

Competition Schedule:

Wednesday 23 March:

6pm Entries close. There will be no late entries and all fees must be paid by this time

Thursday 24 March:

6pm Nominations for Friday close

8pm Competition draw for Friday available

Friday 25 March:

7:30am Officials' briefing

8:00am Competitors' briefing

9:00am First competitor's check-in

10:00am First official top time

6pm Nominations for Saturday close

8pm Competition draw for Saturday available

Saturday 26 March:

8:00am Competitors' briefing

9:00am First competitor's check-in

10:00am First official top time

6pm Nominations for Sunday close

8pm Competition draw for Sunday available

Sunday 27 March:

8:00am Competitors' briefing

9:00am First competitor's check-in

10:00am First official top time

1pm Final results and prize giving

Note that these times are subject to change closer to the time. This remains a guideline only.

Entries:

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: chris@aidanz.co.nz
- or posted to Chris Marshall, 81 Ranui Crescent, Khandallah, Wellington 6035.

Fees:

Competition fees will be \$130 for competition divers and \$75 for recreation grade divers.

The competition fee covers boat, fuel and equipment use, officials' costs, AIDA International competition fees and other competition requirements. It does not cover your national AIDA subs.

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

Account name: AIDA New Zealand Inc

Account number: 38-9007-0470620-00

Please reference your name and "Depth Nats 2011".

Please note:

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

Membership is from 1 April 2010 – 31 March 2011. Fees are as follows:

AIDA NZ subs: \$100 annually or \$50/competition

Foreign competitors may join AIDA NZ with payment of annual subs or pay the per competition fee.

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

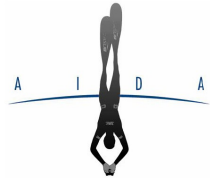
Account number: 38-9007-0470620-00

Please reference your name and "subs".



New Zealand Depth Nationals 2011

*Freediving Competition
Lake Taupo, New Zealand
25-27 March 2011*



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, \$130

or

rec grade, \$75

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

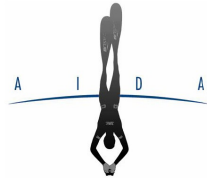
Date

Please return completed entry form with medical certificate, liability release form, medical form and entry fee by 5pm Wednesday 23 March 2011 as outlined on the information sheet.



New Zealand Depth Nationals 2011

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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 AIDA New Zealand, nor AIDA International, nor their members, 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

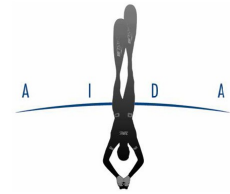
Signature of Parent or Guardian (if aged 16-17 years)

Date

New Zealand Depth Nationals 2011

Freediving Competition Lake Taupo, New Zealand

25-27 March 2011



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 the competition. 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