

Saturday 17th October 2009

Competitors sign in from 10.00am.

Presentation on beach shortly after each event

Swim event will start approx 11am

Shortboard & Longboard events will start @ 11.45am

Paddle boards (used in that category only) will start @ 12.30pm

Ironman will start from 1.15pm

Course layout will be determined from the day's conditions

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Visit HYPERLINK "<http://www.cokememorial.com.au>" www.cokememorial.com.au
for more information about this year's event
(Sorry no email or Website entries please)

-----CUT HERE AND RETURN Before Closing Date of 15th October -----

Shortboard (up to 8 feet long) Divisions please tick

Open Men O/30 O/40 O/50

Longboard (over 8 feet long) Divisions please tick

Open Men O/30 O/40 O/50

Paddle Board Divisions please tick

Male : U/18 Open O/30 O/40

Female : U/18 Open O/30 O/40

Open Ocean Swim Divisions please tick **(Flippers will be permitted if conditions require them)**

Male : U/18 Open O/30 O/40 O/50

Female : U/18 Open O/30 O/40 O/50

Ironman (board, swim & run)

Male : U/18 Open O/30 O/40

Female : U/18 Open O/30 O/40

Name _____ Email _____

Address _____

Phone _____ Signature Parent/Guardian _____ Age _____

In entering the Ocean Swim, Ironman & Paddle event, I am aware that I am under NO obligation to enter the surf and may withdraw from the event at any time if I consider the conditions or location unsuitable or dangerous. I indemnify the event, organisers, sponsors, co-sponsors, officials and agents from liability regarding injuries or damage whatsoever relating to my participation in this event. I permit any still and/or moving pictures taken of myself to be used in promotion of the event and sponsors.

*THE 6th FORRIES ISLAND
IRONMAN, OCEAN SWIM & PADDLE
In Memory of Dave 'COKE' Wards for 20 years*

Cheques & Money Orders payable to **The Arrow Foundation**

\$20 1st division \$10 per division after that

Mail Entries to:
Coke Memorial
71 George Evans Rd
Killarney Vale 2261

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