



**Cronulla Surf Life Saving Club and Pulse Property Agents
Present their 9th Annual Short Course Carnival
for U8 – O40 aged Competitors
Saturday, 16 November 2019**

Proudly Sponsored by:

Caltex, Letizza Pizza Bases, Pulse Property Agents and 7News

And Featuring the:

Vici Shark Island Ski Race

Caltex 2km Beach Runs

FreightPower All Age Beach Relay

7News Ironman and Ironwoman

Pulse Property Agents Open 4 Person Mixed Lifesaver Relay

Letizza Competitor with a Disability Events

More than \$5,000 in Cash and Prizes

Programme of Events

2km Beach Runs and Relays

6.45am	Marshall at Cronulla SLSC (the Beach Runs will be conducted at North Cronulla)
7.00 am	All Age Male and Female "Competitor with a Disability" 1km Beach Runs*
Caltex Beach	U12 Male and Female 1km Beach Runs*
Run and Beach	U13 Male and Female 1km Beach Runs*
Relay Start	U14 Male and Female 2km Beach Runs*
	U15 Male and Female 2km Beach Runs*
	U17 Male and Female 2km Beach Runs*
	U19 Male and Female 2km Beach Runs*
	Open Male and Female 2km Beach Runs*
	O40 Male and Female 2km Beach Runs*
	U12/U13 Male and Female 2x1km Beach Run Relays
	U14/U15 Male and Female 2x1km Beach Run Relays
	U/17 Male and Female 2x1km Beach Run Relays
	Open Male and Female 2x1km Beach Run Relays



Morning Programme: U8-U13 Events plus Competitors with a Disability

Time	Boy's Water Area	Girl's Water Area	U8 and Beach Areas
7.15 am	Officials, Team Manager and Safety Briefings		
8.00 am Water & U8 Program Start	U9 Surf Race U10 Surf Race U11 Surf Race U12 Surf Race U13 Surf Race All Age Male and Female Letizza "Competitor with a Disability" Wade, Surf and Board Races	U9 Surf Race U10 Surf Race U11 Surf Race U12 Surf Race U13 Surf Race	U8 Male Beach Sprint U8 Female Beach Sprint U8 Male Beach Relay U8 Female Beach Relay U8 Male Beach Flags U8 Female Beach Flags All Age Male and Female Letizza "Competitor with a Disability" Beach Sprints and Flags U8 Male Wade U8 Female Wade U8 Male Wade Relay U8 Female Wade Relay
9.00 am U9 –U13 Beach Program Start	U9 Board Race U10 Board Race U11 Board Race U12 Board Race U13 Board Race	U9 Board Race U10 Board Race U11 Board Race U12 Board Race U13 Board Race	U9 Male Beach Sprint U9 Female Beach Sprint U10 Male Beach Sprint U10 Female Beach Sprint U11 Male Beach Sprint U11 Female Beach Sprint U12 Male Beach Sprint U12 Female Beach Sprint U13 Male Beach Sprint U13 Female Beach Sprint
	U11 Ironman U12 Ironman U13 Ironman	U11 Ironman U12 Ironman U13 Ironman	
	U9 Board Relay U10 Board Relay U11 Board Relay U12 Board Relay U13 Board Relay	U9 Board Relay U10 Board Relay U11 Board Relay U12 Board Relay U13 Board	U9 Male Beach Flags U9 Female Beach Flags U10 Male Beach Flags U10 Female Beach Flags U11 Male Beach Flags U11 Female Beach Flags U12 Male Beach Flags U12 Female Beach Flags U13 Male Beach Flags U13 Female Beach Flags
			U9 Male Beach Relay U9 Female Beach Relay U10 Male Beach Relay U10 Female Beach Relay U11 Male Beach Relay U11 Female Beach Relay U12 Male Beach Relay U12 Female Beach Relay U13 Male Beach Relay U13 Female Beach Relay U9 Mixed Beach Relay U10 Mixed Beach Relay U11 Mixed Beach Relay U12 Mixed Beach Relay U13 Mixed Beach Relay
12.45pm	Finish of Junior Competition (Note also FreightPower U9-Open All Age Beach at 1.00pm)		



Afternoon Programme: U14 – O40 Events

Time	Men's Water Area	Women's Water Area	Beach Area
12.45pm	2 km Vici Shark Island Ski Race – Male and Female Open[^], U/19[^] U/17[^] & O40[^]		
1.00pm	U14/15 Board Relay Open Board Relay	U14/15 Board Relay Open Board Relay	FreightPower All Age Beach Relay * [^]
	U14 Ironman* U15 Ironman* U17 Ironman* U19 Ironman* 7 News Open Ironman* O40 Ironman*	U14 Ironwoman* U15 Ironwoman* U17 Ironwoman* U19 Ironwoman* 7 News Open Ironwoman* O40 Ironwoman*	Beach Sprints: O40 Male O40 Female Open Male Open Female U/17 Male U/17 Female U/15 Male U/15 Female U14 Male U14 Female
Time	Men's Water Area	Women's Water Area	Beach Area
	U17 Ski Relay Open Ski Relay	U17 Ski Relay Open Ski Relay	Beach Relays: Open Male Open Female U17 Male U17 Female U14/U15 Male U14/15 Female Open Mixed U17 Mixed U14/U15 Mixed
	U14/15 Surf Race and Teams U17/19/Open Surf Race and Teams O40 Surf Race	U14/15 Surf Race and Teams U17/19/Open Surf Race and Teams O40 Surf Race	
	U14 Board Race U15 Board Race U17 Board Race U19 Board Race Open Board Race O40 Board Race	U14 Board Race U15 Board Race U17 Board Race U19 Board Race Open Board Race O40 Board Race	Beach Flags: O40 Male O40 Female Open Male Open Female U17 Male U17 Female U15 Male U15 Female U14 Male U14 Female
	U17 Ski Race U19 Ski Race Open Ski Race O40 Ski Race	U17 Ski Race U19 Ski Race Open Ski Race O40 Ski Race	
	U14/U15 Male Cameron Relay *	U14/U15 Female Cameron Relay *	
	Pulse Property Agents Open Mixed 4 Person Lifesaver Relay *		
	Open Mixed Board Rescue *	U15 Mixed Board Rescue *	
4.00pm	Approximate Finish Time		

Sponsors and Supporters

Cronulla SLSC and the Crays acknowledge and thank Caltex, Letizza Pizza Bases, Pulse Property Agents and 7News as sponsors of the Short Course Carnival.

The numerous supporters including Engine, FreightPower, Hooded, Jolyn, Ohana, Slix, Vic, AFL NSW and Cronulla Sharks AFL are also thanked for their contribution to the event.



A Trophy for the **Pulse Property Agents Overall Club Point Score** for all events conducted on the day. Cash Prizes of \$500 for 1st, \$300 for second and \$200 for 3rd. In the event of a dead heat in the point score the relevant cash prizes will be shared.

- \$100 cash prize plus prize pack to the fastest male and female competitor in the **Vici Shark Island Ski Race**. Prizes to be awarded for other winners marked with ^.
- \$100 cash prize plus a special prize to the winner of the **Caltex Open 2km Male and Female 2km Beach Run** Events.
- \$200 cash prize to the winner of the **Pulse Property Agents Open Mixed 4 Person Life Saver Relay**.
- **FreightPower All Age Beach Relay** - \$200 for 1st, \$150 for second and \$50 for third provided there are three starters in the event. In addition, prizes for the first three places.
- Prizes to be awarded to the winning individuals/teams of events marked with an asterisk (*).
- Medals to be awarded for the top placegetters in U8 - U13 age division and **Letizza "Competitor with a Disability"** events plus a prize to some selected event winners.
- Random Prize draws (minimum two per age group and gender) for all ages (i.e. U8 – O40 years).

Supplementary Rules and Notes:

- Competition shall be conducted as per the current edition SLSA Surf Sports Manual except where detailed.
- All competitors must have their age group clearly marked on their upper left arm.
- Marshalling for the Beach Runs close at 7am and for the first U8-13 events held at Cronulla at 7.45am.
- Marshalling closes for the Shark Island Ski Race at 12.30pm, and the All Age Beach Relay and U14 to O40 short course events commences at 12.45pm.
- All U15 – Open age individual and team events will be conducted around the buoy courses set for the individual legs of Ironman/Ironwoman events.
- The U8 – U13 will be conducted around shortened ironman/woman courses.
- The Club point score shall be 6 points for 1st through to 1 point for 6th for all U8-O40 events conducted on the day. Dead heats will share the allotted placing points, viz. equal first both score 6 points and third scores 5 points.
- All events will be conducted in block (i.e. heats (where required) and finals immediately following).
- Competitors (including U13s and U14s) are not permitted to compete out of their own age group in individual events except for the Shark Island Ski Race and the Open Ironman, Ironwoman and Mixed 6 Person Taplin Relay races.
- A maximum of three teams per club in team events is permitted.
- Team events except for Surf Teams and Beach Relays shall be conducted as follows U8s, U10s (for any combination of U9 and/or 10s), U12 (for U11s and/or 12s), U13, U15 (for U14 and/or 15s), U17 and Opens (for U19s and/or Opens).
- The U17, U19 and Open age Surf Race will be conducted together and individual placings declared for each age group. Competitors will be marshalled in order of age across the start line.
- The U14 and U15 age Surf Race will be conducted together and individual placings declared for each age group. Competitors will be marshalled in order of age across the start line.
- There will be no pre nomination of surf teams races. The teams result will be determined by the first four club competitors (of any age where applicable) across the finish line. There can be more than one team from a club.
- Where possible age groups may be joined together in other individual events to assist competition conduct. When this occurs individual results will be recorded for each age group.
- The FreightPower All Age Beach Relays shall consist of 10 runners of any gender – one from the U9 to Open Age group. Teams must run in order of age from youngest to oldest.
- The Mixed Beach Relays shall consist of two males and two females who are free to choose their order of running. There is a limit of two teams per club per event.
- Each Pulse Property Agents Open Mixed 4 Person Taplin Relay Team shall consist of two males and two females who are free to select which leg (500m run, swim, board and ski in that order) they complete.
- The Mixed Board Rescue races shall consist of one male and one female competitor who are free to choose who is the patient and who is the rescuer.



- Upon application to the Sectional Referee competitors may make up composite teams from different clubs and may be awarded placings (but not prizes or placing points for their clubs).
- The “Competitor with a Disability” events shall be participation only events. In this second year all competitors will be recognised for their participation and there will not be separate classification categories conducted. Clubs shall also be required to provide one to one (1:1) SLS qualified water safety for the Surf and Wade Races.
- Clubs shall also be required to provide water safety for the U8 to U13 events on the basis of one water safety to every 10 competitors. A leader from each club is to be nominated prior to the commencement of competition.
- There is a 12.45pm cut off for the conduct of U8-U13 events and 4.00pm for U14-Open events. Should time not permit some events may not be conducted at the discretion of the Referee in consultation with the Carnival Committee.

Entries:

- Submit entries online using the “SEMS” carnival manager system”. This is accessed via <https://sems.sls.com.au/> - please contact the Branch Office for any user enquiries.
- Branch enquiries - 9019 0722 or email admin@surflifesavingsydney.com.au
- Entries close at Sydney Branch at 10pm, Wednesday, 6 November 2019.
- Entry fee of \$25 per competitor invoiced by and payable to Cronulla SLSC.
- Late Entries on the day at Cronulla SLSC are \$40.
- Bank Account Details for remittance of entry fees:
Commonwealth Bank of Australia Cronulla NSW
Cronulla SLSC
BSB: 062 150
Account Number: 0080 1697
Detail: *Club Name* Carnival Entries
Alternatively, please contact the Cronulla SLSC Office on 9523 5300 to pay using a MasterCard or Visa Card.
- **Cronulla SLSC must receive all entry fees on or before the date of the Carnival for a Club to be eligible to compete.**

Parking

- There is no council paid parking in Cronulla Central and available parking is limited.
- Arrangements have been made with Council to permit parking gear trailers only in Cronulla Park. You may need to remove cars from the trailers but this will be confirmed on the day. Please follow and respect the directions of the Cronulla SLSC volunteers.
- Because of building works no cars or trailers shall be permitted to be taken down to the Beachfront.

Further Information:

Please Contact Cronulla SLSC Office: 9523 5300 or email admin@cronullasurfclub.com

