



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 close midnight Friday 5 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- age limit 13yrs and over	1km Swim - age limit 9yrs and over
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	<i>All competitors receive a race swim cap which must be worn</i>
35-39yrs Male Female	
40-44 yrs Male Female	
45-49yrs Male Female	
50-55yrs Male Female	Mail entries
55-59yrs Male Female	(pay by cheque only to Manly LSC)
60 – 65yrs Male Female	close 5pm Thursday 4 March 2010
65-69yrs Male Female	Please complete form and mail to
70 + yrs Male Female	Manly Daily Ocean Swim
	PO Box 141 Manly NSW 1655

ENTRIES

Pre-swim - \$25 Online only (close midnight 4 March) 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) 1km Swim - Any person **9 years of age or over**, who has adequately trained for this event.
- (b) 2km swim - Any person **13 years of age or over**, who has adequately trained for this event.
- (c) All entrants must be in good physical health.
- (d) 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.
- (e) ALL competitors must wear the swim cap provided.
- (f) Swimmers wearing aids such as wet suit and/or flippers not eligible for prizes.

LOST TIMING TAG: \$20 fee applies

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 st Male | 1 st Female |
| 2 nd Male | 2 nd Female |
| 3 rd Male | 3 rd 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. I understand that should the event be cancelled, I will not receive a refund. 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)

Mail entry form with cheque payable to Manly Life Saving Club to PO Box 141 Manly NSW 1655

All enquiries to Scott admin@manlylsc.com
Phone: 9977 2742
www.manlylsc.com.net.au

Enter online at www.oceanswims.com closes midnight Friday 5 March 2010