



2010 ALOHA STATE GAMES

Free Diving Tournament

August 21, 2010



More than 20 different sports being contested during the summer months of 2010 as part of the Aloha State Games — Hawaii's Olympics for the common person. The 2010 Aloha State Games Free Diving tournament is open to all aquatics enthusiasts. Date is Saturday, August 21, 2010, at the Palolo District Park Pool, 2007 Palolo Avenue, Honolulu, HI 96816. Hosted by Aquatics Consulting Services.

ALOHA STATE GAMES ENTRY FEE – The entry fee of \$35 per person is designed to cover costs of conducting the meet, including awards and insurance.

T-SHIRTS – All persons registering before the **August 15 deadline** will receive a T-shirt. Every effort will be made to supply T-shirts in the size noted on the entry forms; if this size is NOT available, then the next available size will be substituted. **Participants registering after August 15 WILL NOT** receive a T-shirt unless they pay the late penalty (\$10 per person). T-shirts will be available at the venue.

(Clip here)

OFFICIAL ENTRY FORM -- 2010 ALOHA STATE GAMES

Please type or print clearly – if we can't read your handwriting, your entry form will be returned.

Participants' Name: _____ M _____ F
Last First M.I.

Address: _____ City: _____ State: _____ Zip _____

(READ BEFORE SIGNING) AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

I, (enter your name) _____, the undersigned and maker of this entry form, in consideration of being allowed to participate in any way in the 2010 Aloha State Games, do hereby acknowledge, appreciate, and agree that:

1. **The risk of injury from the activities** involved in these Games is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist; and
2. **I knowingly and freely assume all such risks**, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation; and
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **hereby release and hold harmless Hawaii Pacific Sports, Inc., (dba Aloha State Games)**, their officers, directors, officials, agents and employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the Games ("releasees"), with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise.

I have read this release of liability and Assumption-of-Risk agreement, and I fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Participant's Signature _____ Age: _____ Date _____

FOR PARTICIPANTS OF MINORITY AGE (under 18 years of age at time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the "releasees" and, for myself, my heirs, assigns and next of kin, I release and agree to indemnify and hold harmless the "releasees" from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, **even if arising from the negligence of the "releasees,"** to the fullest extent permitted by law.

Parent/Guardian's Signature: _____ Emergency phone No. _____ Date: _____

Free Diving Tournament

Dates/Times: August 21, 8 am – 2 pm, Static Apnea, then Dynamic Apnea
Location: Palolo District Park Pool, Honolulu
Commissioner: Glennon T. Gingo
Format: DYNAMIC APNEA (underwater swimming for distance): freediver swims in horizontal position underwater; goal – greatest distance underwater on single breath of air. STATIC APNEA (breath holding) – longest possible breath hold without moving (static), freediver maintains position face down on the surface of the water, or submerged in shallow water; goal – greatest amount of time holding breath while on single breath of air. All activities supervised by Aquatic Safety Specialists in accordance with rules and safety protocols of U.S.A.A. See www.usfreediving.org.

Categories: Dynamic Apnea;
Static Apnea
Divisions: Male and Female by age brackets, 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+

Requirements: Participants must have mask, snorkel, fins, bathing suit & wet suit (optional); monofins permitted; 50-meter pool; water temp approximately 80 degrees.

Register Info: REGISTRATION DEADLINE is August 15; late registrations accepted until August 19.

Entry Fee: \$38 per person; late registrants must pay \$10 late registration fee to receive T-shirt.

Other Fees: None – event costs underwritten by Aquatics Consulting Services, proud sponsors of the Aloha State Games Freediving Competition. Hosted by Aquatics Consulting Services (glennon@aquaticsconsulting.com).

2010 Registration Form – Free Diving

EACH PARTICIPANT ALSO MUST FILL OUT SIDE ONE OF THIS FORM AND SIGN WAIVER. ATHLETES UNDER 18 YEARS OF AGE MUST HAVE A PARENT’S SIGNATURE ON THE WAIVER.

PARTICIPANT’S NAME _____ T-SHIRT: S M L XL XXL

Phone (daytime) _____ Phone (evening) _____ Age: _____

E-Mail Address _____ Date of Birth _____

Events Entered	– Category	Division
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

All athletes MUST complete a side one of the registration form; all persons under 18 years of age must have a parent’s signature. All waivers and entry forms must be submitted with \$38 entry fee.

ENTRY FEE – \$38 PER ATHLETE		\$ _____
ORDERING XXL T-SHIRT Add \$2		\$ _____
ENTRY TOTAL		\$ _____

Make checks payable to Aloha State Games

SEND TO Glennon Gingo
P.O. Box 396
Holualoa, HI 96725

For more information, go to www.alohastategames.org, or call Glennon Gingo at 808-960-9348, or freediving@earthlink.net