

2010 ACROSS THE LAKE SWIM

Entry Form - 6th March 2010

Attach Money Order or Cheque payable to: Swansea Belmont SLSC PO Box 3022 Blacksmiths 2281

Entry \$35 (includes T-Shirt)

U/18 \$30 (includes T-Shirt)

for all entries received on or before
19th February 2010

This form must be completed in full, signed by the competitor or guardian and handed to the registrar prior to the commencement of race.

Male Female Category

Shirt Size S M L XL XXL

(USE BLOCK LETTERS)

Surname _____

First Name _____

Address _____

Suburb _____

Post Code _____ Ph no _____

Date of birth _____ Age _____

Entry fee attached _____

Legal declaration In consideration of this entry acceptance, I hereby waive any and all rights of claim of damage against Swansea Belmont SLSC, its servants, agents, state or councils and sponsors and representatives 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. I hereby attest and verify I am physically fit and have trained for this competition and my physical condition has been verified by a licensed medical doctor. I hereby agree that in the event of race cancellation due to a storm, rain or inclement weather, winds or other act of God conditions, my entry fee shall be non-refundable. I acknowledge that I have sole responsibility for my personal possessions during the event and related activities. I hereby agree that in the event of cancellation, due to storm, rain, inclement weather, wind or other "Acts of God" conditions my entry fee shall be refundable except for an administration fee of \$5.00. I also agree that in the event of cancellation, the organisers have the right to reschedule the event to another day of their choosing.

Signed _____

Signature of parent or guardian if entrant is under 18

Credit Card Authority:

Please circle card type Mastercard Visa Bankcard

Card number _____

Expiry date __ / __ Name on Card _____

Amount _____ Signature _____

RACE RULES

- Any person's entry into this event is at the absolute and unfaltering discretion of the committee.
- Swimmers physical condition will be their own responsibility.
- All participants are urged to train and have a medical check-up prior to entering this event.
- There will be surf ski paddlers and boats patrolling the course.
- Swimmers who have not passed the halfway mark within 50 mins will be asked to default and will be transported to shore.
- A swimmer deemed incapable of completing the course may in absolute discretion of Water Safety Patrol be brought ashore at any time.
- All proceeds will go to Swansea Belmont Surf Life Saving Club to purchase rescue equipment.
- All race committee decisions will be considered final.

ACROSS THE LAKE SWIM



Results & Details:

Visit website www.swanseabelmontslsc.com

Further Information:

Brett Phone 0407 905 047

Email: acrosstheLake@swanseabelmontslsc.com

L&L 6503



50TH YEAR

SATURDAY 6 MARCH 2010

3.8KM

Coal Point
(Wombal Park to
Belmont 16 Footers)

9.30AM START



SWANSEA
BELMONT
Surf Life Saving Club Inc.



Lake Macquarie
City Council

ACROSS THE LAKE SWIM

EVENT FEATURES

- ☞ Open Water Lake Swim - 3.8km from Coal Point to Belmont 16Ft Sailing Club.
- ☞ Course is marked with large coloured markers.
- ☞ Water Safety by Surf Club.
- ☞ Certificate with recorded time will be mailed to all competitors.
- ☞ All spectators can be adequately accommodated on the outside balcony of Belmont 16Ft Sailing Club.

START

- ☞ Start Time 9.30am

CATEGORIES

Male and Female Categories

1—U/18 2—19-29 3—30-39
4—40-49 5—50-59 6—60+

Age as at date of event

Competitors entering U/18 events must be under that age on the day. (eg 18yr old on the day enter U/19-29 Category)

Entry restricted to **ONE** category only

PRIZES

Male and Female

1st \$500
2nd \$250
3rd \$100

Age Category Male and Female

1st place only will receive medals. With the exception of U/18, that receive 1st, 2nd, 3rd

Presentation in Auditorium 16Ft Sailing Club

Random Prize Draws!!

ENTRY DETAILS

Individual Pre-entry \$35 (includes T-Shirt)

Children U/18 Pre-entry \$30 (includes T-Shirt)

- ☞ **All pre entries received on or before 19th February 2010**

All pre paid entrants will receive their T-Shirt (if pre-paid with entry fee), Swim Cap and Race Number on the morning of the race from 7.00am at the Boat Shed on the southern side of Belmont 16Ft Sailing Club.

RACE DAY ENTRIES

All race day entries will cost \$45

* **Note:** Race day entries do not receive a T-Shirt.

* **T-shirts will be sold on the day for \$25 (All GST inclusive)**

REGISTRATIONS

- ☞ Located on the southern side of Belmont 16Ft Sailing Club.
- ☞ Commence at 7.00am on 6th March 2010.
- ☞ Final Registration at 8.30am
- ☞ Swim caps will be provided to all competitors and **MUST BE WORN DURING THE RACE.**
- ☞ **No competitor may start at Coal Point if they have not Registered prior to the start of the race.**

TRANSPORTATION

- ☞ Craft will take competitors across to the start.
- ☞ Leaving from Belmont Jetty (500m south of 16Ft Sailing Club).
- ☞ Signs will be posted indicating times for Departures.
- ☞ It is advisable not to wait until the last minute as there may not be craft available to take you across.
- ☞ No surf skis, boards, canoes or kayaks or non swimmers can be carried on the ferries.
- ☞ Swimmers are requested NOT to apply vaseline to their bodies whilst on the boat.
- ☞ **Swimmers are responsible for their own clothing. Bring a plastic bag and put your number on it.**