



Hawkes Bay Icebreaker

Date: Saturday the 29th September 2018
Time: 9.00am (Race start)
Venue: Starting and finishing at Pacific SLSC

Event Overview

Ski Leg - a 5km course set close to shore along Marine Parade. An alternative poor weather course will be used for safety reasons if conditions dictate.

Run Leg - a 5km course using the Rotary pathway from the Pacific SLSC and the viewing platform. Footwear must be worn on the run.

Swim - Athletes will enter Ocean Spa through the back gate and will be allocated a lane in which they will complete their 800m swim (32 Lengths of the 25m pool). Team members will do the swim leg second to relieve congestion in the Pool.

Event Information

Registration: 8.15 to 9:00am on the day
Start Time: 9:00am
Cost: \$5.00 a person (individual or team member)

Prizegiving at Pacific Clubrooms immediately after event finishes.

Competitors can enter in the following event Categories:

- Individual Male
- Individual Female
- Teams (3 members) - Teams may be single gender or mixed and may contain U14 competitors. U14 competitors and unqualified lifeguards can only compete in the Ski leg if they wear a **lifejacket**.
There will be prizes for top male, top female, top male, female & mixed teams.

Fluro Vests must be worn on the ski leg of the race. No fluro vest then you cannot race.

Competitors are asked to use Pacific SLSC changing rooms for showers on completion of the event.



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Surf Life Saving New Zealand – Central Region

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