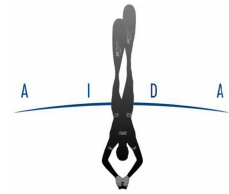




Wellington Winter Champs

*Freediving Competition
Te Rauparaha Arena Aquatic Centre*



11-12 July 2009

Information sheet

General:

The competition will consist of two sessions from which the diver will be able to select any one of the three pool events for each session: Static apnea (STA), Dynamic apnea (DYN) & Dynamics without fins (DNF). There will be one session each day. The event chosen will form part of the diver's nomination.

The competition is based around people breaking records and setting new personal bests. Any special requests can be submitted with the nomination and the organiser will attempt to accommodate the diver's needs where ever possible.

There will be a recreation grade available for those beginners who would like to take part. This include Statics on Saturday morning and dynamics either with or without fins on Sunday morning. Recreational events will be held at the end of the competition events and will not qualify for world rankings. We request that competitors make themselves available for the recreation events as both judges and safety divers.

We can not guarantee there will be any prizes.

Organiser:	Lazy Seal Freediving Club	Kathryn McPhee ph: 027 294 8620 email: kathryn@lazyseal.co.nz
Judges:	Tracy Russell John Wright Braedon McPhee (men only) Ant Williams (women only)	E/B in learning NZL E/B in learning NZL E NZL E NZL
Medic:	Joy Cottle	ph: 021 438 569

The competition has world ranking status and is a national competition with guests.

Please refresh your knowledge of the **new** rules at:

<http://www.aida-international.org/asportal1/scripts/aida%20regulations%20-%20v12.pdf>

There will be a social event such as a BBQ lunch on Saturday after the first session is finished. All divers and their families and supporters are welcome to attend but please provide a rough idea of numbers on the entry form for catering purposes. This will most likely be followed by the AIDA NZ AGM.

Pool:

Te Rauparaha Arena 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. Performances will be done in the side lane allowing divers to come up on the wall. There will be space made available for people to film/photograph underwater on request only – please confirm at least one week in advance if you require this space.

Competition Schedule:

Friday 10 July:

6pm nominations for Saturday close
8pm competition draw for Saturday available on www.lazyseal.co.nz

Saturday 11 July:

Te Rauparaha Arena Aquatic Centre

Session 1

9:10 am officials' briefing
9:20 am competitors' briefing
9:45 am first competitor's check in
10:00 am warm ups commence
10:45 am first top time
1:30 pm approx rec grade statics
2 pm finish

2:30 pm approx lunch potentially followed by AIDA NZ AGM

6:30 pm nominations for Sunday close

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

Sunday 12 July:

Te Rauparaha Arena Aquatic Centre

Session 2

9:45 am first competitor's check in
10:00 am warm ups commence
10:45 am first top time
1:30 pm approx rec grade dynamics
2 pm finish

7 pm competition results available at www.lazyseal.co.nz

Nominations:

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

email to kathryn@lazyseal.co.nz
or text or call to 027 294 8620
or tell Kathryn at the pool before leaving

Entries:

No late entries will be accepted. Entries are to be received by 5pm on Friday 3 July 2009.

Entry requires the following to be submitted to the organiser:

- Entry form
- Signed liability release & medical forms
- 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,
- or posted to LSFC, 73 Elizabeth St, Mount Victoria, Wellington.

Fees:

Competition fees will be \$90 for competition divers and \$30 for recreation grade divers.

The competition fee covers pool hire and entry, officials' costs, AIDA International competition fees, other competition requirements and Saturday lunch for yourself and your supporters. It does not cover your national AIDA subs.

Fees need to be received on or before entries close: 5pm, 3 July. They should be direct credited to:

Account name: Lazy Seal Freediving Club

Account number: 38-9004-0459813-00

Please reference your name and "WWC09".

Please note:

In addition to the entry fee, all participants must be current members of AIDA NZ.

Membership is from 1 April 2009 – 31 March 2010. Fees are as follows:

AIDA NZ subs: \$100 annually

AIDA NZ rec grade: \$25/competition – results will not be considered for records or world rankings

Foreign competitors: \$50/competition

B-Grade and foreigners may join AIDA NZ with payment of annual subs.

If not already paid, please direct credit funds to (or pass on cash to Guy if you are from abroad):

Account name: AIDA New Zealand Inc

Account number: 38-9007-0470620-00

Please reference your name and "subs".



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11-12 July 2009



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 participation: competition, \$90

or

rec grade, \$30

Number of people attending Saturday luncheon: _____

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

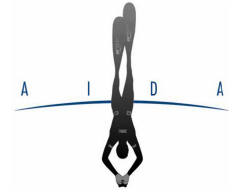
Please return completed entry form with medical certificate, liability release form, medical form and entry fee by 5pm Friday 3 July 2009 as outlined on the information sheet.



Wellington Winter Champs

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11-12 July 2009



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 International, nor AIDA New Zealand Inc, nor their members nor No Bubbles, nor Te Rauparaha Arena Aquatic Centre, 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 REALEASE 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



Wellington Winter Champs

Freediving Competition Te Rauparaha Arena Aquatic Centre



11-12 July 2009

Important: Please read carefully before signing

Freediving is a strenuous activity carried out in the underwater environment, which may, under certain conditions, increase your risk of injury. This risk may be significantly increased if you have certain physiological conditions. This statement has been developed to make you aware of these conditions. The purpose of a medical statement is to find out, if you should be examined by a doctor before participating in any Freediving activity / events. Please read each question carefully and answer them accurately. Please explain any "yes" answer on the backside of this questionnaire. A positive answer will not necessarily exclude you from participating in any AIDA New Zealand / Lazy Seal endorsed events / training / competitions. But it will require a medical clearance from a physician. This form and your answers will be kept confidential.

Medical History

Yes No

1. NEUROLOGICAL CONDITIONS

Any history of seizure disorder, stroke, brain surgery, black out, severe migraine headaches, or aneurysm of the brain's blood vessels.

2. CARDIOVASCULAR CONDITIONS

Heart attack, heart surgery, irregular heart beat, uncontrolled elevated blood pressure

3. PULMONARY CONDITIONS

Any history of spontaneous collapsed lung, collapsed lung due to injury, cysts or air pockets of the lungs, damage to lung tissue, emphysema, or any lung problem which interferes with your ability to breathe

4. EAR CONDITIONS

Permanent holes of the eardrums, history of ruptured eardrum, severely impaired hearing or hearing loss in one or both ears, or ear surgery

5. SINUS CONDITIONS

Tumor, polyps, cysts of the sinus cavities or nasal passages, sinus surgery, or persistent sinus infections

6. ASTHMA

History of asthma or asthma attacks, history of wheezing caused by exercise, anxiety, cold, fatigue, etc. Any conditions requiring medications and/or use of an inhaler for control of wheezing

7. DIABETES MELLITUS

Especially Type I Diabetes (Insulin dependent) or Type II Diabetes, which requires insulin or oral medication for control. Any form of Diabetes that is unstable or produces episodes of hypoglycemia (low blood sugar reactions) hyperglycemia (extremely high blood sugar) or if there is related kidney disease, eye disease, heart disease or blood vessel disease. Also, of history of elevated blood sugar during pregnancy.

8. PREGNANCY

Are you presently pregnant

9. FREEDIVING / SCUBA DIVING CONDITIONS

Previous history of a diving accident, decompression sickness, decompression of the inner ear or air embolus

10. MEDICATION

Do you take any medication on a regular basis either over the counter or prescribed by a physician

11. GENERAL MEDICAL PROBLEMS

Any physical and / or emotional condition not mentioned that might effect your safety in an underwater environment or affect your judgment under times of physical or emotional stress

The information I have provided about my medical history is accurate to the best of my knowledge.

Participant Signature

Date