



AQUATHLON ENTRY FORM

11TH AUGUST 2018

10.30am

Entry

This is a Fun event and one to be enjoyed as part of Carnival.

There is no entry fee for this event.

However, the Terms and Conditions for this event must be complied with at all times.

Competitors must be 18 years of age on the day of competition and a competent swimmer.

First Name.....

Surname.....

E mail.....

Address.....

Emergency Contact Name and Number.....

Date of Birth.....

Age at time of competing.....

Do you have any medical Issues the organisers should be aware of

.....

Signatures:

I have read and understand the risk assessment

I have read and understand the terms and conditions.....

Please detach this front page and bring with you to the event. Please keep the other sheets for your information.

Internal DCC use only:

RACE NUMBER:

Race Information

Race Format

An Aquathlon is a swim > run event.

The race will consist of a 750-metre sea swim, from Dawlish beach, the course will be identified by large marker buoys



Transition will be on the beach in a designated area close to the start line.

The run will be 5 km along the seawall towards Dawlish Warren. The route will be marked, marshalled and available at registration.

There will be a prize for first, second and third male and female.

Race Day Timings

09:15 - Registration desk opens

10:20 - Competitors to congregate at the beach start

10:30 - Sea swim phase starts from the beach

Registration

You will receive your race number, a numbered plastic bag (for your transition belongings that you do not want to take on the run), safety pins to pin your race number to your vest / t-shirt (if not using a race belt).

You will get your race number written on your left hand in permanent marker, plus a swim cap with your number.

Route maps will be on display.

Carnival staff will be on hand to answer any questions you may have.

Start Your Swim

20 Minutes Prior to your scheduled Start Time

Change into your swimming gear and wet suit.

It's important that the number written on your hand is the same as the number on the bag. Although officials will marshal the transition area, they cannot take responsibility for any loss of valuables.

15 Minutes Prior to Your Start

Competitors will be allowed to enter the water for any warm up. The route is not to be used for this purpose. Please be mindful of other competitors.

One Minute Prior to Your Start

Ensure that you have your goggles on and are ready to start.

Start

The start will be a short run from the beach start line into the sea.

Swim the designated course as marked by the buoys.

When the route has been completed, exit the water by the flagged area and move to Transition.

Put on your running kit, placing any belongings you do not want to take on the run in the plastic bag.

You must be wearing your top and your race number must be clearly visible at chest / abdominal height before you start the run.

Start Your Run.

Follow the run route as shown on the course map, which will be marshalled. Please follow any instructions they give as you pass by.

If you need any emergency assistance during the run make this known to the nearest available run marshal and, if they can't perform the first aid themselves, they will phone for assistance.

Your race will be completed when you cross the finish line back on the beach or near the viaduct.

The finish line marshals will record your race number and your finish time.

Prize Giving

Prize giving will commence as soon as the run has been concluded.

Notes

1 Transition / Running Kit. Mandatory items are: shoes, a vest or t-shirt (if not wearing a tri-suit) and race number (attached to your vest or attached to a race belt). Optional items are things like socks and a towel.

2 Competitors to provide and use a wetsuit.

Terms and Conditions

General

I understand the risk assessment as laid down and will abide by the rules and any instructions offered by the organisers. I understand that it is the competitor's responsibility to navigate the course and that it is my responsibility to safeguard such clothing and equipment that I may use.

I also agree that I take part at my own risk and that no liability will be attached to Dawlish Celebrates Carnival Ltd, the race officials or any person involved in the event organisation, for any injury, accidents, fatality, illness, loss or damage suffered by me in, or by reason of the event, however this may be caused.

Medical

I know of no physical or medical impediment that would hinder or stop me from taking part in this event

Communication

Dawlish Celebrates Carnival will communicate with competitors by email or phone contact as appropriate if sea conditions or the race is being cancelled for an unforeseen event.

More info email: info@dawlishcelebratescarnival.co.uk

Follow Dawlish Celebrates Carnival on Facebook via our main page or the raft race page!

Dawlish Celebrates Carnival will only use this information for the purposes of entering the Aquathlon.

Names of winners will be published in local press, our website and our social media.

Addresses, telephone numbers, email addresses and other information will not be disclosed or shared with any other organisations unless we are legally obligated to do so or have your explicit permission.

Dawlish Celebrates Carnival has a privacy policy which is on its website and available in print.