



Entry Form

3 Points Challenge & Ocean Swim

Saturday December 3rd 2011
nthcurlcurlslsc.com.au



Please complete all details & sign DISCLAIMER (located on back of this form). Failure to do so will render this entry invalid. All hardcopy entries must be received no later than Thursday December 1st 2011, or Late Entry fee applies.

Event Entered : (please tick appropriate)

- 3 Points Challenge (\$30 for U18, \$40 for 18 plus)
 Ocean Swim (\$30 for all age groups)
 Both events (\$50 for U18, \$60 for 18 plus)

**Note: \$10 Late Entry fee for entries post December 1st 2011.
 Elite 3 Points category entry fee is as per competitors age category**

Race Category

- | | |
|--|--|
| <input type="radio"/> U18 Male | <input type="radio"/> U18 Female |
| <input type="radio"/> 18-29 Male | <input type="radio"/> 18-29 Female |
| <input type="radio"/> 30-39 Male | <input type="radio"/> 30-39 Female |
| <input type="radio"/> 40-49 Male | <input type="radio"/> 40-49 Female |
| <input type="radio"/> 50+ Male | <input type="radio"/> 50+ Female |
| <input type="radio"/> Elite Male (3 Points Only) | <input type="radio"/> Elite Female (3 Points Only) |

Competitor's T-Shirt Size

- Small Medium Large Extra Large

**Note: Age categories reflect entrants' age as of Dec 3rd 2011.
 Elite category entrants only eligible for prizes in this category.
 Guideline: Elite competitors complete course in less than 50 mins**

Personal Information (Please complete all details below)

Last Name			First Name			
Address/ Street			Suburb/ Town			
State		Postcode		Country		
Contact No			Date of Birth			
Email Address			Age (on race day)		Gender (M/F)	

U18 Parent/Guardian Approval (Only required for ALL Under 18 Competitors)

I certify that I am the parent/guardian of the above named who will be _____ years of age on the day of the "3 Points Challenge & Ocean Swim", and am confident of his/her capability to complete the event and give consent to enter the event as per this entry

Signature		Name (print)	
		Date	

Payment Details

Send Cheques or Money Orders made out to North Curl Curl SLSC, attached to this form, posted to
 North Curl Curl SLSC, PO Box 4112, NSW, 2099. **(PLEASE ENSURE DISCLAIMER ON REAR OF FORM IS SIGNED)**

Event Major Sponsors





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MEDICAL ADVICE

- Don't swim or run if you have been suffering from any illness within the previous 48 hours
- Stop if you are dizzy, have chest pains or nausea and seek help from our medical teams along the route
- If feeling unwell during any swim legs – raise one hand directly above your head and the Water Safety team will assist you
- Drink and First Aid stations will be provided on course and at finish line

RACE RULES

1. Race organiser reserves right to reject or cancel any entry in the race at any time.
2. Shoes to be worn in every run leg, and can only be removed once the final return run leg takes competitors onto the beach at North Curl Curl, failure = disqualification
3. Each competitor will swim/run/walk on the approved course, as directed by race marshals, and cannot accept outside assistance. NO ROAD RUNNING, competitors must stay on footpaths as directed by race marshals
4. In the spirit of fairness, we will not permit the use of footwear that can be used in the swim legs e.g. Vibram FiveFingers shoes
5. Must negotiate all swim cans as directed on each swim leg, failure = disqualification
6. The race organisers reserve the right to alter advertised event courses, distances, both run and swim to suit race day conditions & address any safety concerns identified on race day.

DISCLAIMER

- I the undersigned, in consideration of and as a condition of my entry for myself, my heirs, executors and administrators, hereby waive all and any claim, right of course of action which I or they might otherwise have or any arising out of my life or consequent upon my or participation in the said event.
- This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and members or representatives and offer any of them and includes but is not limited to and other related companies and other sponsors and shall be and operate whether or not the loss, injury or damage is attributable to the act of neglect of any of them.
- I hereby acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the event and its related activities.
- I hereby attest and verify that I am physically fit and have sufficiently trained for this event and that a licensed medical doctor has verified my physical condition and that I agree to be bound by the official rules and regulations of the event.
- I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event.
- I hereby permit the free use of my name and picture in broadcast, telecast and the press as they pertain to the event.
- I hereby agree that in the event of a race cancellation due to storm, rain inclement seas or weather, winds or other "Act of God" conditions my entry fee shall be non-refundable. Race organisers reserve the right to alter the advertised event course, distances both run and swim legs to suit race day conditions and address any identified safety concerns on race day.
- North Curl Curl Surf Life Saving Club Inc, Warringah Council and associated sponsors, promoters or any of their agents servants or members, shall have no liability whatsoever for any loss or damage occurring to any items of clothing, footwear, jewellery, or other personal effects placed in the custody of the club by competitors in relation to the conducting of this event at North Curl Curl SLSC.

I understand & accept the above DISCLAIMER, CONDITIONS and RULES of the "3 Points Challenge & Ocean Swim" organised by North Curl Curl SLSC

MAP OF COURSE



Signature

Name (print)

Date