



NEW ZEALAND

*In it for life*



# HAWKES BAY ICEBREAKER EVENT

<b>Date:</b>	Saturday 17 <sup>th</sup> September 2022
<b>Venue:</b>	Pacific SLSC
<b>Address:</b>	Marine Parade, Napier
<b>High Tide:</b>	10.30am
<b>Time:</b>	<b>8.15am</b> Officials Briefing, <b>08:30am</b> Race Briefing <b>9.00am</b> Start
<b>Cost:</b>	\$5.00 per person (individual or team member)

**This is a fun event and a great start to the competitive season.**

The race consists of the following:

## **Individual Competitors.**

**After the race briefing at Pacific clubrooms the competitors will make their way to the ski leg at Pacific SLSC.**

**Ski Leg** - a 3km course set close to shore from Marine Parade to the Spirit of Napier and return.

**Run Leg** - a 5km course using the Rotary pathway from Pacific SLSC to the Boundary and return. 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).

## **Teams – Competitors**

**After the race briefing at Pacific clubrooms the competitors will make their way to the ski leg at Pacific SLSC.**

**Ski Leg** - a 3km course set close to shore from Marine Parade to the Spirit of Napier and return.

**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).

**Run Leg** - a 5km course using the Rotary pathway from Pacific SLSC to the Boundary and return.

## EVENT INFORMATION

### Entry Information

Entries must be made using the SLSNZ Online Event Entry System Waves. Your club has access to this system and will process your entries. Following the close of entry as detailed below entry fees will be invoiced directly to your club for payment prior to the competition.

Entries Open:	10:00am, 19 August 2022
Entries Close:	1pm, 15 September 2022
Entry Fee:	\$5.00 (inclusive of GST) per person (individual or team member)

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 swim or run leg.

**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.**

**BBQ immediately after event finishes at Pacific Clubrooms followed by prize giving.**

**There will be prizes awarded for:**

**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> individual male and female team to complete event.**

**1<sup>st</sup> Male, Female and Mixed Teams**

**Plenty of Spot prizes**

**In case of adverse weather prevailing and a change of course is required there will be an announcement made via SLSC HB Facebook page by Friday 16<sup>th</sup> September 6pm with full details of any course changes.**

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## CONTACT

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