



2010 Yarrawonga-Mulwala Splash 'n' Dash Entry Form



Saturday & Sunday, March 20th & 21st, 2010

Name: Age: Date of Birth:

Address:

Phone: Email:

Emergency Contact: Emergency Phone:

1.4km State to State swim

- 15 - 17yrs Junior
- 18 - 29yrs Open
- 30 - 39yrs Senior
- 40 - 49yrs Master
- 50yrs + Veteran
- Male Female

Registration 1pm - 3pm Sat. March 21st Mulwala Water Ski Club Lagoon

Murray Canoe 200 metre knockout

- 14 - 17yrs Junior
- 18 - 39yrs Open
- 40 + Senior
- Male Female

Registration 4pm - 5pm Sat. March 21st
Mulwala Water Ski Club Lagoon

Yarrawonga Foreshore Fun Run

Registration 9am - 10am Sun. March 22nd Yarrawonga Foreshore

Adult & Secondary Student Events - 10km run, 5km run, walk.

Primary Student Events - Grades Prep-1-2 - 1km run, walk; Grades 3-6 - 3km run, walk.

- Category: Male Female Open Secondary Student
 Over 40 Prep-1-2 Student (1km run).... Grade 3-6 Student (3km run)

Pre entries close Monday 15th March

Shirt size: Student — 12, 14, Male — XS, S, M, L, XL, XXL

Female — 10, 12, 14, 16, 18, 20. All female shirts are a ladies' slim fit.

Cost: \$20 per event; \$10 per Secondary School competitor, per event.

Primary School entry monies will be donated to the Rosemary Cullen Foundation.

Family \$40 per event. If more than 2 events then 3rd event \$10.

Pre entries: The first 300 entrants receive a free event T-shirt. Send cheque with entry form to Sacred Heart College, PO Box 286, Yarrawonga, 3730.

Cheques made out to Sacred Heart Parents and Friends Social Club.

OR pay directly at Focus Gym, Mulwala Water Ski Club, Sacred Heart College or Sacred Heart Primary.

Declaration

1. I, the undersigned declarant in consideration of and as a condition of the acceptance by you of my entry do hereby for myself, my heirs, executors and administrators waive all and any rights, claims or cause of action which I or they may otherwise have arising out of any loss, damage or injury which I may sustain in the course of or arising out of my entry or participation in this event.
2. I acknowledge and agree that the activity organised by the Sacred Heart Parents & Friends Association ("SHCP&F") is in the nature of an athletic and strenuous sport and as such has inherent dangers and risks, including risk of injury or death to the participant.
3. I attest and verify that I am physically fit and have trained for this event and that my fitness has been verified by a medical practitioner.
4. I agree to be bound by the official rules and regulations of this event.
5. I consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the event.
6. I agree that in the event of a race cancellation due to rain, inclement weather, wind, storms or other acts of God my fee shall not be refundable.
7. I acknowledge that I have sole responsibility for my personal possessions during the event. The SHCP&F, or any of their committees or sub committees, or any sponsor of the event, or any of their agents and volunteers, shall have no liability for any loss or damage occurring in this event.
8. I acknowledge and agree that due to the nature of the activity it would be unreasonable for the SHCP&F to be in any way responsible for any injury or death to myself and I to the full extent permitted by the law hereby waive all of my legal rights and action against and fully release the SHCP&F for any loss, damage, injury or death howsoever arising out of or in relation to my participation in activities conducted or organised by the SHCP&F including without limitation, liability for any negligent or tortious act or omission, breach of duty, breach of Contract, breach of statutory duty on the part of SHCP&F, its office bearers, volunteers or agents.
9. I acknowledge that I have undertaken this activity freely, voluntarily and at my own risk with a full appreciation of the nature and extent of all risks involved in the activity. This declaration shall bind myself and my executors.

Signature of Participant: Name of Participant: Date:

If entrant is under 18 years of age: I am the legal parent or guardian of the above child, and I acknowledge that I have read and consent to the above waiver of my child's legal rights

Signature of parent/guardian Name of Parent/Guardian: Date:

Rules & Regulations for Swim & Canoe Event

1. Minimum age is 15 years for swim event and 14 years for canoe event on the day of the race.
2. For the swim event no fins, paddles, snorkels or flotation devices permitted and no individual escort or support team.
3. Course marshals have the authority to disqualify any competitor.
4. Race officials have the ultimate authority to remove a competitor from the race if the competitor is judged to be incapable of continuing the race without risk of serious injury.
5. Good sportsmanlike conduct will be demanded of all competitors. Any unsportsmanlike conduct will be grounds for instant disqualification.
6. Participants are required to wear the official race number and for the swim event a race cap provided upon registration.
7. For the swim event no wetsuits are allowed.
8. For the swim event time limit for race is 75 minutes.
9. For the canoe event boats must be scrutineered and passed.