

“COME AND RACE THE KELLOGG’S NUTRI-GRAIN IRON COURSE”



Event:	North Cronulla Junior Iron Person
Location:	North Cronulla Surf Life Saving Club
Date:	Sunday, 17th January 2016
Time:	Marshalling at 7:15am , Racing at 7:30am
Cost:	\$20.00
Registration:	On the day commencing at 6:30am at clubhouse
Age Groups:	Under 14's and Under 15's - male and female
<u>Due to strict time restraints each event will be limited to 32 competitors comprising of 2 heats and a final.</u>	
Prizes:	1st Prize – Ripcurl voucher \$100 2nd Prize – Ripcurl voucher \$75 3rd Prize – Ripcurl voucher \$50

Rules and conditions:

1. All competitors must be financial members of a SLSA Club and must be currently proficient.
2. Competitors must wear club competition caps and high vis pink rash vests.
3. All handlers must be current proficient members of a SLSA Club and must wear a Pink Hi Vis outer garment.
4. All entry fees are non-refundable.
5. All races will be held in accordance with the current Surf Sports Manual with the following supplementary rules:
 - leg is order predetermined as swim followed by board.
 - Competitors can only compete in their own age group. Under 14's will only be permitted to compete in the U15 category at the discretion of the Referee and the Competition Committee.