



Established October 1907 ABN 74 781 063 539

PO Box 6006 Malabar NSW 2036 E: admin@surflifesavingsydney.com.au P: (02) 9019 0722 F: (02) 9019 0720
www.surflifesavingsydney.com.au

Pre Aussies Combined Training Session II– Good Friday 2015

After the success of last weekend, Surf Life Saving Sydney Board of Surf Sports in conjunction with the Wanda SLSC, is holding another combined club **Pre Aussies Training Morning**. This event is open to all competitors from U14 through to Masters. Water and Beach competitors are all encouraged to attend.

Date **Friday 3rd April 2015**
Venue **Wanda Beach**
Time **8.30am**

The morning will involve rounds of events in the following ages U15, U17, Open and Masters. The event is not a carnival and as such no finals will be held and no formal places taken. The theme of the morning is more focused on a joint training session than a carnival.

Jock Campbell will be running a session for 2K competitors.
This will involve : 2K Run, Relays, Training

In the Water the program will be :

Swim	1 Round
Board	3 Rounds
Swim	1 Round
Ski	3 Rounds
Multi Discipline Races	2 Rounds (These can be done as individuals or in teams)
Board Rescue	2 Rounds

Beach Sprint and Flags program to be finalised

Hi Vis pink vests and club competition caps are compulsory for all competitors and handlers.

In the event surf and/or weather conditions are not favourable – an alternate location may be utilised. If required further details of the alternate location will be announced leading into the event.

For further information please contact me on 0490 081 273.

Wayne Druery
Director of Surf Sports
Surf Life Saving Sydney
30 March 2015

Affiliated Clubs

Garie Era Burning Palms
Wanda Elouera North Cronulla Cronulla
Clovelly Coogee Maroubra South Maroubra
North Bondi Bondi Tamarama Bronte

Australian for life. 