

**Course Details** (Please be aware that the course is subject to change at any point due to weather or environmental concerns)

### **Stage One: - Waikuku to Spencer Park**

- All crews will enter the draw for initial line positioning
- Crews will prepare their IRB in their drawn Start line position at the High Tide Mark
- All IRBs will be scrutinised, and all required equipment must be on hand.
- On the start signal crews will launch the IRB and proceed out around the 200m buoy and head to Spencer Park

#### **Stage 1 – Equipment List (must have):**

- Rescue Tube
- IRB Knife
- Paddles x2
- VHF Radio (on Channel 1)
- PFDs and Helmets x3 – To be worn at all times during the race.
- Appropriate Clothing –Wetsuits, booties, gloves, and fins (recommended, not mandatory)
- Clubs will also need to provide their own support vehicle to assist in the refuelling that needs to be done along the way. Clubs to do their own logistics as to where they may wish to do this apart from South Brighton where this a mandatory refuel

### **Stage One Challenge: Spencer Park**

- Crews will beach at Spencer Park Club Beach Access then head to a designated location as instructed by the facilitator.
- This challenge may require you to answer IRB related questions.
- During the 12 minute recovery period, Crews may refuel if necessary.

### **Stage Two: Spencer Park to Waimairi**

- Crews will prepare their IRB in their Start line position.
- On the start signal crews will launch the IRB and proceed out around the 200m buoy and head to Waimairi.

### **Stage Two Challenge: - Waimairi**

- Crews will the round the Waimairi buoy and land on the beach between the two SLSNZ flags.
- All crew members will follow directions of the marshals and run a set course after a challenge.

*In it for life*

- During the 12 minute recovery period, Crews may refuel if necessary.

### **Stage Three: - Waimairi to New Brighton**

- Crews will prepare their IRB in their Start line position.
- On the start signal crews will launch the IRB and proceed out around a buoy and head to New Brighton.

### **Stage Three Challenge: New Brighton SLSC**

- Crews will pass the pier and then land just to the south of the pier between 2 SLSNZ Flags in front of the library.
- Crews may be required to breakdown their IRB for a series of Challenges!
- During the 12 minute recovery period, Crews may refuel if necessary.

### **Stage Four: New Brighton to South Brighton**

- Crews will prepare their IRB in their Start line position.
- On the start signal crews will launch the IRB and proceed out around the 200m buoy and head to South Brighton

### **Stage Four Challenge: South Brighton**

- Crews will pass through 2 buoys and then land in front of the South Brighton beach Access ramp between two flags.
- Be ready for action! Teams will need to complete a rescue scenario
- During the 10 minute recovery period, Crews must complete a compulsory refuel here.

### **Stage Five: South Brighton to Taylors**

- Crews will prepare their IRB in their Start line position.
- On the start signal crews will launch the IRB and proceed out around the 200m buoy and head to Taylors Mistake

### **Stage Four Challenge: Taylors Mistake**

- Crews will run to the deck and see the Marshall for instructions
- Be ready for a timed challenge!
- All Crews will set up for an IRB Assembly Start

### **Final Stage: Taylors to Sumner!**

- Crews will leave Taylors mistake and head to the finishing flags in Sumner