



2022 GIZZY GRINDER

- Date:** Friday 25 November 2022 – Enduro
Saturday 26 November 2022 – Eliminator and Teams Challenge
- Where:** Waikanae and Midway SLSC
- Time:** Friday 25 November, 5pm – Gizzy Grinder Enduro
Saturday 26 November, 9am – Iron Eliminator & Beach Flags
Saturday 26 November, 1pm – Teams Challenge



SURF LIFE SAVING
NEW ZEALAND
In it for life

Event Overview:

To provide an opportunity for Senior Lifesaving Sport Athletes to test their fitness and skills across a fun and challenging multidiscipline pre-season event. This will also provide development and opportunities for Surf Officials, Event Water Safety and members to come together to connect as we head forward into an action packed summer of Surf Sports.

The event will be open to U15, U17, U19, Open and Masters Competitors, male and female, who are current primary members of a SLS Club with a refreshed lifeguard award.

Event Information:

- Registration:** Entries via SLSNZ Waves Event Entry System
- Entries Close: Monday 21 November, 5pm
- Entry Fee: \$40 per person (inc gst) clubs will be invoiced

Important Times:

Friday 25th November - Gizzy Grinder Enduro, Midway and Waikanae SLSC

Event Briefing - Midway:	4:00pm	Low Tide:	13:41
Athlete Briefing - Midway:	4:30pm	High Tide:	19:47
Start Time - Midway:	5:00pm	Tide Height:	2.0m

Saturday 26th November - Iron Eliminator & Beach Flags, Midway SLSC

Event Briefing:	8:00am	Low Tide:	14:34
Athlete Briefing:	8:50am	High Tide:	08:24
Start Time:	9:00am	Tide Height:	2.0m

Saturday 26th November – Midway SLSC, Teams Challenge

Event Briefing:	12:30pm	Low Tide:	14:34
Athlete Briefing:	12:45pm	High Tide:	08:24
Start Time:	1:00pm	Tide Height:	2.0m

Age Groups:

Enduro Individual - Open Age Group (including u15, u17, u19, open and Masters)

Enduro Teams – Open Age Group (including u15, u17, u19, open and Masters) Teams will be same gender open female and open male teams of up to 4 people.

Iron Eliminator and Beach Flags:

Open Age Group – U19 and Open

U17 Age group – U17 and U15

Teams Challenge - 6 person Open Mixed Teams (3F/3M), composite Teams can be entered (contact Sonia Keepa directly if your club is unable to make up the numbers for the Teams Challenge).

Event Schedule & Details:

Friday 25th Nov 2022, 5pm

Gizzy Grinder Enduro

Age Group:

Open Individual &
Open Teams (max 4)

Gender:

Male and Female

Saturday 26th Nov 2022, 9am

Iron Eliminator

Age Group:

Open / U17

Gender:

Male and Female

Beach Flags

Open / U17

Male and Female

Saturday 26th Nov 2022, 1pm

Teams Challenge

Age Group:

Gender:

Run Swim Relay

Open Team (6)

Mixed Teams (3F/3M)

Board Run Relay

Open Team (6)

Mixed Teams (3F/3M)

Ski Run Relay

Open Team (6)

Mixed Teams (3F/3M)

Rescue Relay
(Board & Tube Rescue)

Open Team (6)

Mixed Teams (3F/3M)

Teams Challenge Race Descriptions:

Run Swim Relay (6 - 3 Swimmers, 3 Runners) – runners complete a run loop course to tag their swimmers on the swim start line. Swimmer complete course as per 'surf race' runners wait on seaward side of turning flag to be tagged by their returning swimmer and complete the course to finish between the finish flags, team finishing order determined once teams 3 runners are across the finish line.

Board Run Relay (6 - 3 Runners, 3 Board Paddlers) – race starts as per Board Relay, Paddler 1 completes course as per starters instruction, on returning to shore tags waiting runner seaward side of turning flag, runner 1 runs course to tag board paddler 2, board paddler 2 completes course tagging runner 2 seaward side of turning flag, runner 2 runs course tagging board paddler 3, board paddler 3 completes course to tag runner 3 seaward side of turning flag, runner 3 runs course to finish the race between green finishing flags. Tag may be made while board paddler is still on board.

Ski Run Relay (6 - 3 Runners, 3 Ski Paddlers) – race starts as per Ski Relay, Paddler 1 completes course as per starters instruction, on returning to shore tags waiting runner 1 seaward side of turning flag, runner 1 runs course to tag ski paddler 2, ski paddler 2 completes course tagging runner 2 seaward side of turning flag, runner 2 runs course tagging ski paddler 3, ski paddler 3 completes course to tag runner 3 seaward side of turning flag, runner 3 runs course to finish the race between green finishing flags. Tag may be made while ski paddler is still seated in ski.

Rescue Relay (6 - 2 patients, 1 board paddler, 1 rescue swimmer, 2 draggers) (combining Board and Rescue Tube Rescue) - patient 1 swims to assigned buoy, upon arrival signals board rescue paddler to enter water proceeding towards their assigned buoy, on approaching patient 1 the board paddler must turn left to right around buoy to pick up patient 1, patient pick up must be completed on the seaward side of the assigned buoy. Patient 1 and Board Paddler return to shore remaining in contact with the paddle board as they cross the changeover line together, upright and in control. Swimmer 2, upon tag enters the water to swim to assigned buoy signalling on arrival to Rescue Swimmer to proceed, Rescue swimmer must swim to assigned buoy completing a left to right turn around assigned buoy with the patient clip-up completed on the seaward side of the buoy. Patient 2 may assist rescue swimmer by kicking on back but must not complete any out of water arm recovery. 2 designated 'rescuers/draggers' may enter the water only when Rescue Swimmer is returning to shore. Rescuers must drag or carry Patient 2 across the changeover line, upright and in control. The finish will be judged on the chest of the first team carrying the patient crossing the finish line.

Competition Information:

The Competition Safety Plan will be available on the SLSNZ Website and will be available for viewing in the Event Management Area during the event.

Parent, Guardian, Coach, Team Manager and Club Obligations

It is the responsibility of clubs, through their coaches and manager, to ensure that each individual competitor is competent to safely compete in the conditions that prevail on any given day.

It is therefore the clubs responsibility to ensure that competitors who are not yet competent to compete in the prevailing conditions are withdrawn from an event. We wish to reduce exposure to unnecessary risk or potential harm by encouraging or coercing competitors to compete, against their will. Please refer to statement (e) of the Agreement to be bound by the Manual section of the Surf Sports Competition Manual. The Manual can be found [here](#).

It is the expectation of the organizers that all clubs will only permit competent competitors to compete in an event.

Dune and Environment Protection

As per all our events, dune and environment protection is the responsibility of everyone and as Surf Life Saving members please make sure you look after our beaches and sand dunes. If you see anyone walking through the dunes or placing equipment in areas they shouldn't be please advise them to remove it or inform event management. Please make sure all rubbish is placed in the bins supplied or taking with you.

Missing Person at Sea Responsibilities

Whether you are an Athlete, Official, In an IRB, Team Manager/Coach or a spectator, we all have a role to perform if someone goes missing in the water during an event or activity. Check out your role and how you may help in this situation by [clicking here](#).

Equipment:

Competition Safety Vests

The wearing of high visibility vests will be mandatory at this event. Supplying safety vests is a club responsibility and must be in line with the SLSNZ guidelines for safety vests. This information can be found in the Equipment Specification Manual [here](#).

Club Caps

The wearing of club caps will be mandatory for the Iron Eliminator and the Teams Challenge.

Medical Information:

Pre-Existing Medical Conditions

All participants and officials with a pre-existing medical condition must complete and submit a 'Pre-Existing Medical Conditions Declaration' form prior to the close of entries. These forms are to be submitted to the Event Manager by email to sonia.keepa@surflifesaving.org.nz.

However, participants are encouraged to submit these as early as possible. Once submitted, the forms will be reviewed by SLSNZ and a decision will be made on whether a 'Competitor Waiver' form is required to be completed.

It is important to note that that a pre-existing medical condition includes a **concussion event** that has occurred prior to this event.

These forms are available through the website [here](#).

Concussion Protocol

1. Any person diagnosed with concussion within the 23 days (21 days for over 19 yrs) preceding a SLSNZ event or activity, who is not able to provide evidence of a Graduated Return to Play (GRTP), and provide a medical diagnosis and SLSNZ Medical Clearance, will not be permitted to compete in a SLSNZ event.
2. Any person observed or reported to have been unconscious during a SLS event is not permitted to participate in any further SLS event or activity, pending participation in a 23 day GRTP (21 days for over 19 yrs), and provide a SLSNZ Medical Clearance before further competition is permitted.
3. Any person suspected of a concussion during a SLSNZ competition may not participate in any further races for at least 24 hours, and must provide SLSNZ with the required SLSNZ Medical Clearance before further participation is permitted.
4. Any person suspected or diagnosed with concussion who wishes to return to a SLSNZ competition must provide SLSNZ with a copy of a SLSNZ Medical Clearance, which is to be completed by a medical practitioner, prior to returning to competition.

Competition Arenas:

Please note that the Site Plan and Water Arenas are subject to change due to entries and weather conditions.

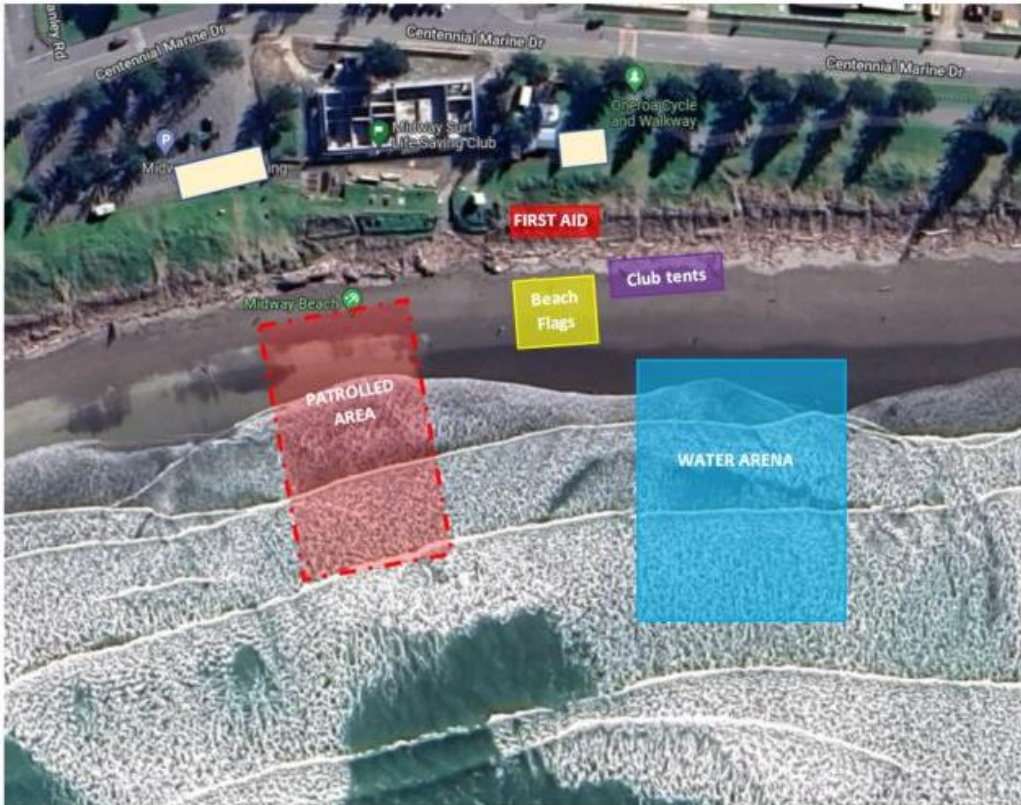
2022 GIZZY GRINDER ENDURO COURSE – Midway - Waikanae



Gizzy Grinder Enduro Course details:

- Start Midway SLSC, beach run to Waikanae SLSC (approx. 1 km)
- Navigate the 'cut' to climb the wall
- Proceed along the wall to the marshal at the 'jump point'
- Swim to first buoy and into shore around turning flag and back out to 2nd swim buoy
- Proceed to shore around turning flag into the board transition (approx. 800m swim)
- M shape board paddle to Midway (approx. 2km)
- Proceed to shore around turning flag into the ski transition
- Ski paddle the inside red shipping lane markers 'candle sticks' (approx. 3km)

GIZZY GRINDER MIDWAY SLSC SITE PLAN – IRONS ELIMINATOR, FLAGS & TEAMS CHALLENGE SATURDAY 26 NOVEMBER 2022



- Water Arena – Irons Eliminator
- Beach Flags
- Gear Trailer Parking
- Club Pop Up Tents
- First Aid

Alternative site Plan – Waikanae SLSC – Gizzy Grinder Iron Eliminator, Flags and Teams Challenge Saturday 26 November, 2022



- Water Arena – Irons Eliminator
- Beach Flags
- Gear Trailer Parking
- Club Pop Up Tents
- First Aid

CONTACT

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