

## OPEN WATER NATIONAL A CAMP: 12 JANUARY 2019

### INVITATION TO ALL 5.0, 7.5 AND 10 Kms METRO SOUTH WEST NATIONAL QUALIFIERS FOR AUSTRALIAN NATIONAL TITLES IN JANUARY 2019

Further to our request for expression of interest, dated 9 August 2018, Metro South West is now planning the first ever Area National Camp at SIRC, Penrith on Saturday 12 January 2019.

**Camp is opened to all Swimmers from Metro South West as per the following:**

- i) **Competed at Metro South West Open Water Championships in 5.0 and/or 7.5 and/or 10.0 Kms Events, on 11 November 2018 at SIRC, Penrith**
- AND / OR**
- ii) **Competed at Swimming NSW Open Water Championships in 5.0 and/or 7.5 and/or 10 Kms Events on 8 -9 December 2018 at SIRC, Penrith.**
- iii) **Competitors who HAVE QUALIFIED FOR AND HAVE ENTERED Australian Swimming National Open Water Championships on 26 to 28 January 2019 at Brighton Beach, Adelaide, SA.**

#### Saturday 12 January 2019 Program:

A small course (500 to 1000 mts) course will be established for this camp in front of pontoon on Regatta Lake  
Swimmers make their own way to and from Regatta Centre.

**Parents Welcomed as Spectators. WAIVER DECLARATION TO BE COMPLETED.**

- i) 8:30 to 9:30 AM – Registration at Regatta Lake in front of Grand Stand
- ii) 10:00 AM to 12:00 NOON: Water activities and Lectures
- iii) 12:00 Noon to 12.45 PM: LUNCH (Provided by MSW)
- iv) 1:00 PM to 2:00 pm: Water Activities and Lectures.
- v) 2:00 to 2:30 PM: Debrief and Camp Finish.

**Training Gear required, water and any self-preferred snacks.**

**Coaching by MSW Coaches.**

**Cost: \$ 0.00**

**If you have qualified for this camp and wish to attend, please complete details below  
and send back to Gail Cauchi, [development@metrosw.org.au](mailto:development@metrosw.org.au)  
by 4 January 2019 or EARLIER**

Swimmers Name and Surname:.....Age as of 12 January 2019:.....

Club: .....Gender: M/ F Coach's Name: .....

**MSW will issue apparel to attendees of this camp, once they have competed at National Open Water.**

Qualified for at Nationals and I have entered (circle appropriate):      5.00 KMS      7.5 KMS      10.00 KMS

Dietary Requirements: .....

Medical Conditions:.....

Waiver Declaration for this event has been signed:

.....  
Swimmer (Print Name)                      Signature of Swimmer (or Parent / Guardian if under 18 years of age)                      Date



**NATIONAL A OPEN WATER CAMP  
SATURDAY 12 JANUARY 2019 @ SIRC, PENRITH  
WAIVER DECLARATION**

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the event for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of my loss of life, 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 said event AND I admit that I participate in the said event solely at my own risk.
2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agent, representatives and officers of them and includes but is not limited to Swimming Metro South West, any host, medical and paramedical personnel, police officers and shall operate whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of them.
3. I hereby acknowledge that I have sole responsibility for my personal possessions and swimming equipment during the event.
4. I hereby attest and verify that I am physically fit and have sufficiently trained for this event. If requested, I agree to provide with my entry form a signed doctor's certificate attesting to my physical fitness to participate in the said event.
5. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the event.
6. I have read the Conditions of Entry on Invitation and agree to abide by them.

<b>Swimmers Name</b>	<b>Signature of Swimmer (or Parent / Guardian if under 18 years of age)</b>	<b>Date</b>
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**This form shall be signed and included with your details of the camp. The designated Official on the day of the event must have in their possession a signed copy of this form before you will be allowed to start and complete this event.**