



LaPa Gold is Coogee's junior version of The Coolangatta Gold, the most challenging endurance race in Australian Surf Sports. It's a great way for kids to be involved in a challenging but fun event and we'd like to open it up to other junior surf lifesaving clubs in the Sydney Branch to build connections across our clubs and to raise much needed funds for each Club.

This event is open to all competition proficient junior members, regardless of level, of the Sydney Branch Surf Lifesaving Clubs.

Each competitor pays a nominal \$30 entry fee. The fee is payable by your club on the Sport Event Mangagment System (SEMS).

Course - 500m run, 800m swim, 1km run, 250m swim, 300m run, 1.5km paddle, 300m run to finish!

## THE LAPA GOLD 2023

When: Sat, Nov 11, 2023

Time: **7.30 am start**Where: **La Perouse** 









