



SURF LIFE SAVING
NORTHERN REGION

2018 Northern Region Long Distance Carnival Event information

Date: Saturday October 6th

Venue: Mairangi Bay Beach

Tide: 11.17am (Low)

Event Programme:

When	What	Who
7.30am	Event Management on site	Event Manager, Event Referee, Event Safety Officer, Water Safety Leader
8.00am	Event Safety Evaluation	Event Manager, Event Referee, Event Safety Officer, Water Safety Leader
8.15am	Event Safety Briefing	EM, ER, ESO, Water Safety Crew
8.45am – 9.15am	Competitor Registrations	Competitors
9.15am	Officials Briefing	EM, ER & Surf Officials
9.45am	Event Briefing	EM, ER, ESO, Competitor Support (Managers) Competitors
10.00am	2km Beach run start	Competitors & Officials
10.30am	Water Events Start	Competitors & Officials
11.30am approx..	All Water Events Finish	Competitors & Officials

The final programme will be influenced by the weather conditions of the day. The Event Management Committee may alter competition courses in order to address safety or to account for tidal, sea and beach condition changes. As far as possible we will undertake to provide all competitors with fair and equal conditions.

Event Categories:

Event	U16		U19		U23		Open		Masters	
	M	F	M	F	M	F	M	F	M	F
2km Beach Run	√	√	√	√			√	√	√	√
1.5km Swim	√	√	√	√			√	√	√	√
5km Board			√	√			√	√	√	√
2.5km Board	√	√								
10km Surf Ski			√	√			√	√	√	√
7km Surf Ski	√	√								
10km Surf Boat			√	√	√	√	√	√		
7km Surf Canoe			√	√			√	√	√	√

Entry Process:

- All competitors will be required to register on the day between 8.45am – 9.15am
- Each competitor will be issued with a coloured wristband that confirms you have met eligibility criteria.
- You will be required to wear the band for the duration of the event.

Eligibility of Competitors:

- This competition is open to any SLSNZ member.
- Competitors age group is determined by their age as at midnight on 30th September 2018.
- Competitors must be a minimum of 14 years of age.
- Competitors need to be either a refreshed Surf Lifeguard for the previous season OR a newly qualified Surf Lifeguard in the current season.

Non-Qualified Competitors:

- This event is open to non-qualified members over 14 years of age as per SLSNR policy.
- All Non-Qualified competitors must register and sign a waiver.

Rules:

This event will be conducted under the rules contained in the [SLSNZ Surf Sport Competition Manual](#), including any additional amendments as detailed on the website and any additional requirements as communicated by the Event Management Committee(s).

Competition Uniform:

- All competitors must wear their club cap.
- Swimmers are strongly recommended to wear a wetsuit and you must wear a yellow cap which will be provided on the day.
- All other athletes are advised to wear appropriate clothing depending on the conditions on the day.
- All competitors are to wear a High Visibility Vest
- Non-qualified competitors will be required to wear an Orange numbered SLSNR Cap.
- Shoes are permitted for the beach run event

Briefings:

- It is important that all surf officials, managers and competitors attend their required briefings

Parking:

Car Parking

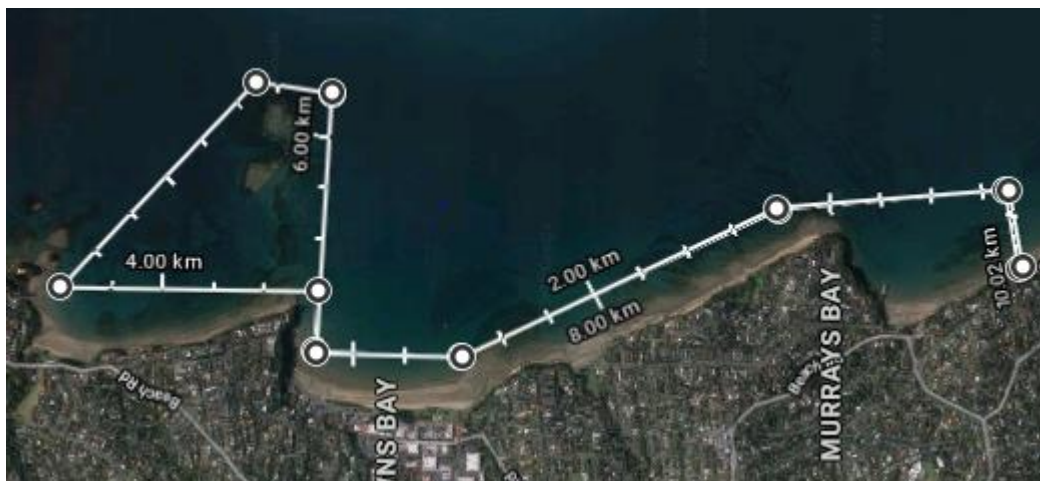
Trailer Parking

Trailer access



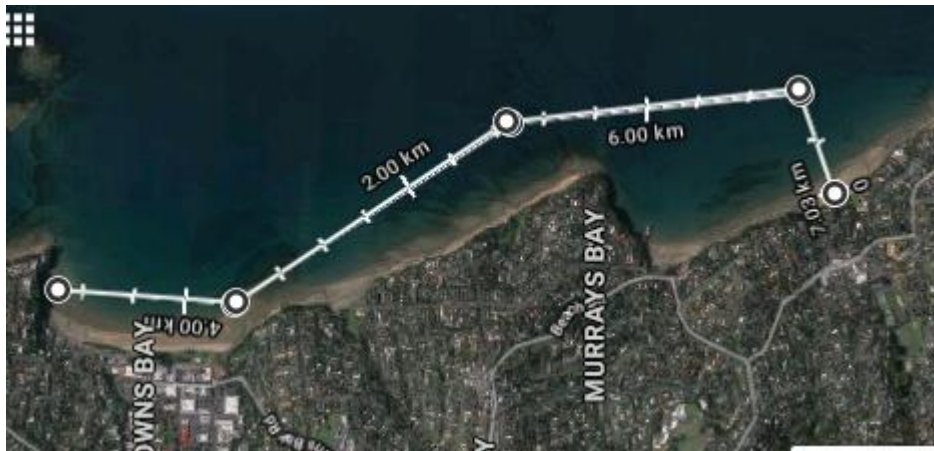
10km Surf Ski & Surf Boats Course

1. Beach start to laid 300m mark (L)
2. Observe laid board mark at Mairangi Bay headland (L), to Browns Bay (BBY) southern 200m yellow mark (R), Northern 200m yellow mark (R), Taking BBY headland (L) turning to Waiake Bay to northern 200m yellow mark (R)
3. Rounding Browns Bay reef (R), taking northern BBY 200m mark (L), southern BBY 200m mark (L) returning to Mairangi Bay observing laid board mark at headland (R)
4. Take laid 300m mark (R) for beach finish



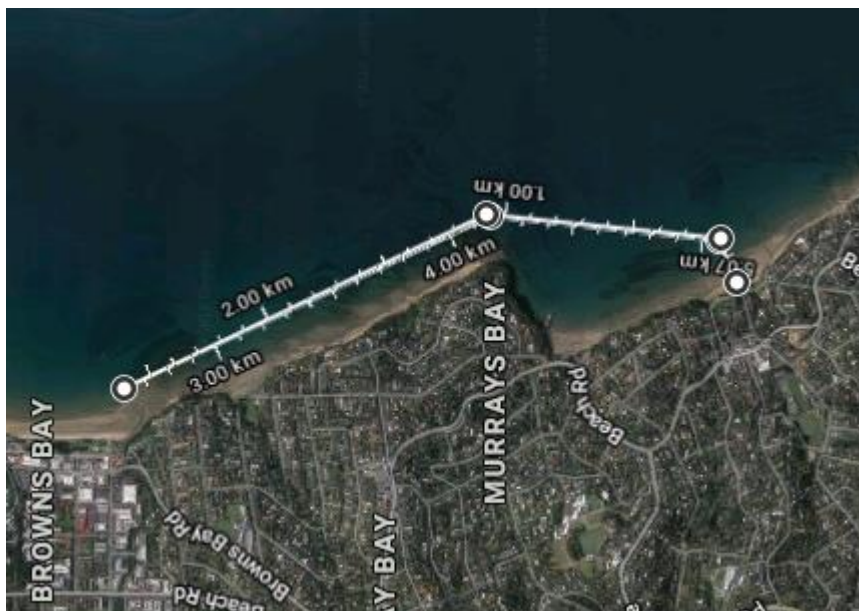
7km Surf Ski & Surf Canoe Course

1. Beach start to laid 300m mark (L)
2. Observe laid board mark at Mairangi Bay headland (L), to Browns Bay (BBY) southern 200m yellow mark (R).
3. Round northern 200m yellow mark (R), observe southern 200m yellow mark (L).
4. Observe laid board mark (R) returning to Mairangi Bay
5. Take laid 300m mark (R) for beach finish



5Km Board Race Course

1. Beach start to laid 300m (L),
2. To Browns Bay (BBY) observe laid board mark at Mairangi Bay headland (L)
3. Round southern 200m yellow mark (R)
4. Returning to Mairangi bay observe laid board mark (R)
5. Take laid 300m mark (R) to beach finish



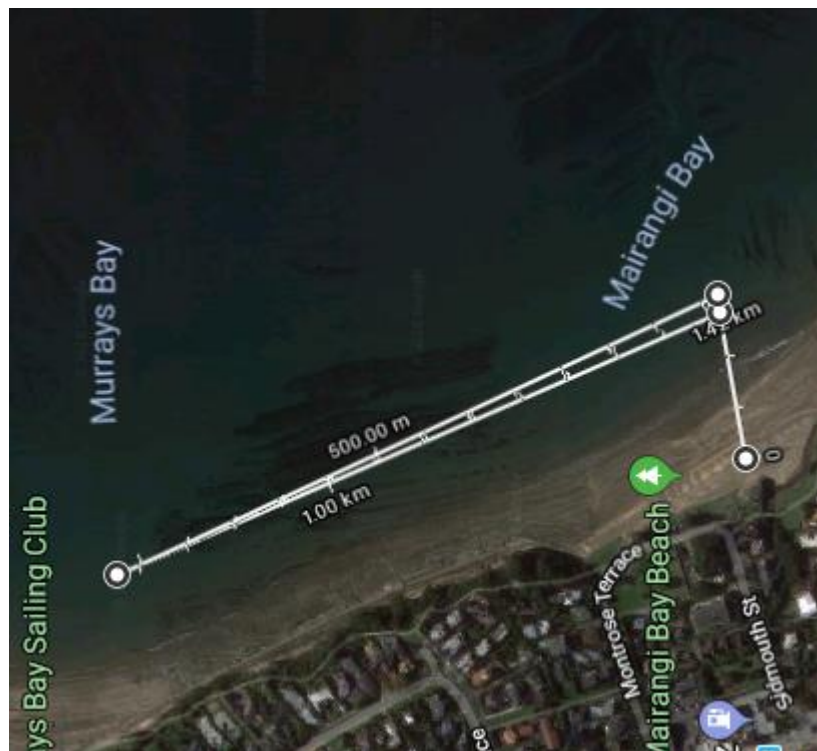
2.5Km Board Race Course

1. Beach start to laid 300m (L),
2. Round laid board mark at Mairangi bay headland (L)
3. Returning to Mairangi bay observe laid 300m mark (R) to beach finish



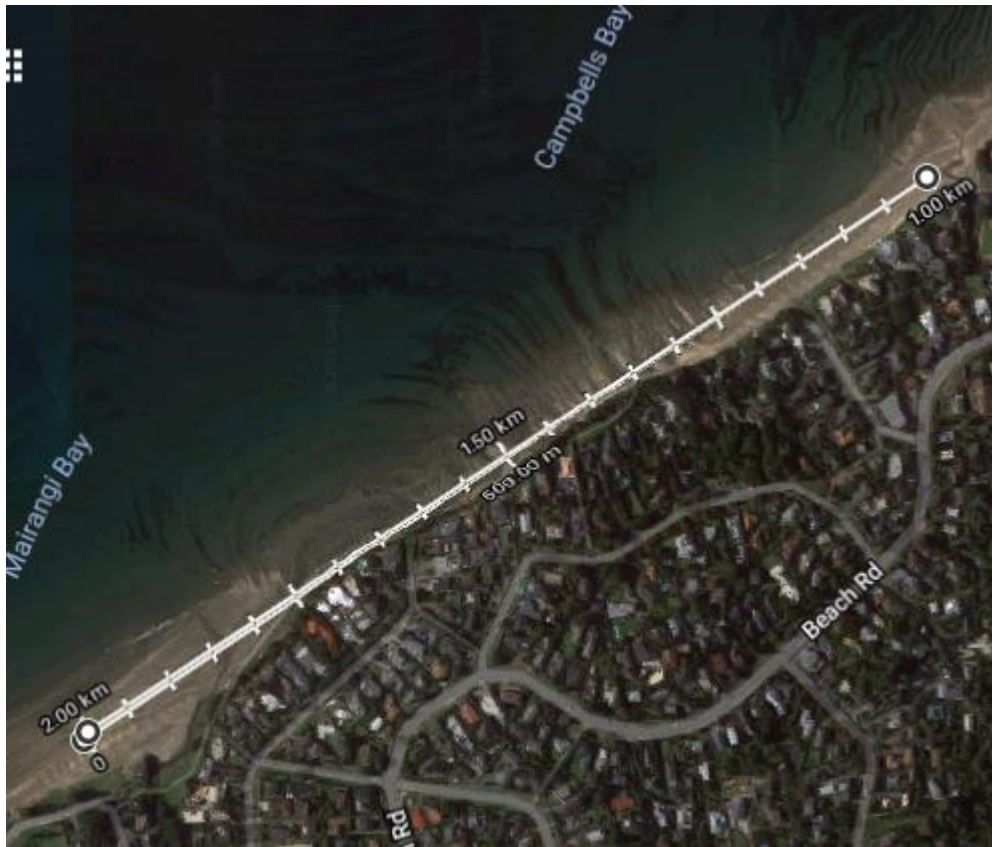
1.5KM Surf Swim Course

1. Beach start to laid 100m mark to your left
2. Swim to Murrays Bay turning the laid mark to the right.
3. Return to laid 100m mark (R) to beach finish



2KM Beach Run

1. Run south to turning flag at Campbells Bay (beach and rocky shore run , shoes permitted)



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