

## DECLARATION

1.I further understand that if the information below is false I become ineligible for prizes, titles and insurance. In the consideration of my entry, I, my heirs, executors and administrators release and forever discharge Cape Paterson Aquathon Committee, Cape Paterson Surf Life Saving Club, Life Saving Victoria its servants, agents or subcontractors, including instrumentalities, cities, state or councils where this event is held and all sponsors, producers, representatives, and successors, of all liabilities, claims, damages, costs or expenses which I may have against them arising out of or in any way connected with my participation in this event, including all injuries that may be suffered by me before, during or after the event. I understand that this waiver includes all claims based on negligence, action or inaction of any of the above parties.

2.I hereby acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the event and its related activities.

3.I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that my physical condition has been verified by a licensed medical doctor and that I agree to be bound by the official rules and regulations of the said event.

4.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 enrolment fee shall be non-refundable.

5.I hereby consent to receive medical treatment which may be deemed to be advisable in the event of injury, accident and/or illness during the event.

6.I hereby permit the free use of my name and picture in broadcasts, telecasts, and the press as they pertain to the event.

7.Personal information collected will only be used for the purposes of running and managing this event. Personal information will not be made available to other parties with exception of point 6. above.

### INDIVIDUAL OR TEAM SWIMMER (MUST BE SIGNED)

DATE

If you are 17 or under on the day of the race this declaration must be signed by your parent or guardian.

SIGNATURE OF PARENT / GUARDIAN

DATE

### TEAM RUNNER (MUST BE SIGNED)

DATE

If you are 17 or under on the day of the race this declaration must be signed by your parent or guardian.

SIGNATURE OF PARENT / GUARDIAN

DATE

## PROUDLY SPONSORED BY



## CAPE PATERSON SLSC

# Cape Aquathon 2012

10.00am Sunday  
22nd January

### FIRST LEG—BASS COAST SERIES

400m Surf Swim      3.5km Run



### BASS COAST SERIES

1	Cape Aquathon	22.1.12
2	Channel Challenge	11.2.12
3	Cowes Classic	3.3.12

Event Management :

Cape Paterson Surf Life Saving Club

Mail entries & cheque /  
money order to: Cape Aquathon Committee  
PO Box 757  
Wonthaggi, VIC 3995

Email: aquathon@cpslsc.org.au  
Internet entries  
and results: www.aquathon.cpslsc.org.au



## RACE DETAILS

**Location:** Cape Paterson Surf Life Saving Club. Melway map 425 K9.

**Registration:** 8.00am to 9.30am Cape Paterson SLSC Club-rooms.

**Field Limit:** 200

**Race Kit:** Included in the race kit is a swim cap, certificate and other race information. Online entries will receive a free souvenir T-shirt, this is not guaranteed for those entering on the day.

**Pre-race Briefing:** 9.45am on Starting Line.

**Race Start:** 10.00am

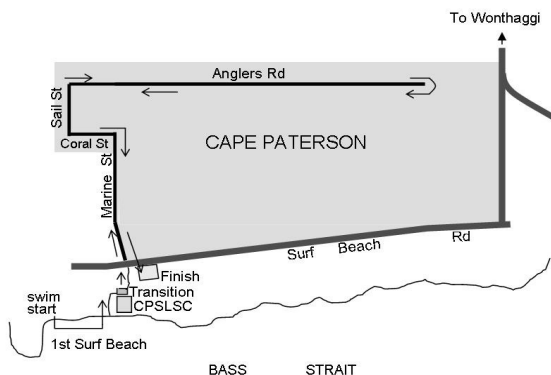
**Surf Swim:** 400 metre Swim from western end of First Surf Beach to eastern end of Beach exiting the water in front of steps.

**Road Run:** 3.5km Ascend the steps and enter the transition area, follow signs and race marshal's directions to Surf Beach Road. Head north along Marine Street, left turn at Coral St, right turn at Sail St then along Anglers Rd to turn around and return following the same route to the finish line at the First Surf Beach Car Park.

**Race Entry:** Internet or postal entries preferred to avoid disappointment. Postal entries to be received by last mail Thursday 19th January 2012. Entries will be accepted on the day if field limit has not already been reached.

**Prizes & Awards:** Post-race presentations and spot prizes will be conducted at the Cape Paterson Surf Life Saving Club approximately one hour after the conclusion of the event. Cash and spot prizes will be awarded to overall place getters. All competitors will be eligible for random spot prizes.

**Results:** Results will be available at [www.cpslsc.org.au](http://www.cpslsc.org.au) from 5.00pm Monday 23rd January 2012.



## RULES & REGULATIONS

### Swim

- 1.No fins, paddles, snorkels or floatation devices.
- 2.No individual paddlers or escort.
- 3.WETSUITS MAY BE WORN. Swimmer is responsible for removal. Wetsuits may be left in transition area.
- 4.All competitors are required to wear a swimming cap. A cap is supplied in Race Kit.
- 5.Staggered swim start may be used.

### Run

- 1.No form of locomotion other than running or walking is allowed.
- 2.No individual support vehicles or escort runners are allowed.
- 3.Runners are required to follow the directions of Race Officials.

### Transition Area

- 1.Only race gear and race clothing to be left in transition area.
- 2.Wetsuits must remain in the transition area until the completion of the event.
- 3.No race clothing or gear including wetsuits, may be discarded on race course.

### Rules Applying to All Segments of Race

- 1.Race Officials shall have the authority to disqualify any competitor.
- 2.Medical staff shall have the ultimate and final authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without risk of serious injury.
- 3.Good sportsman-like conduct will be demanded of all competitors.
- 4.If you withdraw from the race you must notify a Race Official.

### Safety Advice

- 1.This is not an event for the casual swimmer or jogger. A thorough medical and physical examination is recommended prior to competing.
2. Drink plenty of fluid before during and after the event.
- 3.Use caution at the start of the swim if you are not an experienced surf swimmer.
- 4.No entrants under 14 years old.

### Timing

It is the responsibility of every competitor to stop sufficiently long enough for the timing personnel to record his / her number. Failure to do so may result in immediate disqualification or no time being recorded.

Competitors are responsible for timing devices. Disqualification or a fee of \$25.00 will be charged to the competitor for the loss of or failure to return transponder or recording device.

## ENTRY FORM

### ENTRY FEES & CATEGORIES — 2012 CAPE AQUATHON

#### Individual Categories & Codes

Juniors (14 to 17)	\$30.00	<b>JM</b> —Junior Male
		<b>JF</b> —Junior Female
Seniors (18 to 39)	\$40.00	<b>SM</b> —Senior Male
		<b>SF</b> —Senior Female
Masters (40 to 49)	\$40.00	<b>M40</b> —Masters Male
		<b>F40</b> —Masters Female
Veterans (50 +)	\$40.00	<b>M50</b> —Veterans Male
		<b>F50</b> —Veterans Female

#### Teams Categories & Codes

All Teams	\$50.00	<b>TM</b> —Team Male
-----------	---------	----------------------

ENTRY CODE (eg, **M40**)

#### INDIVIDUAL OR TEAM SWIMMER

SURNAME		GIVEN NAME	
<input type="text"/>		<input type="text"/>	
ADDRESS			
<input type="text"/>			
SUBURB		POSTCODE	
<input type="text"/>		<input type="text"/>	
TELEPHONE	AGE	DATE OF BIRTH	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
email	<input type="text"/>		
T-shirt Size (circle)	<b>XS</b>	<b>S</b>	<b>M</b>
	<b>L</b>	<b>XL</b>	<b>XXL</b>
<input type="checkbox"/>	<b>Local</b> (Must permanently reside in Bass Coast Shire)		

#### TEAM RUNNER

SURNAME		GIVEN NAME	
<input type="text"/>		<input type="text"/>	
ADDRESS			
<input type="text"/>			
SUBURB		POSTCODE	
<input type="text"/>		<input type="text"/>	
TELEPHONE	AGE	DATE OF BIRTH	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
T-shirt Size (circle)	<b>XS</b>	<b>S</b>	<b>M</b>
	<b>L</b>	<b>XL</b>	<b>XXL</b>
<input type="checkbox"/>	<b>Local</b> (Must permanently reside in Bass Coast Shire)		