



'TOUR OF BUOYS' FINISH

W Winning Appliances
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LONG REEF SURF LIFE SAVING CLUB 1.0 km & 2km 'Tour of Buoys' OCEAN SWIM

Proudly sponsored by

W Winning Appliances
since 1906

9.30am & 10.30am SUNDAY 26th FEBRUARY, 2012

**Prizes for 1st, 2nd, 3rd
Male & Female**

NEW – 200m male & female dash for cash!

**Lucky Draw Prizes, certificates for all competitors and
best fruit platters going around.**

**Online Entry
www.oceanswims.com**

LONG REEF SLSC OCEAN SWIM ENTRY FORM

Surname _____ First Names _____

Sex Male Female

Age as at 30/09/2012 _____ Birth Date _____

Address _____

Suburb _____ Post Code _____

Phone _____ Mobile _____

Email _____

Club _____

Race Category: Please circle category.

SHORT COURSE SWIM (1 KM) \$20 – (late entries \$30)

- Under 15
- Open (15-45)
- Over 45

LONG COURSE SWIM (2 KM) - \$25 (late entries \$35)

- Under 16 (\$20)
- Under 19 (\$20)
- Open (19-34)
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- Over 65

SHORT AND LONG COURSE SWIMS - \$35 for both



2011 Winner Jonah Beard



Declaration

I the undersigned, in consideration of and as a condition of my acceptance in LRSLSC Ocean Swim, my heirs executors and administrators hereby waive all and any claims, right of cause of action which I or they might otherwise have for or arising out of:

1. Loss of my life or sustain in the course of or consequent upon my entry or participation in the said event.
2. Any publication, or use of any form of the media whatsoever, of our or any one or more of our names, photographs images or activities in, or incidental to our entry or participation in the said event and whether for advertising or otherwise.

This waiver, release and discharge shall operate separately in favour of Long Reef SLSC Ocean Swim and all persons and bodies involved or otherwise engaged in the promoting or staging the event, and the servant's, agents, representatives and officers of any of them and shall operate whether or not the loss, or injury or damage is attributable to the act or negligence of any one of more of them.

Signature _____

Signature of Parent / Guardian if entrant is under 18 years

Date _____

LONG REEF SLSC OCEAN SWIM PAYMENT DETAILS

Payment Details

Fees U19 \$20 Open \$25 Masters \$25 Late Entry \$35

Credit Card

Cheque Payable to Long Reef SLSC

Visa / MasterCard (Circle Card type)

Cardholder _____

Card no _____

Expiry Date _____ Amount \$ _____

Signature _____

Mail entry form with entry fee to:

Long Reef SLSC Ocean Swim
P.O Box 214
Collaroy,
NSW 2097

OR

Email – President_longreefslsc@hotmail.com

OR

Enter online at www.oceanswims.com

Contacts

Long Reef SLSC
Po Box 214
Collaroy, 2097 NSW
Phone: 0410517076
Email: longreef@longreef.com



Whether your passions lie in the ocean or a pool,
Spank Swimwear has you covered.



LONG REEF OCEAN SWIM COURSE

LONG REEF SLSC OCEAN SWIM CONDITIONS & INFORMATION

REGISTRATION STARTS 8.00am

Competitors should proceed to the age group registration tables at the surf club. After submitting a completed entry form and entry fee competitors will receive a coloured swim cap and race number on their arm. Pre-registered on-line competitors will register a separate table.

LATE ENTRIES will not be accepted after 10.00am on the day of the ocean swim.

Start Ocean Swim: 9.30am (short course) will start in one wave. 10.30am open competitors will start the long course with several waves after that. Times will be adjusted accordingly.

Finish: Swimmers will finish on Long Reef beach as marked with signs.

SWIM CAPS

All swimmers must wear the appropriate coloured swim SPANK cap provided as a water safety requirement.

WETSUITS

Wetsuits, floatation devices and fins will not be allowed.

ELIGIBILITY

Entrants are restricted to persons who have adequately trained for this event. Entry is at the discretion of the race committee. Minimum age of 13 years to complete.

AGE CATEGORIES

See above categories – Male and Female in all categories.

WARNINGS AND RISKS

Entrants are responsible for their physical condition and fitness for entering this event and they enter the event at their own risk. Entrants are urged to train adequately and to have medical check-ups prior to entry in this event. The swim is in ocean waters which may include risks to persons including choppy surface conditions, rip currents, breaking waves, unknown sea bed conditions, marine creatures, impacts with people and craft and other potential risks and hazards.

The swim course will be patrolled by inflatable rescue boats, surf skis and rescue boards. Officials have the final authority to remove competitors from the water if judged to be physically incapable of continuing the swim leg without risk of serious injury.

Competitors requiring help should wave to attract help from patrolling water craft or course marshals.

First aid and drink stations will operate at the surf club and on the beach. If conditions on the day are poor the event will still

be on and will be moved to a nearby alternative course. Marshalling will still occur at Long Reef SLSC Clubhouse regardless.

PROCEEDS

All proceeds will go to the benefit of Long Reef SLSC

RACE COMMITTEE

All race committee decisions are considered absolute & final. In the case of cancellation of the event no refunds will be given.

PRIZES

Each category will receive 1st 2nd and 3rd prizes. Lucky door prizes will also be announced for those present at the presentation.

PRESENTATIONS

Presentations will take place as soon as possible after the conclusion of the event. A BBQ and refreshments will be available at the clubhouse.

COURSE

Swim course will be 1km and 2km in distance set from Long Reef SLSC. Competitors will turn 'anti clock wise' around several buoys around a set course depending upon conditions.

ELECTRONIC TIMING

Electronic timing will be used for the first time this year. Competitors losing their timing chip will be charged a \$50 replacement fee.

DASH FOR CASH

Following TOUR OF BUOYS, a sprint race, **Dash for Cash**, will be held in front of the finishing area. There are separate races for males and females. Entry to the Dash for Cash is free all swimmers. Swimmers will make their way out the back in their own time and then sprint in approx 200 metres back to the beach to the finishing line.

All you have to do to enter is to listen for announcements then line up on the starting line. The great thing about this Dash for Cash is that there are prizes not just for elite swimmers, but also a random prize of \$50 available to any swimmer who enters this event. Even the slowest swimmer on the beach can win ... The winner of each of the Men's and Ladies' Dash for Cash wins \$100, as well as the \$50 Lucky Draw prize also in each of the Mens and Ladies events. Anyone can win. Anyone can come through on a wave and beat the fastest swimmers.

OCEAN SWIM AREAS OF RESPONSIBILITY

Event Coordinators: Seamus Redmond & Doug Lucas

Administration Coordinator: Trish Chaney

Finishing Marshall Coordinator: Seamus Redmond

First Aid Team Leader: Ian Wallace

Water Safety Coordinator: Jeremy Keating

Sponsorship & Marketing: Nathan Charles

LRLSCL Race Committee: Doug Lucas, Seamus Redmond and Richard Van Weeren



LONG REEF OCEAN SWIM COURSE

