



# the TEMPEST or TEAPOT SWIM

in Shatti al Qurum  
23 July 2010—Muscat, Oman at 07:30am

## REGISTRATION FORM

NAME: \_\_\_\_\_  
الاسم

AGE: \_\_\_\_\_ ☐ UNDER 18

DATE OF BIRTH: \_\_\_\_\_ DD / MM / YYYY  
تاريخ الميلاد

SEX: ☐ MALE ☐ FEMALE

EMAIL: \_\_\_\_\_  
بريد إلكتروني

RACE NUMBER:

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### LIABILITY RELEASE AND RACE RULES:

- I release the organisers, Park Inn, or any other sponsors from any and all claims, damages, demands, rights of action or causes of action, present or future, known or unknown, anticipated or unanticipated, arising out of or in any manner resulting during my attendance at the Tempest or Teapot Swim, including without limitation any claims, damages, demands, rights of action or causes of action resulting from or arising out of the negligence of the participant.
- I certify that I am a competent swimmer and capable of swimming the race(s) in which I enter myself.
- All swimmers must be registered at least 15 minutes prior to the start of their respective race(s).
- All swimmers will have 60 minutes to complete the 1600m swim, 45 minutes for the 800m swim, 30 minutes for the 400m swim, and 15 minutes for the 200m swim.
- All swimmers must reach the halfway mark of each event entered within 35 minutes for the 1600m swim, 25 minutes for the 800m swim and 10 minutes for the 200m swim or they will be pulled from the water for safety reasons.
- Any swimmer in difficulty is to raise their arm and shout for help to alert boats or marshals patrolling the course. Alternatively, distressed swimmers should swim towards shore, exit the water, and seek appropriate assistance.
- No wetsuits or swimming aids will be allowed in any events.
- Swimmers will be disqualified for any of the following reasons: failure to obey organizers, officials, lifesavers instructions; receiving external assistance during the course of the race; any action that brings the event into disrepute.

☐ I have read and agree to the above rules, and agree to participate in this event at my own risk.

Signature: \_\_\_\_\_  
التوقيع

Guardian's signature: \_\_\_\_\_  
(if under 18 years of age)

Sponsored by: **park inn**  
Muscat