



Dun Laoghaire Harbour Race Sunday 29 August 2010
Confined Competition Official Entry Form
Swim Ireland Leinster Region Open Sea Committee

Name [Grid of 30 boxes]

Email [Grid of 30 boxes]

Mobile Phone Number [Grid of 12 boxes] Sex (M/F) [Box] Nationality [Box] Swim Ireland Number [Grid of 12 boxes]

Home Phone Number [Grid of 12 boxes] Club [Box] Date of Birth: Month [Box] Year [Grid of 4 boxes]

Address [Grid of 30 boxes]

In order to compete in the Confined Dun Laoghaire Harbour Race, each competitor must have completed 4 qualifying races from the 2010 Leinster Open Sea Calendar by 22 August 2010. It is the responsibility of each entrant to ensure that their name appears in the results of the four qualifying events submitted on this form.

Event I [Box]

Event II [Box]

Event III [Box]

Event IV [Box]

I agree to the following:

- Abide by the rules and conditions of the Dun Laoghaire Harbour Swim as published at Swim Leinster http://www.swimleinster.com/opensea.htm;
Follow all instructions given by officials appointed by Swim Ireland and the Open Sea Committee;
Follow instructions given by stewards and rescue crews;
Wear the numbered swim cap provided and refrain from wearing or displaying any branded material from previous Dun Laoghaire Harbour Swims; and
Allow my photograph or television image to be used for public relations or media purposes.

I am entering the Dun Laoghaire Harbour Race of my own free will and hereby agree to keep Swim Ireland, the Swim Ireland Leinster Region Open Sea Committee and all sponsors associated with the event, free from any legal claim however caused by my participation in the race.

Signed: [Box]

Dated: [Box]

UNDER 18 PARENTAL CONSENT

The Swim Ireland Leinster Region Open Sea Committee allow competitors under the age of 18 ("a minor") to compete in the Dun Laoghaire Harbour Race with the consent of their parent or guardian. Parents or Guardians must however be aware that Open Water Swimming is much more physically demanding than pool swimming and competitors face different risks and hazards, including but not limited to, the effects of long periods in cold water. Parents or Guardians should exercise caution in supporting their minor child's wish to swim in the Dun Laoghaire Harbour Race. Parents or Guardian should talk to their minor child's swim club coach and their family doctor before giving consent by signing this form. Parents and Guardians must evaluate conditions at the Dun Laoghaire Harbour Race to consider if it is suitable for their minor child to swim. Where a parent or guardian has a doubt after evaluating conditions at Dun Laoghaire Harbour Race, they should not allow their minor child to swim in the Dun Laoghaire Harbour Race. Conditions which may be suitable for adults may not be suitable for your minor child. All swimmers in the Dun Laoghaire Harbour Race swim at their own risk.

I am aware of the risks of open water swimming and I am happy to allow my child/ to participate in the 2010 Dun Laoghaire Harbour Race.

Parent or Guardian [Grid of 30 boxes]

Parent or Guardian Signature [Box]

Dated: [Box]

Completed application forms and the entry fee of €30 Cash or Cheque made payable to the Open Sea Committee should be returned to Frank Carroll, Open Sea Committee, 3 Strand Mews, Lea Road, Sandymount, Dublin 4. Closing date for the receipt of application forms is Sunday 22 August 2010.

