

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 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; winders 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/...../.....

INDIVIDUAL OR TEAM RUNNER (MUST BE SIGNED)

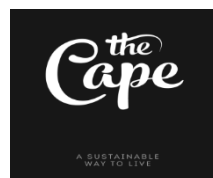
DATE/...../.....

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



BASS COAST SERIES

- | | | |
|----------|--------------------------|----------------|
| 1 | CAPE AQUATHON | 15.1.17 |
| 2 | Channel Challenge | 11.2.17 |
| 3 | Cowes Classic | 19.2.17 |

Online Registration and Results:

www.capepatersonslsc.org

Event management:

Cape Paterson Surf Life Saving Club

Mail entries & cheque/Money order to:

PO Box 192, Camberwell Victoria 3124

Email: aquathon@cpslsc.org.au

400m Surf Swim

4.4km Run

RACE DETAILS

LOCATION: Cape Paterson Surf Life Saving Club . Melway map Ed 40-X927 K9.

Registration: 8:00am to 9:30am Cape Patterson SLSC Clubrooms

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: 10:00

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

Road Run: 4.4km Ascend the steps and enter the transition area, follow signs and race marshal's directions to cliff top track towards Bay Beach carpark. Head north from carpark to Surf Beach Road, then head west along Surf Beach Road to Second Surf carpark. Head north along the track through The Cape estate. Turn left at Seaward Drive, turn left on Sunlight Blvd, turn left at Periwinkle Place, right at the track and follow 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 12th January 2017. Entries will be accepted on the day if field limit has not already been reached.

Prizes and Awards: Post race presentations and spot prizes will be conducted at the Cape Paterson Surf Life Saving Club approximately one hours 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.capepatersonslsc.org from 5:00pm Monday 16th January 2017.

RULES & REGULATIONS

Swim

1. No fins, paddles, snorkels or flotation 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 the Race Kit.
5. Staggered swim start may be used.
6. There is a time limit of 15 minutes to complete the swim. Swimmers will be asked to withdraw from the swim after this time.

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.
4. Runners must not wear headphones or any device that restricts hearing while competing.

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 the 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.

ENTRY FORM

ENTRY FEES AND CATEGORIES – 2017 CAPE AQUATHON

Individual Categories and Codes

Juniors (14 to 17)	\$30 online	JM-Junior Male
	\$35 on day	JF-Junior Female
Seniors (18 to 39)	\$45 online	SM-Senior Male
	\$50 on day	SF-Senior Female
Masters (40 to 49)	\$45 online	M40-Masters Male
	\$50 on day	F40-Masters Female
Veterans (50+)	\$45 online	M50-Veterans Male
	\$50 on day	F50-Veterans Female

Team Categories and Codes

All Teams	\$60 online	TM-Team Male
	\$70 on day	TF-Team Female
		TX-Team Mixed (M&F)

ENTRY CODE (eg. M40)

INDIVIDUAL OR TEAM SWIMMER

SURNAME GIVEN NAME

ADDRESS

SUBURB AND POSTCODE

TELEPHONE

AGE

DATE OF BIRTH

EMAIL

Local (must permanently reside in Bass Coast Shire)

T-Shirt Size (circle) XS S M L XL XXL

TEAM RUNNER

SURNAME GIVEN NAME

ADDRESS

SUBURB AND POSTCODE

TELEPHONE

AGE

DATE OF BIRTH

EMAIL

Local (must permanently reside in Bass Coast Shire)

T-Shirt Size (circle) XS S M L XL XXL

