

Presents

EXPRESS GLASS



ISLAND CHALLENGE

Proudly supported by

EXPRESS GLASS
1300 666 234
ALL DAY ALL NIGHT
ALL OVER AUSTRALIA

1km Express Glass Splash and Dash Swim
9.15am

2.4km Express Glass Island Challenge Ocean Swim
10.30am

Presentations on the Promenade
12 noon

Sunday 30th November 2008
Coogee Beach, Australia

- EVENTS:** **Express Glass Splash and Dash** (1km Swim) Start time: 9:15am
Express Glass Island Challenge (2.4km Swim) Start time: 10:30am
(There will be 2-5 minutes between each age division wave, at the discretion of the event organiser)
- ENTRY FEES:** **Express Glass Splash and Dash** (1km Swim) Cost: \$30.00
Express Glass Island Challenge (2.4km Swim) Cost: \$30.00
Express Glass Splash and Dash + Island Challenge Cost: \$40.00
(For entries received at Coogee Surf Club or online prior to 5:00pm Friday 28th November 2008)
- LATE ENTRY FEES** **Express Glass Splash and Dash** (1km Swim) Cost: \$40.00
Express Glass Island Challenge (2.4km Swim) Cost: \$40.00
Express Glass Splash and Dash + Island Challenge Cost: \$50.00
Late entries will be accepted on the day from 8:00am (for Express Glass Splash and Dash and Express Glass Island Challenge)
- REGISTRATION:** Registration for all events will begin at 8:00am. Splash and Dash (1km) registration will finish at 9:00am. Island Challenge (2km) registration will finish at 10:15am.
- AGE DIVISIONS:** MINIMUM AGE – 13 years old
13-19 yrs 20-29 yrs 30-34 yrs
35-39 yrs 40-44 yrs 45-49 yrs
50-59 yrs 60 yrs and above
- PRIZES:** 1ST, 2ND & 3RD prizes will be awarded in each age category for male and female competitors. Team prizes will also be awarded at this time (refer to Team Entry Form for more details on qualification of entry).
- SAFETY:** All swimming courses in the **Express Glass Island Challenge and Express Glass Splash and Dash** will be marked out with cans and will be patrolled by IRB's and surf ski paddlers. A fully equipped medical tent will be present on the beach with trained medical staff. A fluid station will be available.
Each competitor is responsible for his or her own physical condition and enters the event at his or her own personal risk. Any competitor who is still out on the Island Challenge course after 90 minutes will be asked to default and assisted to return to the start/finish via IRB.
The organisers reserve the right to change the 2.4km Island Challenge swim course on the day if it is deemed that weather conditions are too dangerous to swim around Wedding Cake Island. The amended course will be inside Coogee Bay and will be advised on the day of the event.
- PRESENTATIONS:** Presentations will be made at approximately 12 noon, on the promenade. All Prize Winners **MUST** be present to collect their prizes.
- OTHER CONDITIONS:** To ensure fair competition no individual escort boat, surf ski or board paddler will be permitted to accompany swimmers. Flotation devices and fins are prohibited. *(Wet suits may be worn, however those entrants will not be eligible for any prizes)*
- ENTRY FORM:** Mail entry form with entry fee to:
EXPRESS GLASS ISLAND CHALLENGE
C/- COOGEE SLSC
P.O.BOX 14, COOGEE NSW 2034
Cheques Payable to:
Coogee SLSC
- ENQUIRIES:** Ph: 02 9665 5138 or 0419 348 797
Email: islandchallenge@coogeeslsc.com.au
- CANCELLATION** In the event of cancellation the **Express Glass Island Challenge** will be held on Saturday, 6th December 2008.

