



XC 2010

Full Name.....Date of Birth.....

Address.....Post Code.....

Phone.....I am a member of the.....Athletics club.

Would you like the results emailed to you each week.....Yes....No....

Email.....

Fees

Sign on, NSW. Registered members \$5.00 and U/16, \$3.00, Non registered \$10.00 and U/16, \$6.00.

Race day fees, NSW. Registered \$2.00 and U/16, \$1.00, Non registered \$3.00 and U/16 \$2.00.

Family concessions available, just ask at rego desk. One day only fee of \$5 Adults, and \$3 U16

Insurance: ANSW registered members are covered under ANSW policy whilst non registered participants have limited insurance cover with the sporting injuries insurance scheme.

Warning

This is a X-Country race that includes uneven ground and may have unexpected obstacles in its path. Participants are instructed to run with appropriate caution whilst competing in these events. Athletes are requested to read the risk management policy, which is available at the sign on desk.

Declaration: Subject to any rights I may have under the Trade Practices Act & similar State legislation, I the undersigned, in consideration of & as a condition of acceptance of my entry in the Cross Country runs, for my heirs, executors & administrator, hereby waive all & any claim, right or cause of action which they or I might otherwise have arising out of loss of life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course or consequent upon my entry or participation in the said event.

This waiver, release & the discharge shall be & operate separately in favor of all persons, corporations & bodies involved or otherwise engaged in promoting or staging of the event & all the servants, agents & officers of any of them, and includes but is not limited to Central Coast Cross Country & sponsors, & shall operate whether or not the loss, injury or damage is attributable to the act of neglect of any one or more of them. Each entrant accepts that all decisions made by the organizers is final & that every direction given by the organizers must be followed.

All entrants must sign here

Signed.....Date.....

If you are 17 or under your parent or guardian must sign on your behalf