Metro Beach Series

ROUND 3 – Dasher Round

Cronulla Beach

Saturday 18th December 2021

U14/U15s, Opens & Masters – Distance Runs / Sprints / Relays Flags

Entry Fee: $15 (No Late Entries)

Entries via the Sports Events Management System (SEMS) https://sems.sls.com.au

IMPORTANT COVID INFORMATION

Please DONOT attend if you are experiencing any COVID-19 symptoms or have suffered from COVID-19 in the past 14 days or have visited a COVID hotspot in the past 14 days. Refer to following website for latest hotspot information –

https://www.nsw.gov.au/covid-19/latest-news-and-updates#latest-covid-19-case-locations-in-nsw

Any person involved in this event that is 16 years or older must provide evidence of being fully vaccinated against Covid-19

CARNIVAL KEY TIMINGS

Marshal	Start	Event
	12:30 PM	Cronulla SLSC Work Parties report to Referee to set up course
12:30 PM	1:00 PM	2km Runs
	2:00 PM	Team Managers Meeting on the beach at southern of track
2:00 PM	2:30 PM	Sprints / Relays / Flags start as per program – no registration – mark off in marshalling

PROGRAM OF EVENTS

DISTANCE RUNS	ROUND 1	ROUND 2	ROUND 3	ROUND 4	FINAL
U14/U15s	1.5Km	800m	500m	-	800m
Opens	1.5Km	1km	800m	500m	800m
Masters	1.5Km	800m	500m	-	800m

Depending on numbers –
- Drop off to 15 competitors after Round 1
- Drop off to 10 competitors after Round 2
- Drop off to 5 competitors after Round 3
- Final – 5 top competitors

BEACH SPRINTS	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
U14/U15s & Opens	60m	60m	60m	60m	60m
Masters (10-year age groups)	40m	40m	40m	40m	40m

Every competitor does 5 rounds of sprints, if there are multiple heats (more than 8 competitors) for an age group then the heats will be distributed to ensure everyone races everyone.

The heats will be staggered between age groups (i.e. run round 1 U15 Male, Open Male, Masters Male, U15 Female, Open Female, Masters Female, then round 2 etc.)

Points will be awarded for placings in each heat of each round down to 8th place as per the Point Score Allocation table.

Each individual competitor accumulates their points from each round, with the result recorded and the total score tallied up to determine the overall event places.

BONUS POINTS: The total points for a competitor will be doubled if they compete in all 5 rounds Sprint Relays

BEACH FLAGS CATEGORY
U14/U15s
Opens
Masters (10-year age groups)

Age groups will be broken into heats. Maximum of 3 or 4 per heat (depending on overall numbers in attendance). Each heat will be run through to completion for the first round.

Each round will have a distributed "random" draw", ensuring each competitor is able to compete with as many of the total competitors as possible.

BEACH RELAYS (Will only be run if time is permitting – No Points allocated for Relays)
Format and timing to be determined on day

EVENT AGE CATEGORIES

The Age Groups for all individual events within the series (except for the Handicap Flags round) will be as follows for both Male & Female

CATEGORY	AGE GROUP
Youth	Combined U14 & U15
Opens	U16 and older
Masters	30-39
	40-49
	50-59
	60-69
	70 Plus

POINT SCORE ALLOCATION

In the individual sprints and flags, points will be awarded to the top 8 place getters as per the following table –

PLACE	POINTS
1st	20
2nd	17
3rd	14
4th	11
5th	8
6th	5
7th	2
8th	1

Note: This point score system is still being developed and may be modified prior to the event. This carnival is a concept event, and as such the format is being trialed, and the makeup of events may change prior to or during the event.

We welcome competitors' feedback to help us make this concept attractive for you to compete in.