



# Capital Coast Senior Championships 2017

**Date:** Monday 6<sup>th</sup> February  
**Time:** 9:00am racing starts  
**Venue:** Paekakariki, 140 The Parade, Queen Elizabeth Park, Paraparaumu

## Event Overview

The Premier event on the Capital Coast Sports Calendar! All clubs and competitors are invited to attend this championship event competing for the Capital Coast's top sports award. Points from this event are included in the White Horse Competition for the Top Competitive Club. The event will provide a free sausage sizzle and salad for all athletes at the conclusion of racing.

## Event Information

**Officials Briefing:** 8:15am  
**Team Managers Briefing:** 8:30am  
**Start Time:** 9:00am  
**Entry Fee:** \$10.00 per competitor  
Entries via EnterNOW online system. Must be entered to race

## Programme - All age groups (U16, U19, Open M/F)

2Km run  
Beach Sprints  
Beach Relays  
Beach Flags  
Surf Race  
Ironman  
Board Rescue  
Tube Rescue: 4 person (time permitting)  
Taplin Relay  
Two Round Series: U16, U19, Open, M/F Ski Race  
U19, U19, Open, M/F Board Race  
Three Round Series: U21, Open, M/F Long Course Canoe Race



## Other Information

**Tides:**

**Low:**

**High:**

**Weather:**

<http://www.metservice.com/towns-cities/wellington/kapiti>

**Swell:**

<http://www.metservice.com/towns-cities/wellington/kapiti>

**Events:**

Events will be run together pending competition numbers i.e. all female competitors may compete together if there are only 2 – 3 age grade competitors

All events will have points associated with them, even if run together i.e. 2km Run and Ironman

### Senior and Masters Points:

Individual Events: 1<sup>st</sup> = 3 Points  
2<sup>nd</sup> = 2 Points  
3<sup>rd</sup> = 1 Point

Team Events: 1<sup>st</sup> = 3 Points  
2<sup>nd</sup> = 2 Points  
3<sup>rd</sup> = 1 Point

NOTE: For all merged or combined racing e.g. Masters, Open and U19 Women are run together due to low numbers, competitors must state their age category at the start of the race and remain in that category for the duration of the race, including all rounds/semis/finals.

You can still compete in multiple age groups across the entire event e.g. If you are 18 and want to compete in U19 Board Race, but also the Open Ski Race you can do so, but must remain in the chosen age category for the duration of racing.

**Access:**

Where possible bring trailers onto the beach via the North end of the beach. Please don't leave cars on beach. Park them either in Club house car park or in designated car zone to the north.

**Vests:**

It is compulsory for all Surf Sport competitors to compete wearing a SLSNZ sanctioned fluoro safety vest. This applies to any competitor on the beach and in the water.

**Note:**

*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 programme changes prior to or during the Team Managers Briefing in the morning.*