

## Hari Sukan Negara – DSA Aquathlon 2017

Dear Sir/Madam,

D Swim Academy is pleased to inform that we are organizing Hari Sukan Negara - DSA Aquathlon 2017 at the Pusat Akuatik Nasional Kompleks Sukan Bukit Jalil on the 14<sup>th</sup> October, 2017 (Saturday).

We are pleased to extend our invitation to all Kuala Lumpur Swim Clubs to participate in our Hari Sukan Negara – DSA Aquathlon 2017.

### 1. Meet Information:-

- |                               |   |
|-------------------------------|---|
| I. Date                       | : 14 <sup>th</sup> October 2017 (Saturday)  |
| II. Venue                     | : Pusat Akuatik Nasional<br>Kompleks Sukan Bukit Jalil 57700<br>Wilayah Persekutuan,<br>Malaysia. |
| III. Registration             | : 6.00pm  |
| IV. Event Time                | : 7.00pm-9.30pm   |
| V. Age of Reckoning           | : 1 <sup>st</sup> January 2017  |
| VI. Closing date              | : 8 <sup>th</sup> October 2017 @ 6:00pm   |
| VII. DSA Swimming Club Member | : RM30.00   |
| Non DSA Swimming Club Member  | : RM50.00   |
|                               | (All fees are not refundable)   |
| VIII. Max. Participants       | : 300 athletes  |

### 2. Submission of Entries

Entries are to be submitted via hard copy to D Swim Academy offices with fees attached during DSA operating hours.

DSA Operating hours: Saturdays, 9AM – 6PM  
Sundays, 9AM – 6PM

**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 – 1300222372

E-mail at [dsaswimteam@dswimacademy.com](mailto: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	225 meters (9)	1600 meters (1)
11 - 12 years old	225 meters (9)	1600 meters (1)
13 - 15 years old	325 meters (13)	1600 meters (1)
16 - 18 years old	425 meters (17)	3200 meters (2)
19 years old & above	425 meters (17)	3200 meters (2)

## Hari Sukan Negara – DSA Aquathlon 2017

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 – DSA Aquathlon 2017

Details of Participant			
Full Name as per ID			
Gender		Date of birth	
NRIC / Passport No.		Age (As at 1/1/2017)	
Email Address:		Contact No.	
Club Name:		Event No.	
Under Medication	YES / NO If yes, please specify:		
Parent / Guardian / Emergency Contact			
Full Name		Relationship	
Email Address		Contact No.	
Declaration			
<p>I have carefully read this form / rules &amp; 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.</p>			
Signature of Participant	Signature of Parent/Guardian <i>(For participant aged below 18)</i>		
Date Signed	Date Signed		

Office Use Only			
Payment Amount		Payment Date	
Received By		Entry Key In By	

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Participant's Copy – DSA Aquathlon 2017			
Participant's Full Name			
Event No.		Payment Amount	
Received By		Received Date	