

IMPORTANT EVENT INFORMATION

START: Events start from 10am at Balmoral Beach near Raglan Street. Swimmers are to register at their age group desk before 9:30am. At the direction of marshals, each group of swimmers will move to the start line. Swimmers will be released in wave starts by age categories at the determination of the Race Director.

FINISH: Swimmers will round the buoys and finish through the finish chute. A detailed course map will be displayed at registration on the morning of the event.

MEDICAL: Swimmers' physical condition will be their own responsibility and they enter this event at their own risk. All participants are urged to train and have medical check-ups prior to entry.

SAFETY: Safety craft will patrol the course throughout each event. Water safety officers have the final authority to remove a competitor from the water if judged to be physically incapable of continuing the swim without risk of serious injury.

CANCELLATION: The Race Director reserves the right to cancel the event due to rough or dangerous conditions. In the event of cancellation, there will be NO refund of entry fee. A decision will be made on race day at 8am.

REGISTRATION: On race day, all swimmers except those competing in the junior race and Dash for Glory will be issued with a race cap and number. The cap must be worn throughout the race.

THE ANITA COMELLI DASH FOR GLORY: To be eligible you MUST compete in the 1km individual swim or team relay.

THE ALEXANDER PATRICK HALL CHARITY CUP: You can raise money for the Children's Cancer Institute Australia as an individual or a team. The Alexander Patrick Hall Trophy will be awarded to both the swimmer and the team who raise the most money for the Balmoral Swim 2009. Judges will award the prize to the team and the individual who have raised the most money by 10 pm on 28 March 2009 via the everydayhero site.

WETSUITS: Wetsuits, flotation devices and fins are NOT allowed.

PROCEEDS: All proceeds go to Children's Cancer Institute Australia.

PRESENTATION: Presentations will be made on the beach at approximately 11.30am, directly after the Anita Comelli Dash for Glory

You can raise money for the **Children's Cancer Institute Australia** by getting people to sponsor you online. Set up your own personal hero page or team page **now** at

www.everydayhero.com.au/event/balmoralswim09



Entry form

Entry fees:

Individual (before race day)	\$25
Individual (on the day)	\$30
Junior Race	\$5
Relay (per team)	\$40
Corporate relay (per team)	\$250

How to enter:

On-line: www.oceanswims.com
(credit card only)

Mail: Balmoral Beach Club
PO Box 82
SPIT JUNCTION 2088.

Must be received by 5pm 26 March

On swim day (before 9:30am)

More Information:

www.balmoralswim.com.au

Become a hero by raising money for the Children's Cancer Institute Australia and contest the

Alexander Patrick Hall Charity Cup

with your own sponsorship via the Everyday Hero website

(see back cover for details)

**10.00am Sunday
March 29, 2009**

**1 km Harbour Swim
250m Junior Swim**

Relay Races:

(Family, Clubs, Age, Corporate)

**The Anita Comelli Dash
for Glory**

**The Alexander Patrick Hall
Charity Cup**

Proudly sponsored by:



*We thank Mosman Council
for their support &
encouragement*



Entry form

Individuals	Categories (tick one)
Surname	Male
First name Gender (M/F)	Age
Birth Date/...../..... Age (on race day, 29/03/09)	Female
Address:.....	A <input type="checkbox"/> Under 16 yrs <input type="checkbox"/> I
.....Postcode.....	B <input type="checkbox"/> 16-19 yrs <input type="checkbox"/> J
Phone Email:	C <input type="checkbox"/> 20-29 yrs <input type="checkbox"/> K
Signature: (to say you have read the declaration)	D <input type="checkbox"/> 30-39 yrs <input type="checkbox"/> L
Guardian's signature: (where appropriate)	E <input type="checkbox"/> 40-49 yrs <input type="checkbox"/> M
	F <input type="checkbox"/> 50-59 yrs <input type="checkbox"/> N
	G <input type="checkbox"/> 60-69 yrs <input type="checkbox"/> O
	H <input type="checkbox"/> 70+ yrs <input type="checkbox"/> P
	Z <input type="checkbox"/> 250m Junior Swim (under 12) <input type="checkbox"/> Z

Teams 4 X 250m team swim in relay format. Prizes to first team in each category					
All team members (and guardians with juniors) must sign to say they have read the declaration					
Competitor Name	Age (race day)	Gender	Signature (all must sign)	Guardian Signature	Guardian Name
1.....
2.....
3.....
4.....
Accumulated Age				
Team Name				
Family/Club/Company (if appropriate)				
				Category (tick one):	
				<input type="checkbox"/> Family <input type="checkbox"/> Acc Age:	
				<input type="checkbox"/> Sports club <input type="checkbox"/> 52 – 99 yrs	
				<input type="checkbox"/> Corporate <input type="checkbox"/> 100 -149 yrs	
				<input type="checkbox"/> 150 -199 yrs	
				<input type="checkbox"/> 200+ yrs	

Payment	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque \$.....	(Cheques to Balmoral Swim)
Individual	<input type="checkbox"/> 1 km swim (early entry \$25; on the day \$30)	<input type="checkbox"/> Junior Swim - \$5
Teams	<input type="checkbox"/> Corporate - \$250 <input type="checkbox"/> Other-\$40	<input type="checkbox"/> Donation (Over \$2 tax deductible)

DECLARATION

IMPORTANT: THIS DECLARATION AFFECTS YOUR RIGHTS. EACH COMPETITOR MUST SIGN. FOR PARTICIPANTS UNDER THE AGE OF 18, A PARENT OR GUARDIAN MUST ALSO SIGN.

WARNING: COMPETITIVE OPEN WATER SWIMMING CAN BE A DANGEROUS RECREATIONAL ACTIVITY. PARTICIPATE AT YOUR OWN RISK.

1. I acknowledge that the event in which I am intending to participate (**Event**) may involve a risk of injury or other harm from various causes including, but not limited to, overexertion, dehydration, collision with other participants, marine objects or craft, dangerous weather/water conditions and/or stingers, sharks and other marine life. I further acknowledge that the Event Organisers take no responsibility for my safety or health during the Event. I understand and accept that I should not enter the Event unless I am physically capable and reasonably anticipate completing the Event. Knowing these facts and in consideration of your acceptance of my entry, I accept all risks necessarily arising from my participation in the Event which could result in personal injury or loss of life and hereby release all people and entities associated with the conduct of the Event or connected with its organisation, management or sponsorship; their directors, officers, employees, agents, contractors and volunteers from all claims and demands whatsoever. This release and indemnity continues after the Event and binds my heir(s), executors and any other person who might act on behalf of my heir(s) or myself.

2. I consent to receiving any medical treatment that Event medical staff thinks appropriate during or following the Event. I acknowledge that the Event medical staff has the ultimate and final authority to remove a participant from the swim if judged to be physically incapable of continuing without risk of serious injury.

3. I acknowledge that safety precautions, rescue and first aid facilities (if any) undertaken or arranged by Event Organisers are a service to me and other participants, but are not a guarantee of safety and cannot be relied upon. I acknowledge that the Event Organisers have the right to postpone or cancel the Event as they consider appropriate and I agree to abide by all Event rules and directions issued by the Event Organiser.

4. I am responsible for the security of my personal possessions at the Event.

5. My registration is not transferable to other people. If I am unable to participate or if the Event is cancelled, my registration fee is non-refundable.

6. I affirm that I am 18 years of age or older and I have read this document and understand its terms. If you are under the age of 18, please ensure a parent or guardian must also sign this declaration.

7. I hereby grant permission for my name, photograph and voice to be used by the Event Organisers, sponsors for any legitimate purpose in any media or other communication.