



In it for life

Capital Coast Championships

Date:	Saturday 1 st February: Senior Competition Sunday 2 nd February: Junior Competition and remainder of Senior
Time:	12:00pm – 5:00pm Saturday 1 st February 8:00am – 2:00pm Sunday 2 nd February (Junior) 2:00pm – 5:00pm Sunday 2 nd February (Senior)
Venue:	Paekakariki SLSC

Event Overview

The premier event on the Capital Coast Sport calendar! All clubs and competitors are invited to attend this two day event vying for the Capital Coast's top sports awards. Points from this event are included in the Whitehorse Competition and the Junior Surf Series.

Event Information

Officials Briefing:	Friday January 31 st , 6:00pm
Team Managers Briefing:	11:30am Saturday 1 st Feb 7:30am Sunday 2 nd Feb (Juniors) 1:30pm Sunday 2 nd Feb (Seniors)
Entry Fee:	\$5.00 per Junior Surf Competitor \$10.00 per Senior Competitor
Parent Helpers:	Junior Surf teams must provide at least three parent helpers per arena i.e. Three parents per U14, U12 and U10 arena



Please note; with a high tide at midday some beach events may be run at Queen Elizabeth Park. Running shoes will be allowed to be worn for the sprints and sprint relays. Beach flags will be run once the tide has receded sufficiently.

Events may be subject to change, depending on entries and surf/weather conditions. In the event of the poor weather and/or surf conditions, all Team Managers will be notified of any venue or program changes prior to or during the Team Managers Briefing.

Tides: Saturday 1st February: High: 11:30am Low: 5:40pm
Sunday 2nd February: High: 12:10pm Low: 6:25pm

Weather: <http://www.metservice.com/towns-cities/paraparaumu>

Programme: **Saturday 1st February 2014 – All Senior Categories**

12:00pm Queen Elizabeth Park:	Beach Sprints Beach Relays 2km Run
2:00pm Paekakariki Beach:	Surf Race Board Race Ski Race Ironman/Diamond Board Rescue Tube Rescue
Tide Pending:	Flags
6:00pm Paekakariki SLSC:	Senior Prizegiving and social function

Sunday 2nd February 2014 – All Junior Surf Categories + Senior

8:00am Paekakariki Beach:	U14yrs – U12yrs Beach Flags Surf Race Board Race Diamond *Cameron (time permitting) U10yrs Beach Flags Run – Wade – Run Boogie Board
12:00pm Queen Elizabeth Park:	Beach Sprints Beach Relays
2:00pm Paekakariki Beach:	Remainder of Senior Competition: Board Relay Ski Relay Run Swim Run Taplin Relay

Other Information

Location/Directions:

Turn onto Beach Road from SH1
Follow the road down to The Parade
Parking, beach access and Surf Club are located at the end of The Parade

Please park all vehicles and gear trailers at the car park prior to entering the Surf Club grounds. Only club members, officials and other key staff vehicles are to enter the club area.

<https://maps.google.co.nz/maps?hl=en> (Google Maps Link)

Points:

Juniors: 1st = 5 Points
 2nd = 4 Points
 3rd = 3 Points
 4th = 2 Points
 5th = 1 Points

Note: There are no points for Junior Surf Team/Relay Events

Seniors: 1st = 3 Points
 2nd = 2 Points
 3rd = 1 Points

Note: Same points apply to senior team events i.e. Relay's, Boat/Canoe

Age Grade Terminology:

Please use the 'under' terms when referring to Junior Surf Age Groups i.e. Under 14, Under 13 etc. This will ensure consistency between events, officials and when recording results.

Safety Vests:

It is now compulsory for all Surf Sport competitors to compete wearing a SLSNZ sanctioned fluoro safety vest. This applies to any competitor entering the water. It is not expected competitors wear the vests during Beach Flags or Beach Sprints.

Parent/Helper Behaviour:

A reminder that no matter what role you hold on the day of an event any abuse or interference from any person will not be tolerated, and any parent/helper/coach judged to show behaviour that is obstructive, offensive or dangerous will be asked to leave the beach.

Results:

Results will be posted approximately one week after the competition on the SLSNZ web pages and the [Capital Coast Facebook page](#).