

## EVENT INFORMATION PACKAGE

Mollymook Surf Life Saving Club is hosting the annual Mollymook Ocean Swim on Saturday 13<sup>th</sup> April 2019

This event will showcase our beautiful and most picturesque, Mollymook Beach.

We will be offering 3 events on the day:

500m Junior and Novice ocean swim at southern end (open to Juniors 10, 11, 12 years, and 'Novice' ocean swimmers (13 years and over), commencing approx 9:00, Early bird entry fee \$20.00. (All entries taken on the day will be \$25).

2.2 km ocean swim from the northern end to the south end (open to 13 years and over), commencing approx 10:30 am, Early bird entry fee \$35.00 (All entries taken on the day will be \$40.00).

250m Dash for Cash swim (Sponsored by Raine & Horne Real Estate) at southern end (open to all entrants in either 2.2 km or 500m events). There are separate male and female swims commencing approx 11:30 am. Entry free to 500m and 2km swimmers.

### Prizes

First male and female in the 2.2 km will receive \$500 each and placegetters in the various age categories will also receive prizes. The Dash for Cash will reward the first male and female with \$100 each. Registration

1. Post this entry form to Mollymook SLSC (see address details on entry form) –
2. On-line at [www.oceanswims.com](http://www.oceanswims.com)
3. Friday 12th April at the Mollymook Surf Club 4:00pm – 6:00pm
4. Saturday 13th April at the Mollymook Surf Club 7:30am – 8:45am

### 500 metre Course

The 500 metre race will commence at 9:00am, starting and finishing in front of the Surf Club. It is a U shaped course with two buoys to be passed on the seaward side.

### 2.2 km Course

The 2.2 km race will commence at 10:30am. Swimmers will swim a one-way course, as shown on the course map, commencing at the northern end. Competitors will finish the swim at the finish chute on the beach in front of the Mollymook SLSC.

### Getting to the start (2.2 km event)

The walk from Mollymook SLSC to the starting point at the northern end of Mollymook Beach, is about 1.5 kilometres. Shuttle bus transport will be available from behind the surf club from 9:30am.

### Pre race briefings

A pre race briefing for the 2.2 km event will be conducted at the starting line at the Northern end of Mollymook Beach at 10:15am. Note: A pre-race briefing for the 500m event will be conducted at the starting line at the Southern end at 8:45am.

### First Aid

First aid stations will be situated at the start and finish lines if required. The swimmer's physical condition is their responsibility.

### Safety

Water safety craft will patrol the course throughout the event. Swim protocol is to move to the side of the course and raise your hand straight above your head if you are in difficulty.

### Cancellation

The race director reserves the right to cancel the event due to rough or dangerous conditions. All competitors should check the Mollymook SLSC website

([www.mollymooksurf.com.au](http://www.mollymooksurf.com.au)) for information at regular intervals after 4pm the day prior for confirmation of event. Keep checking the website or tune into Power FM/2ST from 6am Saturday morning for updates.

### Back of the Pack

This category includes wetsuit swimmers, flippers, kickboard, and mask and snorkel users. There are no podium prizes for back of the pack starters.

### Dash for Cash – Sponsored by Raine & Horne Real Estate

Two fun sprint swims (male and female) over approx. 250m. Entry only for registered Mollymook Ocean Swim competitors. Male and female winners of the Dash for Cash will each receive \$100.

8:00 – onwards Secure baggage area open at Surf Club

9:00am Junior/Novice swim start (500 m)

9:30am Junior/Novice swim presentation

9:45 – 10.15am Swimmers to make their way to the northern end of Mollymook Beach

10.20 - 10.25am Pre race Briefing

10.30am 2 km Race start

11.30am Competitors assemble for the “Dash for Cash” (250m) Sponsored by Raine & Horne Real Estate – (Male swim first, followed by the female).

Race Rules • All swimmers must wear their prescribed cap and race number.

- Any paddlers accompanying a swimmer must remain well clear of other competitors so as not to impede their progress or give unfair advantage to their swimmer.
- Swimmers in the “Back of the Pack” division, are not eligible for podium prizes.
- All swimmers are to behave in a fair and sportsman like manner without interference or aggression towards other competitors and any breach of this rule may result in disqualification from the Mollymook Beach Ocean Swim.

- If in the opinion of the race referee, the weather or swimming conditions are dangerous or unsuitable, the Mollymook Beach Ocean Swim may be cancelled without notice. In the unlikely event of cancellation, entry fees will not be refunded as most of the costs associated with running the event will be incurred before the event.

Timetable of the Day

7.30 - 8.45am Competitor Registration

8:00am Hot food van open

Approx 12:30pm Presentation to Category Winners

MOLLYMOOK OCEAN SWIM  
SATURDAY 13th APRIL 2019

Entry Form

Name (APPLICANT): ..... D.O.B ..... /  
..... / .....

Female Male

Address Details:

.....  
.....

.....

Email Address: ..... Contact  
Number: .....

Age & Swim (Circle)

500 meters Junior 10yrs, 11yrs, 12yrs & Novice (13yrs and over)

Back of the Pack 2.2km (no age classification)

2.2 km

13-18 19-29 30-39 40-49 50-59 60-69 Over 70

Entry Cost: Main 2.2 km: Early bird entry \$35.00 (\$40 all race day entries)

Junior/Novice 500m: Early bird entry \$20.00 (\$25 all race day entries)

Cost Includes: entry fee, cap, sausage sandwich & drink voucher (redeemable after the swim at the catering van) and also entry into the "Dash for Cash".

HOW TO ENTER

Complete this hard copy entry form and mail (complete with your cheque or money order – do not send cash) to:

Mollymook Ocean Swim

C/o- Mollymook SLSC

P.O. Box 59

MOLLYMOOK NSW 2539 Make cheques payable to: Mollymook SLSC

or Enter on-line at [www.oceanswims.com](http://www.oceanswims.com)

or In person on Friday 07th April 4pm – 6pm & Saturday 08th April 7:30am – 8:45am at Mollymook SLSC.

Enquiries: [admin@mollymooksurf.com.au](mailto:admin@mollymooksurf.com.au)

WAIVER: Mollymook Surf Life Saving Club Inc. (“the Club”)

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Club’s 2.2km Ocean Swim, 500m Junior & Novice and the Dash for Cash (optional) swims for myself, my heirs, executors and administrators hereby acknowledge and accept all risks associated with and arising out of the event AND I hereby waive any claim, right or cause of action which I or they might otherwise have for or arising out of:

I. Loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event

II. Any publication, or use of any form of media whatsoever, or my or their or any one or more of our names, photographs, images or activities in, or incidental to my entry or participation in the event and whether for advertising or otherwise.

This waiver, release and discharge shall be and operate separately in favour of the Club which word shall include in its meaning all persons and entities involved or otherwise engaged in the promoting or staging of the event; and the servants, agents, representatives and officers of any of them, and shall operate whether or not the loss, injury or damage is attributable to the act or negligence of any one or more of them.

I agree to indemnify the Club and will keep the Club indemnified against all actions, liabilities, proceedings, losses, claims, damages, costs and expenses which the Club may suffer, incur or sustain in connection with or arising directly or indirectly from any act, default or omission by the Club in relation to the event or otherwise arising out of it or this document.

Consent is also given for medical treatment to be administered, which may be deemed advisable due to injury, accident or illness during the event.

**RISK WARNING (PURSUANT TO SECTION 5M CIVIL LIABILITY ACT 2002)**

Warning is given to all entrants in the Mollymook Ocean Swim that there is the risk of harm to their person. You should not enter this event unless you are physically capable and reasonably anticipate completing the Swim. Risks include hazardous sea conditions, sea creatures and natural and man made obstacles. Water Safety Officers and medical staff reserve the right to bring to shore by water patrol any entrant they deem incapable of competing further in the event.

Signed (APPLICANT): ..... Date:

.....

Signed (GUARDIAN):

..... (under 18 years)

(Who personally waives releases and indemnifies the Club for the child and themselves on the above terms and undertakes to obtain the similar agreement of the child when he or she reaches 18 years of age.)