



## K Day

### Sunday 10<sup>h</sup> February, Taylors Mistake SLSC

High Tide: 9.23am Low Tide: 3.39pm. Start: 9am

#### Teams:

- Maximum 6 Person teams, Teams can consist of any number of male and females.
- Clubs are encouraged to enter as many teams as possible.
- There is one grade — Open.
- Team members must have their Surf Lifeguard Award
- Teams of less than 6 can be entered (forfeit races with 6 people).
- Teams can forfeit any event they don't want to do or cannot field a team / member.

#### Events:

1. **Black and White RELAY (4 person swim relay)\*double points for the Giants eye trophy.**
2. Six person beach relay heats (90m traditional relay)
3. Beach relay Final
4. Tube & Board rescue relay heats and Final (minimum 1 female can do any of the 4 placements)
5. **Masters – Ski Race**
6. Women's Ski heats and Final (teams can enter as many people as they like)
7. Men's Ski Straight heats and Final (teams can enter as many people as they like)
8. **Masters – Board Race**
9. Women's Board RELAY Straight Final – two people (teams can enter more than 1 team)
10. Men's Board RELAY Straight Final – two people (teams can enter more than 1 team)
11. Beach flags – female (one person per team)
12. Beach flags – male (one person per team)
13. **Masters – Surf Race**
14. Diamond Lady M Course.
15. Ironman M Course.
16. Kesteven Cup Ironman Relay Straight FINAL – five legs (in order) – 400m run, swim leg, board, ski, sprint finish \*double points\*

#### Trophies

- **Black & White Trophy** – 4 person swim relay. Will be retained as a stand-alone event. Any team of four can enter (all from the same club)
- Points contribute towards the Giants Eye Trophy (points are doubled for this event) but not the Oliver Turpin Trophy.
- **Kesteven Cup** – Ironman Relay. Will be retained in the format that it has evolved into – 5 leg relay event. This will be the last event of the day and part of the main competition.
- **Oliver Turpin Trophy** – will be awarded to the top 6 person team.
- **Giants Eye Trophy** – will be awarded to the overall top club (accumulated club points from all teams)

## Event Conditions

- Points will be awarded for the top eight places – 8 points for 1<sup>st</sup> down to one point for 8<sup>th</sup>.
- The number of teams that go through to the final from each heat will be dictated by the number of heats required e.g. If four heats are required then two teams will go through from each heat. Note there is a maximum of 16 competitors in the ski, board (each leg) and ironman.
- The team with the most points will win the Oliver Turpin Trophy.

## Notes

- All teams and team members must be registered at the Manager's Meeting.
- Each team must be clearly identified with club caps and markings i.e. A, B or C if a club has more than one team. Also if teams enter relay events with more than 1 entry then this must be declared and a number given to each entry.
- Any age/grade except for cadets i.e. there is only one grade – Open.
- Clubs are encouraged to enter as many teams as they like.
- For the purpose of drawing for heats, it will be assumed that the club's "A" team is their best team. This is to try and avoid a clash of top teams in the heats.
- Each club is required to submit the number of teams they will have competing at **8:30 am** at the managers meeting.
- There will be no substituting of team members once the teams have been declared at the Manager's Meeting. The only way a person can be replaced in a team during the event is through injury. This must be approved by the Event Manager, and they can only be replaced by a person not currently in a team.
- **Masters races** – These will be mixed races (so one race) with a handicap format. The oldest competitor goes on go and then 10 sec intervals for every decade to the youngest. E.g 70-80 on Go, 60-70 on 10sec, 50-60 on 20sec, 40-50 on 30 sec and 30-40 on 40 sec. In the interest of political correctness and gender equality the Women will leave the same time as the men.