



SURF LIFE SAVING
C A N T E R B U R Y

“The Green Book”

Programme of Activity

2009/2010 Season

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Make sure you check the website News and Calendar pages for regular updates during the season!

Programme of Activity

Date	Programme	Venue
October		
Fri-Sun 2-4	SLSNZ Swim Champs	Wellington
Sat-Sun 3-4	First Aid course - PHEC	Sumner Lifeboat clubroom
Sat-Sun 10-11	First Aid course - PHEC	Sumner Lifeboat clubroom
Sun 11	IRB Crewman's Exam	South Brighton
Sun 11	Preseason Ski Series Quail Island #1	Lyttelton (Naval Point)
Sat 17	ISC - Christchurch	North Beach
Sun 18	Preseason Ski Series Apex #2	Lyttelton (Naval Point)
Sat – Sun 17-18	Surf Alive One Camp	Spencer Park
Sat-Mon 24-26	Surf Alive Two Camp	Rarangi
Sat 31	Surf Official One	North Beach
Sat 31	Patrol Captains Workshop	North Beach
November		
Fri 6	POMS Due	Canterbury District Office
Sat 7 – Sun 8	IRB Exam Weekend	Kotuku
Sun 8	Preseason Ski Series #3	Corsair Bay
Sat 13-15	Outlying Club Carnival	Rarangi
Sat 21	Patrols Begin	Canterbury District
Sat 21	IRB Coaching Workshop	North Beach
Sun 22	Preseason Series #4	Corsair Bay
Sat 28	IRB Event #1 (Development event)	New Brighton
December		
Wed 2	U14/U16 Trials	Taylor's Mistake & Waikuku
Fri 4	JANDAL Day	
Sat 5	IRB Event #2 (Development event)	Waimairi SLSC
Sun 6	Taylor's – Sumner Race	Taylor's/Sumner
Sun 6	Junior Surf Coaching Day	Sumner
Tue 8	Ironman Series – Board and Beach	South Brighton
Wed 9	U14 / U16 Trials	South Brighton
Thur 10	Junior Surf Twilight Series #1	New Brighton SLSC
Sat 12 –Sun 13	North Island IRB Champs	Whangamata
Sun 13	K Day	Taylor's Mistake
Tue 15	Ironman Series – Ski and Surf Race	South Brighton
Sat 19	Club vs Club Day	Various
Sun 20	Junior Surf Carnival	Taylor's Mistake
Tue 22	Ironman Series – All Discipline and Ironman	South Brighton
Fri 25	Christmas Day	

January

Sat 10	Southern Surf League	New Brighton
Sat 16	IRB Event (Development event) #3	Spencer Park
Sat 16 or Sun 17	Club Champs Day	Various
Sun 17	District Competition #1	Waimairi
Thur 21	Junior Surf Twilight Series #2	Waimairi
Sat 23 – Sun 24	Interdistricts U14/16 Competition (district teams)	Omaha Beach
Sat/Sun 30-31	Northern Regional Championships	Bay of Plenty
Sat 30	North Beach IRB Classic	North Beach
Sun 31	Junior Surf Carnival	Waikuku
Sun 31	Canterbury Patrol Teams Competition	Taylor's Mistake

February

Thur 4	Junior Surf Twilight Series #3	Taylor's Mistake
Sat/Sun 6-7	Southern Ocean Athletes	South Brighton
Sat/Sun 6-7	Incentive Weekend	Bay of Plenty
Mon 8	Beach Education Starts	Canterbury Districts
Sat/Sun 13-14	SLSNZ Surf League	Mt Maunganui
Sat 13	Surf Boat Canterbury Champs	Rarangi
Sun 14	District Competition #2	North Beach
Thur 18	Junior Surf Twilight #4	Taylor's Mistake
Sat/Sun 20-21	Canterbury Championships	New Brighton
Fri-Sun 26-28	NZ Ocean Athlete	Mt Maunganui

March

Sat/Sun 6-7	Junior Surf Canterbury Champs	New Brighton
Sat/Sun 6-7	South Island IRB Championships	Otago
Sun 7	Canterbury Patrols Finish	Canterbury Districts
Thur 11	SLSNZ National Champs - Masters	Ohope
Fri –Sun 12-14	SLSNZ National Champs	Ohope
Sat 20	Rookie teams Challenge	TBA
Wed 24	Rookie Lifeguard of the Year	TBA
Fri-Sun 26-28	NZ IRB Champs	Waipu Cove



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Directory

Surf Lifesaving Canterbury Direct Contacts:

Level 2, 151 Worcester Street
P O Box 22 528
Christchurch

Ph: 03 366 5591
Fax: 03 366 5603
email: info@surfcanterbury.org.nz

District Manager:

Stu Bryce, Mobile 021 2170076
email: sbryce@surfcanterbury.org.nz

Life Saving Manager:

Dougal Holmes, Mobile 027 601 2006
email: dholmes@surfcanterbury.org.nz

Surf Sports Development Manager:

Fraser Bickley, Mobile 0275 501 106
email: fbickley@surfcanterbury.org.nz

BeachEd Manager:

Dougal Holmes

Surf Sports Events Manager: Bruce Lomax 027 422 1647

Junior Surf Carnival Controller: Scott Roberts, Ph 388 9170, Mobile 027 5835867

Equipment Manager: Chris McConney, Ph 388 2459, Mobile 027 298 0727

Officers:	Address	Home Ph	Email
Patron Cyril O'Neill (QSM)	67 Cygnet Street Nth New Brighton, Christchurch	388 9221	
President David Price	8 Fantail Lane Ferrymead, Christchurch	384 4855	daveanddoreen@xtra.co.nz
Board of Directors: Chairman Wally Wilson	103A Rockinghorse Rd South Shore, Christchurch	388 9493	wajm.wilson@woosh.co.nz
Directors Simon Duncan	54 Regents Park Drive Casebrook, Christchurch	354 5446	simonduncan@xtra.co.nz
Deborah Bowry	14 Strathmore Gardens Shirley, Christchurch	385 6502	family.bowry@xtra.co.nz
Craig Todd	Po BOX 17623 Sumner	326 7688	craigtodd@hotmail.com
Grant Edwards	4 Calypso Place Spencerville	329 8102	circus5@xtra.co.nz
Committee Chairs: Competition	Vacant		
Lifeguard David Pontin	027 415 6489	3323354	pontind2@weka.lincoln.ac.nz
Honours and Awards Christina Johns		03 3603133	christinaj@radionetwork.co.nz

To keep up to date on the latest information go to
www.surfcanterbury.org.nz

Club Contacts

Club	Clubhouse	Contact	Email
Taylors Mistake SLSC	326 6771	Graeme Marshall 3264360	Marketing@taylorsmistake.com
Sumner SLSC	326 6737	Blair Quane 021 312 660	quaneb@yahoo.com
South Brighton SLSC	388 2020	Bruce Lomax 3889626	bruce.lomax@xtra.co.nz
New Brighton SLSC	3889919	Sue Gaskell 981 0602	Gaskell.suke@paradise.net.nz
North Beach SLSC	3881045	Jo Wakefield	northbeachslsc@hotmail.com
Waimairi SLSC	3889234	Phil Watkins	phil@latitudegroup.co.nz
Spencer Park SLSC	329 8767	Grant Edwards 3298102	Circus5@xtra.co.nz
Waikuku SLSC	03 312 7663	Shona Parker 03 3130369	wbslsc@xtra.co.nz
Rarangi SLSC		Bronwyn Hamilton 03 5793186	Bronwyn.hamilton@nmhs.govt.nz
Nelson SLSC	03 548 8179	Geri Sheppard 03 5468850	Gerisheppard@paradise.net.nz
Buller Surf Rescue		John Menzies 025 6229701	j.d.menzies@xtra.co.nz
Kotuku SLSC		Dean Thomas 0272568858	Dean.thomas@radcliffe.co.nz

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Member Development Programmes

Surf Lifeguard Award Exam Procedures 09/10

Chief Examiner: David Pontin, Ph 3323354, 027 415 6489, email: pontind2@lincoln.ac.nz

The following procedures have been adopted for surf lifeguard award exams in the Canterbury district for the 09/10 season. This document seeks to outline and clarify all the responsibilities of the clubs when presenting candidates for examination.

Prerequisites

Candidates prior to sitting the exam are to have completed in a pool:

- A 400m swim under 9:00:00
- A tube rescue
- Releases as per the surf lifeguard award manual

These prerequisites must be witnessed and signed off by an examiner with the correct paperwork. It is the responsibility of the club instructor to contact an examiner to arrange this.

Host club

The host club is expected to provide an IRB plus a qualified operator and qualified crewperson for the water component of the exam as a safety boat. The examiner in charge will liaise with the club to ensure that this occurs.

Instructor or club representative

Clubs are expected to provide an instructor or club representative to represent their candidates at the exam at a ratio of 1 instructor or club representative to 5 candidates. All instructors and club representative are required to be a currently refreshed surf lifeguard, as they will be assisting with running the exam and providing in water safety during the practical testing. If there is not an instructor or club representative present to the correct ratio then all of the respective club's candidates will not be examined at that exam.

Exam registration and paperwork

All candidates are required to be registered via email with David Pontin (david.pontin@lincoln.ac.nz) at least 5 days prior to the start of the exam. Also the names of the instructor or club representative also need to be provided by this time.

On the exam day the club instructor or representative will need to supply a completed instruction record and workbooks for all candidates before the exam begins. Failure to do this will result in the respective club's candidates not being examined.

During the exam

The examiner in charge will direct the club instructor or representative how they would like them to participate in the exam. This will range from directing candidates to different stations to providing support for their candidates. At the completion of the exam the examiner in charge will debrief all the club instructors or representatives as to the competency of their candidates to provide feedback for the training of future candidates.

Note: fins are required for the tube rescue.

Please contact David with all questions relating to examinations.

There are four scheduled throughout the season. They will be split into two parts:

1. Theory, Resuscitation and Radio—Wednesday night at the SLSC Club
2. Practical/Water component—Saturday at the SLS Club.

Candidates must complete the 400m swim prior to attending the theory exam and present evidence of such. Candidates must also bring a copy of their membership form to verify their date of birth. Clubs are required to send Instructors along with their candidates. **This will be strictly enforced.**

The dates are as follows:

SLA Exam #1 Wednesday 17th November North Beach
Saturday 21st November North Beach

SLA Exam #2 Wednesday 9th December South Brighton,
Saturday 12th December South Brighton,

SLA Exam #3 Wednesday 20th January Waimairi
Saturday 23rd January Waimairi

SLA Exam #4 Wednesday 10th February Sumner
Saturday 13th February Sumner

Surf Life Saving Certificate (12-14 years)

All candidates for this award may be examined by any certified Examiner. There will also be two exams as part of the Freemasons Rookie Programme:

29 November, Waimairi SLSC, 10am start
1 February, Waimairi SLSC, 10am start

SLSNZ Senior Lifeguard Schools

6 th -8th November	Whiritoa
18 th -20 th November	Taylor's Mistake
13 th -15 November	Muriwai

Prerequisites:

- SLSNZ Member
- Surf Lifeguard Award Refreshed
- 17 years of age
- At least three seasons active patrolling
- IRB Drivers Awards
- First Aid NZQA Units 6400, 6401 & 6402, and 14470 (current)
- Marine VHF Radio Operators qualification
- 800 metre pool swim in under fourteen minutes

Places are limited

BP IRB Drivers Examination

Sat 7—Sun 8 November

IRB Drivers Exam

Westport

cost: \$50

An end-of-season exam may take place if there is sufficient demand.

VHF Radio Operators Course

Will be scheduled and run on a needs basis.

Canterbury Patrol Teams Competition

Saturday 31 January

Waikuku

Canterbury clubs will this year be joined by club teams from Otago. This competition is designed to test club members' lifeguarding and rescue skills. With the added incentive of a substantial prize and "Club of the Year" points at stake, a good turnout is expected.

Lifeguard Incentive Weekend

Sat 6 - 7 February

TBC

cost: \$150/person

Scheduled this year to take advantage of peak summer conditions. Clubs are invited to select one club member to travel to BOP to experience lifeguarding on these demanding beaches.

IRB Maintenance Workshop

16 January

9am—4.30pm

venue North Beach

SLSNZ Power Craft Officer Dave Hickey will provide instruction on how to maintain club engines and hulls.

Freemasons Rookie Lifeguard Programme

Starts Saturday 18 November. Club Coordinators will be contacted before this to nominate their cadets for the programme. Clubs will provide mentors for their cadets who will be put through a 15 week programme of training and patrolling. Surf Life Saving Canterbury will provide uniforms and work books.

Sat 20 March

Rookie Teams Challenge, TBA

Wed 24 March

Rookie Lifeguard of the Year Competition, TBA



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Coach & Official Development

Contact Fraser Bickley (Surf Sports Manager): 366 5591

0275 501 106

Surf Officials Level One Course

Saturday 31 October 10.00am

South Brighton SLSC

A preseason refresher for Surf Officials working through the new formatted Officials Course. Relevant issues will be discussed along with beach management for the season. Morning tea will be provided. Clubs will also be asked to send at least one Junior Surf Official along to this course.

Introduction to Surf Coaching Course

Saturday 17 October 9.00am

Venue North Beach

A course aimed at parents and those that coach junior surf to further their skills at coaching children in the 5 – 14 age group.

IRB Coaching Workshop

Saturday 21st November Venue North Beach 9.00 am

A course aimed at all levels of IRB racing. Their will be coaching for absolute beginners (must have your IRB Drivers) to the advanced driver as well as coaching for coaches.

Canterbury High Performance Programme

The overall aim of the Canterbury High Performance Programme (CHPP) is to identify and develop those athletes who show the potential of achieving top results at Surf league.

Coaching Resources

The Surf Life Saving Canterbury website will have coaching programmes available to use for Ski, Board, Beach, Swim, IRB. The information will be updated regularly during the season so every club has the option to deliver a top level programme for their athletes. Coaching programmes and information will be found under Surf Sports/Coaching.

IRB Development & Events

Canterbury Development IRB Racing Events

Event #1	Event #2
Date: 28 th November 2009 Venue: New Brighton Registration: 8:30am Start: 9am Tube Rescue, Mass Rescue, Single, Teams.	Date: 5 th December 2009 Venue: Waimairi Registration: 8:30am Start: 9am Tube Rescue, Assembly, Single, Teams

Canterbury IRB Racing Events

Event #3	Canterbury Championships
Date: 23 rd January 2010 Venue: Spencer Park Registration: 8:30am Start: 9am	Date: 20-21 February 2010 Venue: New Brighton Registration: 8:30am Start: 9am

Southern IRB Racing Events

IRB Classic	Otago IRB Championships
Date: 30 th January 2010 (tbc) Venue: North Beach - Canterbury Registration: 8:30am Start: 9am	Date: 27 February 2009 Venue: Dunedin - Warrington Registration: 8:30am Start: 9am

South Island and National IRB Championships

South Island IRB Championships	New Zealand IRB Championships
Date: 6-7 March 2009 Venue: Dunedin	Date: 27-28 March 2009 Venue: Waipu Cove.



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Surf Sports Events Programme

Preseason Series



Surf Ski, Multi-sport kayak, Surf Boat and Surf Canoe series in Lyttelton Harbour over October - November. There will also be Board races and an early season long distance open water swim. This will be a great way to kick off your season with some long hard racing ready to hit the summer feeling fit.

The Ski Series will have prizes based on sponsorship received. SLSC will provide prizes for the Taylors to Sumner Race.

Race One: Quail Island—Sunday 11 October
Venue: Lyttelton Boat Ramp, Naval Point
Disciplines: Ski, Surf Boat, Canoe
Register: 8.30am **Start:** 9am

Race Two: Apex Course—Sunday 18 October
Venue: Lyttelton Boat Ramp, Naval Point
Disciplines: Ski, Surf Boat, Canoe, add Board
Register: 8.30am **Start:** 9am

Race Three: M Course—Sunday 8 November
Venue: Corsair Bay
Disciplines: Ski, Surf Boat, Canoe, Board
Register: 8.30am **Start:** 9am

Race Four: Corsair Bay—Sunday 22
Venue: Corsair Bay
Disciplines: Ski, Surf Boat, Canoe, Board, add Swim
Register: 8.30am **Start:** 9am

Taylors to Sumner Ocean Race Sunday 6 December
Venue: Taylors Mistake
Disciplines: Ski, Surf Boat, Canoe, Board,
Register: 1pm **Start:** 1.30pm

Note: U14 Competitors must have a 200m swim badge.

Ski Series Points Scoring

Race points will be accumulated from the four races for an overall score. Competitors must compete in 3 out of the 4 events to be eligible for prizes. The overall score will be calculated on the best three results.

TM-Sum Prize Giving

Will be at Sumner SLSC. This includes a BBQ and drinks. Prizes will be awarded for top 3 placings.

District Competition Series

Clubs hosting the competition will be responsible for:

Making their facilities available for use by all club members
Providing an IRB crew **and** safety boat
After Match Function (at the clubs discretion)

Points to Note:

1. **Athlete Numbering:** Every competitor will receive a number that they must compete with during the season. Please write your number on both lower legs before every competition. ***Note that this will be used for Canterbury Championships only***, as no results will be taken for the District Competitions.
2. **Dress Standards:** As per SLSNZ Competition Manual. Note that the Competition Committee has approved the wearing of wetsuits for all carnivals before Christmas. After this, the decision will be made by the Event Controller after consultation with clubs and officials.

Club Safety Boats & Crews. The Competition Committee wish to emphasis the following:

Clubs need to ensure that their crew has sufficient experience to cope with surf condition on the day.

The crew needs to be on the beach, ready to go at least half an hour before the first event. Surf Life Saving Canterbury will provide instruction and guidance to crews before and during the competition.

Surf Life Saving Canterbury will be asking clubs on the Thursday before the event who their safety crew will be.

4. **Qualified Cadets** can compete in U16 Division. Otherwise they must compete in the Junior Surf Carnivals.
5. **Arenas.** A male and female arena will be operating this season, along with a tube/board rescue arena when these disciplines are introduced.
6. **Marshalling Pen.** Will be in operation for the series. Athletes will be required to be in the pen when called and remain there until the start of their race. This will ensure that races are started and completed in a timely and efficient manner.

District Competition #1—Sunday 17 January, Waimairi

Low Tide: 6.53am
 Managers/Officials Meeting: 8.30am
 Carnival Start: 9.00am

Male/Swim Arena	Female Arena	Beach Arena	Boat Arena
Open Run-Swim-Run	Open Run-Swim-Run	U16M Flags	Surf Boat 1
U19 Run-Swim-Run	U19 Run-Swim-Run	U16W Flags	
U16 Run-Swim-Run	U16 Run-Swim-Run	U19M Flags	
OM Tube Rescue		U19W Flags	Canoe 1
OW Tube Rescue		OM Flags	
U19M Tube Rescue		OW Flags	
U19W Tube Rescue		U16M Sprint	Surf Boat 2
U16M Tube Rescue		U16W Sprint	
U16W Tube Rescue		U19M Sprint	
OM Board Rescue		U19W Sprint	Canoe 2
OW Board Rescue		OM Sprint	
U19M Board Rescue		OW Sprint	
U19W Board Rescue		U16M Beach Relay	Surf Boat 3
U16M Board Rescue		U16W Beach Relay	
U16W Board Rescue		U19M Beach Relay	
Open Ski Race	Open Ski-Race	U19W Beach Relay	
U19 Ski-Race	U19 Ski-Race	OM Beach Relay	
U16 Ski-Race	U16 Ski-Race	OW Beach Relay	
Open Board-Race	Open Board-Race		
U19 Board-Race	U19 Board-Race		
U16 Board-Race	U16 Board-Race		
Cadet Board Race	Cadet Board Race		
Open Surf Race	Open Surf Race		
U19 Surf Race	U19 Surf Race		
U16 Surf Race	U16 Surf Race		
Cadet Surf Race	Cadet Surf Race		
Open Mens Double Ski			
Open Womens Double Ski			
Open Board Relay	Open Board Relay		
Open Ski Relay	Open Ski Relay		
Open Ironman	Open Ironwoman		
U19 Ironman	U19 Ironwoman		
U16 Diamond	U16 Diamond		
Cadet Diamond	Cadet Diamond		

District Competition #2—Sunday 14 February, North Beach SLSC

High Tide: 5.40am
 Managers/Officials Meeting: 8.30am
 Carnival Start: 9.00am

*Format same as District Competition #1

Junior Surf Events Programme

Carnival Controller: Scott Roberts, Phone 388 9170, Mobile 027 583 5867

General Competition Programme

Sun 20 December	Carnival #1	Taylor's Mistake
Sun 31 January	Carnival #2	Waikuku Beach
Sat/Sun 6/7 Feb	Southern Ocean Athlete	South Brighton
Sat/Sun 6/7 th March	Canterbury Champs	New Brighton

8.30am: Managers Meeting, 9am: Cadets, 9.30am: other age groups

Notes

Events—details will be emailed to Junior Surf Coordinators before each event.

Uniforms—will be strictly enforced for both competition and prize-giving's. Incorrect dress will mean the member will not be allowed to compete or receive their prize.

Numbering—all competitors must have a number before competing. Please write the number on both lower legs.

Age Groups—as per SLSNZ rules, the minimum age for competing is 7 years. For the purpose of determining an age group, all competitors will have a common birth date calculated as at midnight on 30 September, and the age at that date in the season shall determine their age for events that season. Note that a member may compete when they turn 7 years old during the season.

Infinity Investment Group Twilight Series (10-13 year olds)

Thu 10 December	Carnival #1	Sumner
Thu 21 January	Carnival #2	Waimari
Thu 4 February	Carnival #3	Taylor's Mistake
Thu 18 February	Carnival #4	New Brighton

Carnivals 1 & 3

Run Swim Run
Board race
Diamond
Surf Relay

Carnival 2

Run Swim Run
Tube rescue 12-13 yr
Board rescue 12-13 yr
Board Race 10-11 yrs
Tube race 10-11 yr

Carnival 4

Run Swim Run
Board Race
Diamond
Taplin

Beach events will run according to conditions and time (notified on the night).

Carnivals 1 & 2: 6pm start. Register at 5.45pm.

Carnivals 3 & 4: 6.15pm start. Register 6.00pm

Junior Surf Coaching Day

Sunday 6 December, Sumner SLSC starts 10am



To keep up to date on the latest information go to
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Southern Surf League

Sunday 10 January, New Brighton SLSC

Low Tide: 10.16am

Managers Meeting: 9am

Start Time: 10am

This is a forerunner to the New Zealand Surf League and involves club teams competing for prize money and the Lion Foundation Trophy. More details will be forwarded to clubs before Xmas.

Events (and order) as follows:

- | | |
|---------------------------------|---------------------------------|
| 1. Beach Relay | 9. Mixed Tube Rescue |
| 2. IRB Single Rescue | 10. Mens & Womens Board Race |
| 3. Mens & Womens Ski Race | 11. IRB Assembly Rescue |
| 4. Mens Surf Race (2 males) | 12. Womens Beach Flags |
| 5. Womens Surf Race (2 females) | 13. Mens Beach Flags |
| 6. Canoe Race | 14. Womens Ironman (one female) |
| 7. Womens Beach Sprint | 15. Mens Ironman (one male) |
| 8. Mens Beach Sprint | 16. Ironman Relay |

Points calculated as per NZ Surf League.

SLSC will provide bibs for club teams.

Club teams are 13 people max.

BBQ/prizegiving afterwards.



THE LION FOUNDATION

To keep up to date on the latest information go to

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K Day

Sunday 13 December, Taylors Mistake SLSC

High Tide: 2.53pm Start: 9am

The event this year will be team based with the best team of six winning the Oliver Turpin Trophy.

Teams: 6 Person teams. Clubs are encouraged to enter as many teams as possible. Note there is one grade—Open le. Team members may be any age (no cadets).

Events:

- 6 person 200m Beach Relay Heats
- Ski Relay Heats – 2 person with one male, one female
- Black and White Swim Relay 4x person swim relay.
- 4 person Beach Relay Heats (must include a Master 40+)
- Beach flags – Female (one person per team)
- Beach flags – Male (one person per team)
- Tube Rescue Heats– 1x female and 1x male (must include a Master 40+)
- Board Relay Heats – 1x female, 1x male
- Ski Relay Final
- 200m Beach Relay Final
- Tube Rescue Final
- Board Relay Final
- Womens Diamond Race
- Ironman – 1x male
- 4 person Beach Relay Final
- Kesteven Cup Ironman Relay, 400m run, Swim leg, Board leg, Ski leg, sprint finish (double points).

Notes

1. Points are awarded for top eight places—8 points for 1st down to 1 point for 8th.
- All teams and team members must be registered at the Manager's Meeting.
Each team must be clearly identified with club caps and markings ie. A, B or C if a club has more than one team.

2009 NZ Community Trust Canterbury Championships

Weekend 20/21 February, New Brighton SLSC

Tides: Saturday high 9.49am. Sunday High 10.37am

The programme will follow that of the NZ Champs. Details and entry forms will be circulated in December.



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IRON MAN SERIES

Venue: South Brighton

Dates: 8, 15 & 22 December

Time: 6.00pm

Age Groups: Open Men and Open Women (all ages)

Entry: Competitors can choose to compete in individual disciplines or to compete in everything including the Ironman Final.

Prizes: Substantial prizes for discipline winners and GRAND prize for Ironman.

Prize-giving and Christmas Party: 22nd December @ South Brighton SLSC – Tickets essential for entry.

Day One: Tuesday 8th December

Races: 2x Randomly Selected Heats for each discipline – points accumulated from both races in each discipline to make finals.

Disciplines: Board Race and Beach Sprint (90m)

Day Two: Tuesday 15th December

Races: 2x Randomly Selected Heats for each discipline – points accumulated from both races in each discipline to make finals.

Disciplines: Ski Race and Run Swim Run

Day Three: Tuesday 22nd December

Races: 8 Person final + B/C finals (all competitors)

Disciplines: Board Race, Beach Sprint, Ski Race and Run Swim Run

IRON MAN FINAL

Qualification: Top 8 competitors only. The top 8 competitors will be selected with the highest total points accumulated from the individual discipline finals (a, b or c).

Race: Elimination – after the first leg of the ironman the first competitor across the start/finish line will start a stopwatch for 1 minute rest before the restart of the second leg. In addition the last 2 competitors to cross the start/finish line will be eliminated from the race. The same process occurs after the second leg leaving the remaining 4 competitors to compete in the 3rd and final leg of the ironman.

