



## Quail Island Classic

Once again, it's the Quail Island Classic, with the race format that offers a multi discipline race and a unique experience is on! The Quail Island Classic is a chance to change up your racing and try something different

**Date:** 3<sup>rd</sup> November 2018  
**Venue:** Naval Point – Quail Island  
**Registration:** 8.30am at Naval Point, Shoes and team runners leave for Quail at 8.45am.  
**Race start:** 9:00am  
**Tides:** L: 7.13am H: 1.29pm

**Race Options:** 3km out and back – Board only  
6km out and back – Ski, Canoe, Boat  
3km paddle, 4km run, 3km paddle – Board, Ski, Canoe, Boat  
Teams (1 x runner and craft –ski, board, canoe or boat)  
**Course maps included at the end of the flyer.**

**Notes:** All competitors must have their Surf Lifeguard Award to race.  
Yellow hi-vis vests must be worn by all competitors  
Race options subject to change due to environmental factors.  
Competitors that do not hold a SLGA must compete in a PFD, and their boats must have airbags and attend the safety briefing. There is a cost of \$10.00 for these athletes.

**Registration:**  
Competitors must be registered before 8:30am to allow time for the transportation of shoes over to the Island, and any team runners.



### **Event Guards/Marshalls:**

Again with this event, there will be a lot to get done on the day. Anyone that is interested in event guarding (there will be 2 safety boats), course marshalling on the island (drop off and pick up supplied) or event photography (some cool shots to be had from the top of the cliffs looking out over the water and from the wharfs) please get in touch.

### **3km out and back – Board only**

Competitors paddle from just off the Naval Point public boat ramp, out towards Quail Island, around a can placed in the water and return to boat ramp. 1.5km out, 1.5km back.

### **6km out and back – Ski, Canoe, Boat**

Competitors paddle from just off the Naval Point public boat ramp, past the “board” can – keeping it on their left, around the edge of Quail Island, around the “Ski, Canoe, Boat” can, around the “Turning” can in the bay (Swimmers Beach) and return to the boat ramp following the same course in reverse.

### **The Quail Island Classic**

#### **3km paddle, 4km run, 3km paddle – Board, Ski, Canoe, Boat**

Competitors follow the same water course as above, but on arriving to Quail Island, beach their gear and run the 4km loop track of the island before returning to the boat ramp.

### **Quail Teams**

Teams comprise of a runner and craft (ski, board, canoe or Surf Boat) Runners tag the craft participates and then do the 5km run around the island. Runners will be ferried to and from the island.

Upon leaving the beach, competitors run around the track in a clockwise direction, following all straight ahead paths and staying left at any path splits. **\*Please note\*** - the track is an uneven dirt/grass track – competitors need to take care at all times while running.

There will be a full safety briefing on the day. Please contact me if you have any questions.

At all times the latest information for this event will be available on the SLSNZ Events Calendar section of the SLSNZ website [www.surflifesaving.org.nz/calendar](http://www.surflifesaving.org.nz/calendar).



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