



Hari Sukan Negara – DSA Aquathlon 2016

Dear Sir/Madam,

D Swim Academy is pleased to inform that we are organizing Hari Sukan Negara - DSA Aquathlon 2016 at the Kompleks Sukan Setiawangsa on the 8th October, 2016 (Saturday).

We are pleased to extend our invitation to all Swimming Clubs to participate in our Hari Sukan Negara – DSA Aquathlon 2016.

1. Meet Information:-

- I. Date : 8th October 2016 (Saturday)
- II. Venue : Kompleks Sukan Setiawangsa,
Lot 1144, Seksyen 6 , Wangsa Maju,
54200 Kuala Lumpur, Malaysia
- III. Registration : 7.30am
- IV. Event Time : 9.00am-12.00pm
- V. Age of Reckoning : 1st January 2016
- VI. Closing date : 21st September 2016 @ 6:00pm
- VII. Entry Fees : RM50.00 includes goodies
(Fees are not refundable)
- VIII. Max. Participants : 300 athletes

2. Submission of Entries

Entries are to be submitted via soft copy to
dsaswimteam@dswimacademy.com
or submit a hard copy to D Swim Academy offices.

**Entries submitted without entry fees will not be accepted.
Late entries will not be accepted.**

3. For further information, please contact:-

D Swim Academy Hotline – 1300 222 372
E-mail at dsaswimteam@dswimacademy.com



Rules and Regulation

Entry fees

1. Entry fee per participant is RM50.00.

Aquathlon (Swim + Run)

1. Participants to use the swimming pool to complete their swim.
2. Participants are allowed to swim any swimming stroke.
3. The marshal will inform the participants if they have done the required swim distance in their category.
4. Participants MUST wear a pair of shoes before running.
5. Participants MUST wear the shirt completely with a tag pinned on, that would be prepared by organizer before the run.
6. Parents are not allowed to guide or help the participant during the race.
7. There will be a marshal at regular corners throughout the route.
8. Failure to follow instructions will lead to a disqualification.
9. The decision by organizers, marshals and the authorities are final.
10. The fastest timed athlete will be declared the winner for the event followed by the rest in descending order.
11. The following are the requirements to complete the Aquathlon race.

<u>Category</u>	<u>Swim (Laps)</u>	<u>Run (Rounds)</u>
10 years old & below	200 meters (4)	800 meters (2)
11 - 12 years old	200 meters (4)	1200 meters (3)
13 - 15 years old	300 meters (6)	1200 meters (3)
16 - 18 years old	400 meters (8)	1600 meters (4)
19 years old & above	400 meters (8)	1600 meters (4)



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Event No.	Event	Gender	Age Group
101	Aquathlon (Swim & Run)	Boys	10 years old & below
102	Aquathlon (Swim & Run)	Girls	10 years old & below
103	Aquathlon (Swim & Run)	Boys	11-12 years old
104	Aquathlon (Swim & Run)	Girls	11-12 years old
105	Aquathlon (Swim & Run)	Boys	13-15 years old
106	Aquathlon (Swim & Run)	Girls	13-15 years old
107	Aquathlon (Swim & Run)	Boys	16 -18 years old
108	Aquathlon (Swim & Run)	Girls	16 -18 years old
109	Aquathlon (Swim & Run)	Boys	19 years old & above
110	Aquathlon (Swim & Run)	Girls	19 years old & above



Event Entry Form

Participant's Full Name	Date of Birth	Age (As at 1/1/2016)
Identification Card/ Passport No.	Gender	Event No.
Under Medication: Yes / No Please State:	Address	Best Swim Time (200m/300m/400m)
Guardian's Name	Relationship	Contact No.
Club Name	Team Manager	Contact No.

I by the name _____ have carefully read this form / rules & regulations / fees and payment from D Swim Academy Sdn Bhd (750654-V) and have fully understood its content and agreed to follow and abide by all rules, terms and conditions during and after the event. I, for myself and or on behalf of the child mentioned hereby agree to release, indemnify and hold harmless to the maker of any exercises, the companies involved and the staffs / committee members from any and all claims, demands, losses and liabilities arising out of or related to any injuries, disabilities, losses or death suffered by myself or the child mentioned as a result of failure to follow the instructions during and after the event. I recognize they are for my own or the child mentioned safety and well-being and that failure to adhere can place me and the child mentioned in jeopardy during or after the event. I have read this release of liabilities and assumption of risk agreement and sign it on my own free will or on behalf of the child mentioned.

_____ PARTICIPANT'S SIGNATURE	_____ GUARDIAN'S SIGNATURE	_____ DATE
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****Kindly submit the form before 18th September 2016 @ 6:00pm.**

Office use only				
Payment amount	Received by	Received date	System entry by	System entry date