

LNC BRANCH CHAMPIONSHIPS 2010

Lower North Coast Open, Masters & Age Branch Championships

The 2010 Lower North Coast Open, Masters and Age Branch Championships will be conducted as per the Rules and Conditions as detailed in the current 33rd Edition of the SLSA Surf Sports Manual and the additional conditions as set out in this document. Any further amendments to the Rules and Conditions may be circulated to Club's prior to the commencement of the Championships.

The Championships will be held at Blackhead and will be conducted over 2 days in the following format:

Saturday	6 th February	Opens U/19 U/17 U/15 & Masters all Events
Sunday	7 th February	U11 to U14 Individual Events & Team Events
Sunday	7 th February	U8 to U10 Individual & Team Events
Sunday	7 th February	All age Beach Relay & All age Board Relay

Times to Note:

Officials Meeting	7.30 am	Saturday & Sunday	Upstairs Club
Team Managers meeting	8.00 am	Saturday & Sunday	Upstairs Club
Marshalling First Event	8.30 am	Saturday & Sunday	appropriate area
First Event Commences	8.45 am	Saturday & Sunday	

AGE CHAMPIONSHIPS - EVENTS TO BE CONDUCTED

List of Events (Events will be offered in separate gender as follows)

Surf Race	U9 to U14
Board Race	U9 to U14
Board Relay	U9 to U14
Ironman & Ironwoman	U11 to U14
Beach Sprint	U8 to U14
Beach Flags	U8 to U14
Beach Relay	U8 to U14
Board Rescue	U11 to U14
Wade Race	U8 only
Wade Relay Race	U8 only

SPECIAL EVENTS

Male Board Rescue	U14	Sunday
Female Board Rescue	U14	Sunday
Male Board Rescue	U13	Sunday
Female Board Rescue	U13	Sunday
Male Junior Board Rescue	U11/12	Sunday
Female Junior Board Rescue	U11/12	Sunday
Senior Cameron Relay*	U13/14	Sunday
Junior Cameron Relay*	U11/12	Sunday
2k Run	U/14	Sunday
Colour Party*	OPEN	SATURDAY

	Aged	Sunday
All Age Beach Relay Race*	U8 to U14	Sunday
All Age Board Relay Race*	U9 to U14	Sunday
Buchanan*	U8 to U10	Sunday

* denotes mixed gender event. Teams entered in mixed gender events may include any combination of male and female competitors from the particular age group.

Each Club can provide a Senior and Junior Colour Party team. Colour Party teams must consist of a minimum of four (4) competitors, carrying a Club flag. The competitors must be identically dressed.

RESTRICTIONS TO TEAM EVENTS

Club entries to events are restricted as follows:

- Surf & Teams – 3 teams per club (U/9 to U/14 years - any gender combination - 2 person teams)
- Beach Relay – 3 male teams & 3 female teams per club (8-14yrs)
- Wade Relay – 3 teams per club (8years – any gender)
- Senior & Junior Cameron – 3 teams per club
- Senior & Junior Board Rescue – 3 male teams & 3 female teams per club
- Board Relay Race – 3 male teams & 3 female teams per club
- All age relays – 2 teams per club (8-14yrs – any gender)

COMPETITOR AGE DIVISION IDENTIFICATION

All competitors must have their **Age Division**, marked on the upper arm before starting their first event of the Championships.

OPEN & MASTERS CHAMPIONSHIPS - LIST OF EVENTS OFFERED

Age Group	Event
<u>Swimming Events</u>	
35-39 Men's	Surf Race
35- 39 Women's	Surf Race
40-49 Men's	Surf Race
40-49 Women's	Surf Race
50-59 Men's	Surf Race
50-59 Women's	Surf Race
60 & over Men's	Surf Race
60 & over Women's	Surf Race
70yrs +. Men's	Surf Teams Race
70yrs +. Women's	Surf Teams Race
80yrs +. Men's	Surf Teams Race
80yrs + Women's	Surf Teams Race
100-yrs +.Men's	Surf Teams Race
100yrs + Women's	Surf Teams Race
Open Men's	Surf Race
Open Women's	Surf Race
Under 19 Men's	Surf Race
Under 19 Women's	Surf Race
Under 17 Men's	Surf Race
Under 17 Women's	Surf Race
Under 15 Men's	Surf Race
Under 15 Women's	Surf Race
Open Men's	Surf Teams Race
Open Women's	Surf Teams Race
Under 19 Men's	Surf Teams Race
Under 19 Women's	Surf Teams Race
Under 17 Men's	Surf Teams Race
Under 17 Women's	Surf Teams Race
Under 15 Men's	Surf Teams Race
Under 15 Women's	Surf Teams Race
<u>Rescue Tube Events</u>	
35-39 Men's	Rescue Tube Race
35-39 Women's	Rescue Tube Race
40-49 Men's	Rescue Tube Race
40-49 Women's	Rescue Tube Race
50-59 Men's	Rescue Tube Race
50-59 Women's	Rescue Tube Race
60 & over Men's	Rescue Tube Race
60 & over Women's	Rescue Tube Race
Open Men's	Rescue Tube Race
Open Women's	Rescue Tube Race
Under 19 Men's	Rescue Tube Race
Under 19 Women's	Rescue Tube Race
Under 17 Men's	Rescue Tube Race
Under 17 Women's	Rescue Tube Race
Under 15 Men's	Rescue Tube Race

Under 15 Women's Rescue Tube Race
Multi Discipline Events

35-39	Iron Man Race
35-39	Iron Woman Race
40-49	Iron Man Race
40-49	Iron Woman Race
50-59	Iron Man Race
50-59	Iron Woman Race
60 & over	Iron Man Race
60 & over	Iron Woman Race
Open	Iron Man Race
Open	Iron Woman Race
Under 19	Iron Man Race
Under 19	Iron Woman Race
Under 17	Iron Man Race
Under 17	Iron Woman Race
Under 15	Iron Man Race
Under 15	Iron Women Race
35-39 Men's	Board Rescue Race
35-39 Women's	Board Rescue Race
40-49 Men's	Board Rescue Race
40-49 Women's	Board Rescue Race
50-59 Men's	Board Rescue Race
50-59 Women's	Board Rescue Race
60 & over Men's	Board Rescue Race
60 & over Women's	Board Rescue Race
Open Men's	Board Rescue Race
Open Women's	Board Rescue Race
Under 19 Men's	Board Rescue Race
Under 19 Women's	Board Rescue Race
Under 17 Men's	Board Rescue Race
Under 17 Women's	Board Rescue Race
Under 15 Men's	Board Rescue Race
Under 15 Women's	Board Rescue Race
90yrs + Men's	Taplin Relay Race
90yrs + Women's	Taplin Relay Race
120yrs + Open Gender	Taplin Relay Race
150yrs + Open Gender	Taplin Relay Race
Open Men's	Taplin Relay Race (3 person)
Open Women's	Taplin Relay Race (3 person)
Under 17 Men's	Taplin [2person]
Under 17 Women's	Taplin [2 person]
Under 15 Men's	Taplin [2 person]
Under 15 Women's	Taplin [2 person]

Surf Boat Events

120yrs min. Men's	Surf Boat Race
120yrs & over Women's	Surf Boat Race
140 yrs min.	Surf Boat Race
160 yrs min.	Surf Boat Race
180 yrs min.	Surf Boat Race
200 yrs min.	Surf Boat Race
220 yrs min.	Surf Boat Race
240 yrs min.	Surf Boat Race
Open Men's	Surf Boat Race
Open Women's	Surf Boat Race
Reserve Grade	Surf Boat Race
Under 23 m/f	Surf Boat Race
Under 19	Surf Boat Race

Ski Events

35-39 Men's	Ski Race
35-39 Women's	Ski Race
40-49 Men's	Ski Race
40 & over Women's	Ski Race
50-59 Men's	Ski Race
60 & over Men's	Ski Race
90yrs + open gender	Ski Relay Race
120yrs + open gender	Ski Relay Race
150yrs + open gender	Ski Relay Race
30-39	Double Ski Race
40-49	Double Ski Race
Open Men's	Ski Race
Open Women's	Ski Race
Under 19 Men's	Ski Race
Under 19 Women's	Ski Race
Open	Ski Relay Race
Under 19	Ski Relay Race
Open Men's	Double Ski Race
Open Mixed	Double Ski Race
Under 19 Men's	Double Ski Race

Board Events

35-39 Men's	Board Race
35-39 Women's	Board Race
40-49 Men's	Board Race
40-49 Women's	Board Race
50-59 Men's	Board Race
50-59 Women's	Board Race
60 & over Men's	Board Race
60 & over Women's	Board Race
90 yrs	Board Relay Race
120 yrs min.	Board Relay Race
150 yrs min.	Board Relay Race
Open Men's	Board Race
Open Women's	Board Race
Under 19 Men's	Board Race
Under 19 Women's	Board Race
Under 17 Men's	Board Race
Under 17 Women's	Board Race
Under 15 Men's	Board Race
Under 15 Women's	Board Race
Open Men's	Board Relay Race
Open Women's	Board Relay Race
Under 19 Men's	Board Relay Race
Under 19 Women's	Board Relay Race
Under 17 Men's	Board Relay Race
Under 17 Women's	Board Relay Race
Under 15 Men's	Board Relay Race
Under 15 Women's	Board Relay Race

Beach Events

35-39 Men's	Beach Sprint
35-39 Women's	Beach Sprint
40-49 Men's	Beach Sprint
40-49 Women's	Beach Sprint
50-59 Men's	Beach Sprint
50-59 Women's	Beach Sprint
60 & over Men's	Beach Sprint
60 & over Women's	Beach Sprint
120yrs + Men's	Beach Relay Race
120yrs + Women's	Beach Relay Race
160yrs + Mens	Beach Relay Race
160yrs + Women's	Beach Relay Race
200yrs + open gender	Beach Relay Race
35-39 Men's	Beach Flags
35-39 Women's	Beach Flags
40-49 Men's	Beach Flags
40-49 Women's	Beach Flags
50-59 Men's	Beach Flags
50-59 Women's	Beach Flags
60 & over Men's	Beach Flags

60 & over Women's	Beach Flags		
Open	Colour Party competition		
Open Men's	Beach Sprint		
Open Women's	Beach Sprint		
Under 19 Men's	Beach Sprint		
Under 19 Women's	Beach Sprint		
Under 17 Men's	Beach Sprint		
Under 17 Women's	Beach Sprint		
Under 15 Men's	Beach Sprint		
Under 15 Women's	Beach Sprint		
Open Men's	Beach Relay Race		
Open Women's	Beach Relay Race		
Under 19 Men's	Beach Relay Race		
Under 19 Women's	Beach Relay Race		
Under 17 Men's	Beach Relay Race		
Under 17 Women's	Beach Relay Race		
Under 15 Women's	Beach Relay Race		
Under 15 Men's	Beach Relay Race		
Open Men's	Beach Flags		
Open Women's	Beach Flags		
Under 19 Men's	Beach Flags		
Under 19 Women's	Beach Flags		
Under 17 Men's	Beach Flags		
Under 17 Women's	Beach Flags		
Under 15 Men's	Beach Flag		
Under 15 Women's	Beach Flags		
Under 15, 17, 19, Open, O/35, O/40, O/50	Men's	2K Run	
Under 15, 17, 19, Open, O/35, O/40, O/50	Women's	2K Run	

RESTRICTION OF EVENTS

Generally, restriction for all events will be strictly in accordance with the “General Conditions” as set out in the current edition of the SLSA Surfs Sports Manual and any amending and clarifying Bulletins.

For gender specific team event requirements, refer to the SLSA Surf Sports Manual.

- a) Masters competitors shall only compete **in their own age group in individual events** and **only one age category in team events**.
- b) In boat events the sweep does not have to be of Masters age, the age category covers only the four rowers.
- c) For any event to be contested at these LNC Masters Surf Life Saving Championships, a minimum of three (3) starters individual, two (2) teams are required.
- d) In Masters events, where only **one (1) competitor** is prepared to contest an event, that competitor may contest a lower age group of the same event without prejudice to his/her age category in other events.
- e) The Surf Teams Race is a Brace event consisting of 2 competitors from the same Club.

MAXIMUM TEAM ENTRIES PER CLUB

- Surf & Teams – 3 teams per club (any gender combination 2 person teams }
- Beach Relay – 3 male, 3 female teams per club (U/15 to O/60)
- Taplin Relay – 3 teams per club
- Open Women & Open Men’s Taplin – 3 teams per club
- 90yrs Mens & Women’s Taplin – 3 teams per club
- 120yrs Open Taplin – 3 teams per club
- 150yrs Open Taplin – 3 teams per club
- Surf Board Relay races – 3 teams per club (U/15 to O/60)
- Single Ski Relay races – 3 teams per club

Note: Check Surf Sports Manual re Team Numbering and Identification

COMPETITOR AGE DIVISION IDENTIFICATION

All competitors must have their **Age Division**, marked on the upper arm before starting their first event of the Championships.

BRANCH CHAMPIONSHIP ENTRY PROCESS

MEMBERSHIP

All competitors entered into these LNC Masters and Open Branch Championships must be financial and have completed SLSA approved membership forms, to register as members of the club for which they are entered.

PROFICIENCY AND PATROL REQUIREMENTS FOR ALL COMPETITORS

All entrants must meet SLSNSW award, patrol and proficiency requirements as per the 2009/2010 Proficiency Pack.

NOTE: THE HOURS STIPULATED ARE ABSOLUTE AND MINOR SHORTFALLS WILL NOT BE ACCEPTABLE.

Notwithstanding the foregoing, Surf Life Saving Lower North Coast Branch reserves the right to conduct random or detailed audits of entries and under such circumstances, the selected clubs may be required to submit appropriate documentation to substantiate the eligibility of those members entered.

The documentation shall be marked clearly to highlight the competitors' names listed in the entries.

ENTRIES CLOSE

- a) Club Entries **along with Officials & Water Safety names** must be submitted **DIRECTLY** to Terry Aldridge L.N.C. Director Surf Sports at email tlaldrige@bigpond.com or by post to 15 Pacific View Drive Hallidays Point 2430 by Sunday 4th January 2010.
- b) Payment for entries must be received with entries by Club cheque no later than Monday 4 January 2010.
- c) Failure to adhere to either or both items (a & b) above, will render the entry late and therefore eligible for a Late Entry fee.

Entries received after this date will be considered as late Entries and Penalty fees will apply. Entries not complete as above instructions will be deemed to be late entries and will attract late entry fee.

ENTRY FEES

Masters, Open & Junior entry fee: \$10.00 plus GST = **\$11.00 per competitor**

Late entries: Late entries may be accepted by email up to Thursday 4th February 2010 to (tlaldridge@bigpond.com) or in person prior to the commencement of the carnival or First Marshalling call of the event on the 6th or 7th February 2010.

Late entry fee: \$15.00 (plus GST) per competitor plus entry fee of \$10.00 (plus GST). Total owing \$25.00 plus GST = **\$27.50**.

CHECK LIST

1. Ensure that the information contained in this memo has been read thoroughly and the conditions relevant to entries adhered to.
2. Entries are to be completed using the Branch Entry form clearly showing each Competitor by:
 - **Age Division**
 - **Surname and given name within age division in alphabetical order**
 - **Gender – M/F**
 - **Date of Birth**
 - **Membership classification**
 - **Patrol Hours**

OFFICIALS & WATER SAFETY

As per Branch regulations

Officials: 1 official per 7 competitors

Water Safety: 1 water safety person per 5 competitors

Reminder to clubs that they must provide rescue boards for 50% of their water safety. Clubs must also provide sufficient rescue tubes for water safety purposes.

IRBs & Crew

Host club to provide 2 IRBs and crews.

Host club 2009 Branch championships – 1 IRB & crew.

Host club 2011 Branch championships – 1 IRB.

Clubs with more than 25 competitors – IRB driver & crew.

Clubs with more than 50 competitors – 1 IRB, driver and crew.