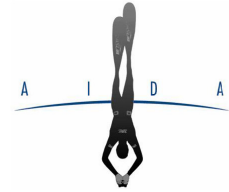




Wellington Winter Champs

Freediving Competition
Trust Porirua Aquatic Centre & Naenae Pool

9-13 August 2008



Information sheet

General:

The competition is intended as an event to suit divers' needs with respect to breaking records and achieving personal goals. There will be four competition days consisting of one session per day. Monday will be a rest day. Divers may choose which discipline they would like to compete in each day from dynamics, dynamics without fins or statics. The only exception will be Wednesday 13 August which will be dynamics events only due to time constraints. The event chosen will be part of the diver's nomination the evening before. Any special requests can be submitted with the nomination and the organiser will attempt to accommodate the diver's needs where ever possible.

Please note that *late entries and nominations will not be accepted.*

Organiser:	Lazy Seal Freediving Club	Kathryn McPhee ph: 027 294 8620 email: kathryn@lazyseal.co.nz
Judges:	Grant Graves Fran Rose Braedon McPhee (men only) Walter Steyn (women only)	A USA E/B in learning NZL E NZL E/B in learning AUS
Medic:	Joy Cottle	ph: 021 438 569

There is no minimum standard required to compete. The organiser would like to welcome and encourage the participation of new divers. We recommend that new divers use the competition as a learning experience and the opportunity to get involved, make new friends and maybe set a new personal best. This event is really focused around personal achievements rather than competition and incorporates a few social events.

It is unlikely that there will be prizes.

The competition has world ranking and world record status. Anyone who will be attempting to break a world record during the competition should let the organiser know as soon as possible to ensure there are enough WADA dope testing kits available.

Men's and women's competitions have been announced separately to allow judges to compete in the alternate competition. The competition has been announced 9-14 August to allow for a contingency day for potential world record breakers.

The organiser intends to post the competition draw for the next day on the Lazy Seal Freediving Club website the night before as noted in the schedule, and any results from that day.

Please refresh your knowledge of the rules at:
<http://www.aida-international.org/aspportal1/scripts/v11.2-eng.pdf>

The AIDA NZ AGM will be held after the BBQ on Saturday 9 August. Everyone is welcome to attend but only members will be allowed to vote.

For accommodation try: <http://www.jasons.com/New-Zealand/Wellington-City/accommodation/>

For overseas competitors we would recommend staying in Wellington city and sharing a hire car to travel out to Porirua and Naenae.

Grant is happy to offer a judge in learning course to fit in with the competition schedule depending on the amount of interest. Costs will depend on numbers. Please let the organiser know as soon as possible if you would like to participate.

Tickets for the film fundraiser will be available from the organiser. Please let your friends in Wellington know about it.

Pools:

Trust Porirua Aquatic Centre

17 Parumoana Street, Porirua City

The pool is 25 m long, 1.2m deep in the shallow end tapering down to about 2 m in the deep end. There are no steps or bulkheads. It is too deep to stand at about 6m from the shallow end. It is heated to 27-29 degrees Celsius. The interior environment of the pool building is usually quite warm and fairly noisy.

http://www.pcc.govt.nz/web_frameset.asp?pageID=100002863&id=&link=yes

Naenae Pool

Everest Avenue, Naenae

The bulkhead will be set to 50m. It is about 27 degrees Celsius. It is 1.2m deep in the shallow end and about 3.5m in the deep end. It tapers slowly from 1.2m in the shallow end to 1.8m approximately 10m from the end, where a steeply angled step drops down to the dive well. The angle is sufficient to not crash into during your dive. The T markings at the end of the pool are only 1m from the wall but markers will be placed approximately 2m from the wall in the performance zone. <http://www.huttcity.govt.nz/Council-Facilities/Swimming-Pools/Naenae-Swimming-Pool/>

Performances at both pools will be done in the side lane allowing divers to come up on the wall.

Competition Schedule:

Sunday 27 July:

Film fundraiser

Empire Cinema, Island Bay

Batman: the dark knight

7:15 pm drinks and nibbles

8 pm film starts

Tuesday 5 August:

5pm entries close

Friday 8 August:

6pm nominations for Saturday close

8pm competition draw for Saturday available on www.lazyseal.co.nz

Saturday 9 August:

Trust Porirua Aquatic Centre

STA, DYN or DNF

11:15 am officials' briefing
11:30 am competitors' briefing
12 noon warm ups
12:45 pm first top time
3 pm finish

3:30 pm BBQ at Guy & Jude's place, 9 Lambley Road, Titahi Bay, Porirua,
followed by AIDA NZ AGM

7 pm nominations for Sunday close

9pm results from Saturday and competition draw for Sunday available at www.lazyseal.co.nz

Sunday 10 August:

Trust Porirua Aquatic Centre

STA, DYN or DNF

11 am competitors' briefing
11:35 am warm ups
12:20 pm first top time
2:30 pm finish

8 pm results from Wednesday available at www.lazyseal.co.nz

Monday 11 August:

6 pm nominations for Tuesday close

8pm competition draw for Tuesday available at www.lazyseal.co.nz

Tuesday 12 August:

Trust Porirua Aquatic Centre

STA, DYN or DNF

10 am competitors' briefing
10:35 am warm ups
11:20 am first top time
1 pm finish

6 pm nominations for Wednesday close. Please include the time you require for in-water warm up.

8pm results from Tuesday and competition draw for Wednesday available at www.lazyseal.co.nz

Wednesday 13 August:

Naenae Pool

DYN or DNF only

10 am briefing
11 am warm ups
11:45 am first top time (subject to change depending on number of competitors)
1pm finish

1:30 pm lunch at Janus, High St, Lower Hutt

8 pm results from Wednesday available at www.lazyseal.co.nz

Entries:

No late entries will be accepted. Entries are to be received by 5pm on 5 August 2008.

Entry requires the following to be submitted to the organiser:

- Entry form
- Signed liability release form
- Copy of medical certificate of non-contradiction to freediving, less than 12 months old
- Fees paid

Entries should be either:

- scanned and emailed to: kathryn@lazyseal.co.nz,
- faxed to +64 4 803 3584
- or posted to LSFC, 7/20 Egmont Street, Te Aro, Wellington.

Fees:

Competition fees will be \$40 for entry plus \$20 per dive. So, if you're just entering for the weekend it will be \$80 or it will be \$120 for the four days.

The competition fee covers pool hire and entry, officials' costs, competition requirements and barbecue for yourself and supporters. It does not include for WADA dope testing should you break a world record, lunch on Wednesday or the fundraising film. Note that any funding shortfall will be made up by those attempting world records.

Fees need to be received on or before entries close: 5pm, 5 August. They should be direct credited to:

Account name: Lazy Seal Freediving Club
Account number: 38-9004-0459813-00
Please reference your name and "WWC".

Please note:

All participants must be current members of AIDA NZ. Membership is from April 2008 – March 2009 and costs \$100. If not already paid, please direct credit funds to:

Account name: AIDA New Zealand Inc
Account number: 38-9007-0470620-00
Please reference your name and "subs".

Nominations:

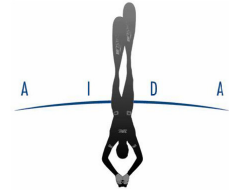
Nominations should be sent by the time specified in the schedule via:

email to kathryn@lazyseal.co.nz
or text or call to 027 294 8620



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9-13 August 2008

Entry form

Participant's info:

Name: _____

Address: _____

Phone: _____ (cell) _____ (hm) _____ (wk)

Date of birth: _____ Nationality: _____ Gender: _____

Emergency contact info:

Name: _____

Phone: _____ (cell) _____ (hm) _____ (wk)

Relationship: _____

Circle days of participation: Saturday Sunday Tuesday Wednesday

Entry fee: \$ 40

Number of dives: _____ @ \$20 each \$ _____

Total fee payable: \$ _____

Number of people attending barbecue: _____

Please tick:

- I agree to being filmed/photographed throughout the competition and the footage being retained and used by AIDA, AIDA NZ or LSFC for promotional purposes.
- I have read the information sheet.
- I have paid my subs to AIDA NZ.

Participant Signature

Date

Please return completed entry form with medical certificate, liability release form and entry fee by 5pm Tuesday 5 August 2008 as outlined on information sheet.



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Liability release and assumption of risk form

I, _____ (print name) hereby affirm that I have been thoroughly informed of the risk involved with any freediving / breath-hold activity.

_____ (initial) I understand that freediving / breath-holding underwater may involve inherent risks including but not limited to hypoxia, marine life injuries, barotraumas, shallow water blackout, drowning or hyperbaric accidents. Treatment of a freediving / breath-hold diving accident victim with these or other injuries may require immediate medical attention and / or hyperbaric oxygen therapy.

_____ I specifically understand that the risk of shallow water blackout is inherent of freediving / breath-hold diving activities, and that I still intend to participate in freediving / breath-hold diving. I agree that I will not freedive / breath-hold alone; I will always freedive with a qualified surface support freediver with me at all times.

_____ I understand that neither the Lazy Seal Freediving Club Inc, nor AIDA New Zealand Inc, nor their members nor No Bubbles, nor Trust Porirua Aquatic Centre, nor Naenae Pool, nor any of their respective officers, agents and employees (hereinafter referred to as "Released Parties") may be held liable or responsible in anyway for any injury, death or other damages to myself, my family, heirs or assigns that may occur as a result of my participation in this freediving / breath-hold competition or as a result of the negligence of any party, including the Released Parties, whether passive or active.

_____ I agree to hold harmless the Released Parties from any claim or lawsuit by myself, my family, estate, heirs or assigns, arising during or after I complete the freediving / breath-hold competition.

_____ I understand that any diving activities are physically strenuous and that I will be exerting myself during this freediving / breath-hold diving competition, and I expressly assume the risk of any and all injuries, and I will not hold the Released Parties responsible if I am injured as a result of heart attack, panic, hypoxia, hyperventilation, oxygen toxicity, decompression illness, gas embolism, drowning or any other causes of injury or death not specifically stated herein.

It is the intention of _____ (print name) by this written document to exempt and release all of the Released Parties as defined herein, from all liability whatsoever for personal injury, property damage or wrongful death however caused, including but not limited to the negligence of the Released Parties, whether active or passive.

_____ I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY RELEASE AND ASSUMPTION OF RISK BY READING IT BEFORE SIGNING IT ON BEHALF OF MY HEIRS AND MYSELF.

Participant Signature

Date

Signature of Parent or Guardian (if aged 16-17 years)

Date