



AUSTRALIA

24 Hour MEGA SWIM

Sponsored By:



AUSTRALIAN INSTITUTE OF SPORT



2010 ACT Regional 24 Hour Mega Swim Team Relay

Start: 12pm Saturday 1st May
Finish: 12pm Sunday 2nd May

AIS Swimming Pool
Leverrier Cres, Bruce ACT 2617

About the swim

The 24 Hour Mega Swim is a fun team event raising money for MS Australia's Go For Gold Scholarships and Financial Assistance Programs.

Help us fundraise \$100,000.

Fill out the entry form or enter online now!

Teams

Each swim comprises of upto 32 teams, with no more than 15 swimmers per team. One swimmer from each team must be in the water during the 24 hours.

Facilities

AIS Swimming Pool has an outdoor 50 metre pool heated to around 26°C.

Outdoors rest area will be available for competitors during the event.

Suggested equipment

Warm clothing, sleeping bag, pillows and/or blow up mattress for comfort.

Awards will be presented at the completion of the swim.

Rules and Regulations

Please read carefully:

1. Please show general swim etiquette
2. No fins, paddles, snorkels or flotation devices are permitted - unless approved by Event Manager
3. Wet suits are permitted (in outdoor pools)
4. Maximum of 15 swimmers are allowed per team
5. Swimmers will be required to wear the official cap provided upon registration

6. Participants under 15 must provide written consent from a parent or legal guardian

7. Only one team member is to swim at a time

8. Unsportsmanlike conduct will be grounds for instant disqualification

9. The 24 Hour Mega Swim is strictly a smoke, drug and alcohol free event.

Qualified lifeguards will monitor the pool for the entire 24 hours.

Enter & fundraise online! www.megaswim.com

ACT Regional Entry Form

Photocopies of this entry form are acceptable.

Please mail entry form and payment, by Friday 23 April 2010

Multiple Sclerosis Limited
The Events Team - 54 Railway Road, Blackburn VIC 3130



PERSONAL DETAILS

Given name _____

Surname _____

Address _____

Postcode _____

Date of birth _____ Phone () _____

Email _____

My t-shirt size is [S] [M] [L] [XL] [XXL] [Other] _____

I have participated in an MS Event before.

TEAM DETAILS

Team name _____

I am the team captain
 I don't have a team but would like to be part of one.

FUNDRAISING OPTIONS

Please send me a receipt book for cash donations.

Make a personal donation

\$25 \$60 \$120 Other: \$ _____

EVENT DETAILS

Early Entry Before 5 March 2010

Adult \$30 Junior (15yrs & under) \$20

Timely Entry After 5 March 2010

Adult \$35 Junior (15yrs & under) \$25

RELATIONSHIP TO MULTIPLE SCLEROSIS (MS)

- I have MS
 I have a relative with MS
 I have an immediate family member with MS
 I know someone with MS
 I know about MS
 I don't know anyone with MS or anything about MS

WHERE DID YOU HEAR ABOUT THE EVENT

- Past Participant
 AIS Swimming Pool
 Brochure/Poster
 Internet Website
 Other: _____

PAYMENT DETAILS

Total amount (Entry Fee + Donation): \$ _____

Please find my cheque/money order enclosed
Payable to: **Multiple Sclerosis Limited**

Visa Master Card Amex

Cardholder's Name: _____

Card Number: _____

Exp _____ / _____ CCV Number _____

Declaration - all entrants must read and sign

- I, the undersigned declarant in consideration of and as a condition of the acceptance by you of my entry do hereby for myself, my heirs executors and administrators waive all and any rights claims or cause action which I or they may otherwise have arising out of loss damage or injury which I may sustain in the course of or arising out of my entry or participation in the said event.
- I attest and verify that I am physically fit and have trained for this event and that my fitness has been verified by a medical practitioner.
- I agree to be bound by the official rules and regulations of this event.
- I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the event.
- I hereby agree that in the event of a race cancellation due to rain inclement weather, winds, storms or other "Act of God" conditions my enrolment fee shall be non-refundable.
- I hereby acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the event and its related activities. MS Australia and AIS Swimming Pool or any other sponsor of the event or any of their agents and servants, shall have no liability for any loss or damage occurring to any items of clothing, footwear, jewellery or other personal effects of competitors placed in the custody of the club in relation to the conducting of this event.
- I hereby give my consent to the use of my images for Mega Swim promotional activities.

Name _____

Signature _____ Date _____

Declaration to be signed by parent or legal guardian if you are under 15 on the day of the event.

I verify that I am the Parent/Guardian of _____
who will be _____ years of age on the day of the race and that he/she has trained for and has consent to swim in the event.

Signed _____ Date _____