

Dun Laoghaire Harbour Race
Sunday 10th August 2014
Confined Competition Official Entry Form
Men's Race 11.00 am and Ladies' Race 12.01pm
Open Sea Committee

Name

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Email

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Address

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Swim Ireland Number

Mobile Phone Number

Home Phone Number

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Sex

Nationality

Club

Date of Birth

(M/F)

Day

Month

Year

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WETSUITS AND QUALIFYING RACES

In order to compete in the Confined Dun Laoghaire Harbour Race, each competitor must have completed 4 qualifying Open Sea Races from the 2014 Leinster Open Sea Calendar by Monday 4 August 2014. If a competitor wears a wetsuit, that race will not count as a qualifying Open Sea Race for the Dun Laoghaire Harbour Race. **Wetsuits are not allowed in the Dun Laoghaire Harbour Race.** It is the responsibility of each competitor to ensure that their name appears in the results of the four qualifying Open Sea Races submitted on this form.

Vibes and Scribes Lee Swim (Cork) Saturday 12 July and Thomond Swim (Limerick) Saturday 26 July

The Open Sea Committee will allow competitors from clubs outside of Leinster who competed in the non wetsuit category of the Cork Masters' Vibes and Scribes Lee Swim on Saturday 12th July, to count the **Vibes & Scibes Lee Swim** as one qualifying race in lieu of a Leinster Open Sea Race. **Limerick Masters' Thomond Swim** on Saturday 26 July also counts as a qualifying race. Please attach result sheet to the back of this form.

Leinster Open Sea Race I

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Leinster Open Sea Race II

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Leinster Open Sea Race III

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Leinster Open Sea Race IV

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START TIMES, CANCELLATION AND POSTPONEMENT

Start time of men's race 11.00 am and ladies' race of 12.01 PM are estimated times. Time may change closer to the day of the race. Check our facebook page and website for announcements.

The Open Sea Committee reserve the right to:

- cancel the Dun Laoghaire Harbour Race if conditions are unsafe;
- change the start time of the races to accommodate requests from the Dun Laoghaire Harbour Master;
- change the start time of the races to accommodate conditions in the Harbour; or
- refuse admission to the Dun Laoghaire Harbour Race.

The Open Sea Committee will not refund entry fees in the event that the Dun Laoghaire Harbour Race is cancelled, postponed, start time changed or if a swimmer is asked to retire or refused admission to the race.

DISQUALIFICATION FROM DUN LAOGHAIRE HARBOUR RACE

The Open Sea Committee will disqualify swimmers who:

- leave the course or the finish area without ensuring their name is marked off the list of swimmers; or
- do not obey instructions given by race officials or rescue crews;
- commence swimming before their given start time per the published handicap and called out by the race starter;
- fail to follow the course or fail to go around designated marker buoys; and or
- win places or prizes but do not turn up on time for the presentations attended by sponsors and VIPs.

The above list is not exhaustive.

HEALTH GUIDELINES

If you suffer from a medical condition or are recovering from illness you should consult with your doctor before entering either the Dun Laoghaire Harbour Race or competing in open water swimming.

PERPETUAL TROPHIES

The Open Sea Committee will retain both the men's and ladies' 1st place perpetual cups for safekeeping during the year. The Open Sea Committee has received advise that it is unwise to loose custody of the cups for insurance and security reasons. The Winners' Cups are unique and they could not be replaced if they were lost, stolen or accidentally damaged. The Open Sea Committee hope to obtain replica cups before the race, however we cannot guarantee this at this stage due to our very limited budget.

The Open Sea Committee will require winners of other perpetual trophies to sign for them and specify where they are going to be held before they may be taken from the presentation. The Open Sea Committee reserve the right to retain for safekeeping any perpetual trophy or to request that a perpetual trophy is returned to the committee at any time during the year.

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DECLARATION

I confirm that I am:

- in good health and have no physical condition, disease or injury which will impair me from swimming in the Dun Laoghaire Harbour Race and completing the race course (approximately 1,900 metres);
- bound by the Swim Ireland Rule Book, Code of Conduct, Complaints and Disciplinary procedures; and
- bound by the rules of the Open Sea Committee;

I confirm that I will:

- comply with all instructions given to me by race officials and rescue crews;
- retire from the race if requested to do so by race officials or rescue crews;
- leave the water and retire if I exceed the cut off time (55 minutes);
- wear the numbered swim cap provided and refrain from wearing or displaying any branded material from previous Dun Laoghaire Harbour Races; and
- ensure that my name is crossed of the list of swimmers by a race official on completion of the course.

If race officials or rescue crews consider that I am suffering from fatigue, hypothermia or disorientation or consider that I am in difficulty or danger, I authorise race officials and rescue crews to remove me from the water and bring me to a place of safety where I may obtain medical assistance.

I authorise the Open Sea Committee to use my photograph or digital image for publicity and media purposes.

I confirm that if I win a place or a prize that I will be available and on time for the presentation attended by sponsors and VIPs. I agree that if I do not turn up on time for the presentation that I will forfeit my prize.

All Swimmers in the Dun Laoghaire Harbour Race and the Leinster Open Sea Races swim at their own risk.

I am aware of the risks of open water swimming and like all sports it carries the risk of injury, paralysis or death. I am entering the Dun Laoghaire Harbour Race of my own free will. I hereby agree to keep Swim Ireland, the Open Sea Committee, rescue crews and all sponsors associated with the event, free from any legal claim however caused by my participation in the Dun Laoghaire Harbour Race or by my participation in any of the other Leinster Open Sea Races.

Signed:

Dated:

UNDER 18 PARENTAL CONSENT

The 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 the 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.

I am aware of the risks of open water swimming and I allow my minor child to participate in the 2014 Dun Laoghaire Harbour Race. My child is entering the Dun Laoghaire Harbour Race of their own free will and with my consent and I hereby agree to keep Swim Ireland, the Open Sea Committee, rescue crews and any sponsors free from any legal claim however caused by my child's participation in the Dun Laoghaire Harbour Race and or any Leinster Open Sea Races. I confirm that my child will compete in the Dun Laoghaire Harbour Race and the Leinster Open Sea Races under the same terms and conditions as adult swimmers.

Parent or Guardian

Parent or Guardian Signature

Dated:

Please send completed application forms to Mr. Frank Carroll, 3 Strand Mews, Lea Road, Sandymount, Dublin 4.
Please make cheques payable to the Open Sea Committee.

Entry Fee Adults :

Euro €30

Entry Fee Minors (Under 18 years 1 June 2014) :

Euro €15

Closing Date:

Monday 4th August 2014

Collection of Numbered Hats

Thursday 8th August 2014, Irishtown Stadium Ringsend 7.00 to 8.30pm

Email:

leinsteropenseacommittee@gmail.com

Leinster Open Sea Races Website:

<http://www.leinsteropensea.ie>

Facebook page:

<http://www.facebook.com/leinsteropensea>