



# New Brighton Racing/Training Interclub

**Date:** Saturday 13 January 2018

**Time:** 9:00am

**Low Tide:** 9:00am

Canoe/Surfboat and IRBS included.

This event is for Qualified Lifeguards only. This event will be run as per normal racing but will have the option for feedback and training advice from coaches post racing.

## Format:

### Water Arena

- 1- Race warm up – how to and why
- 2- Surf Race, Ski Race, Board Race x 2
- 3- Ironman Race

### Beach Session (approx. 10.00am Start)

- 1- Warm up and why
- 2- Flags, Sprints x2

### Large Craft

1. Surf Boat-Short Course Finishes
2. Canoe - Short Course Finishes
3. IRB –Single, Assembly's, Teams

Age groups will be Open Men & Open Women.  
Surf Boats, Canoes and IRB as standard.

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