



# THE CLEAN HALF – October 8th, 2011

## Stanley Main Beach to Deep Water Bay – Hong Kong Island

Support craft will be provided. Team categories; Men’s, Women’s, Mixed (at least 2 women). A “Carbon Neutral” category also exists, where teams use a 6-man outrigger canoe as a support craft (all of the other boats will be speed boats, meaning the rest of the team will need to paddle when not swimming. A steersperson will be provided per team. Please check here if you want to compete in the Carbon Neutral Category\_\_\_\_\_.

If you provide your own boat, the Entry Fee per team is HK\$2,000. *NOTE: It is possible that we will limit the number of boats that we can provide, to 40. So, teams will be approved on a first-come basis.*

*Solo Swimmers – You will need to find your own paddler for safety support (or you can hire a speed boat for support). You must have a support boat if you are going to swim solo. If you need help finding a paddler, let us know, but please do your best to find your own, as that will help us in planning. It is possible to rent kayaks at Stanley Main Beach – call Barry – 2813-7561. Seas can be heavy, with strong winds at the start, so all paddlers must be advanced paddlers to support a solo swimmer.*

### REGISTRATION FORM

15km Ocean Swim Team Relay, October 8, 2011  
Registration Starts at 9:30am  
Race Starts at 11:00am

TEAM NAME (5 Swimmers Per Team): \_\_\_\_\_

SWIMMER NAMES \_\_\_\_\_

\_\_\_\_\_

NAME/TELEPHONE OF TEAM CAPTAIN: \_\_\_\_\_

TEAM CAPTAIN EMAIL: \_\_\_\_\_

CATEGORY: MEN’S/WOMEN’S/MIXED

Today’s Date: \_\_\_\_\_ Fee: HK\$ 4,200 per team before Sept. 28, 2011 (\$2,000 if no boat needed)  
HK\$ 5,000 per team after Sept. 28, 2011  
HK\$ 1,800 for solo swimmers if paddler is needed, or \$800 if no paddler is needed.

Team Captain Signature: \_\_\_\_\_

Mail cheques to: Payable to: “Douglas Woodring” and send to Doug Woodring c/o The Clean Half, 6B Bonham Court, 12 Bonham Road, Midlevels, Hong Kong. Please write your name, email, and tel number on the back of the cheque.

- For Foreign Teams, please contact [dougwoodring@hotmail.com](mailto:dougwoodring@hotmail.com) for payment information. [www.thecleanhalf.com](http://www.thecleanhalf.com)