepted on the day.

AQUASPHERE BACK OF THE PACK



This category includes wetsuit swimmers, flippers, kickboard, and mask and snorkel users. There are no podium prizes for back of the pack starters but they will receive a finisher's medallion.

COMMONWEALTH BANK DASH FOR CASH



A fun sprint swim sponsored by the Commonwealth Bank for Ocean Swim competitors only. Competitors make their way to the sea, approx. 100 metres. At the starter's gun there is a sprint back to shore. There is a short run up the beach in a race to grab the cash. A separate event is held for men and women. The dash for cash will be held as soon as all ocean swimmers have completed the course.



www.cavesbeachside.com
www.cavesbeachside.com.au

IMPORTANT EVENT INFORMATION

START

Competitors are to assemble at Caves Beach Surf Lifesaving club from 7am on race day to collect their timing bands and/or complete registration. At the direction of marshals bus transport will be leaving to take competitors to Spoon Rocks Beach for the race start. Last bus transport will leave Caves Beach Surf Club at 9.30am. Competitors may also make their own way to the start line making sure they have completed all the necessary registration requirements at Caves Beach.

FINISH

Swimmers will swim a one-way course as shown on the course map to the finish line. Swimmers must pass the course buoys on the seaward side. Competitors will finish the swim at the finish chute on Caves Beach. All swimmers must return their timing chip before leaving the finish chute.

WETSUITS

Wetsuits, fins and other flotation devices are allowed but competitors must swim in the back of the pack wave.

FIRST AID

First aid stations will be situated at the start and finish lines if required. Swimmer's physical condition is their responsibility.

SAFETY

Water safety craft will patrol the course throughout the event. Swim protocol is if you are in difficulty move to the side of the course and raise your hand straight above your head.

BENEFICIARIES

The beneficiary of this event is Caves Beach Surf Lifesaving Club

CANCELLATION

The race director reserves the right to relocate the event due to rough or dangerous conditions. Please check the Caves Beach website at www.cavesslsc.com.au for confirmation of venue.

PARTICIPATION PRIZES & PRESENTATION

All swimmers will receive a participation prize at registration and be eligible for a host of mystery prizes, including Caves Beachside Resort accommodation vouchers. The presentation to winners and mystery draws will take place at the Caves Beachside Hotel at 12:30 p.m.

REGISTRATION

On race day, all swimmers will be issued with a race cap, number and [electronic timing device](#). Failure to wear the race cap, timing band or race number may result in the swimmer not receiving an official time. Make sure you have completed your registration details fully and correctly and the declaration on the entry form has been signed.

ELITE SWIM CATEGORY

The elite category allows for faster swimmers to clear the field and avoid running over slower swimmers. Starters nominating in this division are eligible for prize money allocated to the elite division only. Swimmers wishing to compete in the elite division must nominate to do so on the official entry form. Contact Darryl on 0409 180 931 for information or email oceanswim@cavesslsc.com.au

GET THE T-SHIRT

Ocean swim t-shirts and merchandise can be viewed and purchased at www.cavesslsc.com.au/oceanswim

COURSE MAP

