



**Date:** Sunday 18<sup>th</sup> December 2022  
**Where:** Mount Maunganui Lifeguard Service, Mount Maunganui Main Beach  
**Time:** 9:00am to 2:00pm

# 2022 Mount Coastal Challenge

**\*\* All athletes must be registered into their club's 'Oceans' program \*\***

**The Coastal Challenge is delivered by the Mount Maunganui Lifeguard Service,  
supported by SLSNZ Eastern Region.**

## EVENT OVERVIEW

The 2022 Coastal Challenge is designed to showcase the skills and training that each athlete has put in over the winter and early season training. This is an exciting opportunity to allow the athletes to celebrate the effort and time that has gone into training, providing a masterclass day of racing amongst some alternative race formats. The main objective of this event is for the athletes to enjoy themselves in a new environment while showcasing just how cool these kids are.

This event is limited to 100 male and female athletes in their respective age groups. There will be a maximum of 100 under 12 males, 100 under 12 females, 100 under 14 males, and 100 under 14 females.

## Event Information

### Registration:

Event entry is via the SLSNZ Waves Event Entry system through your club administrator, entries open on Tuesday the 6<sup>th</sup> of December.

<https://waves.surflifesaving.org.nz/>

Entries close Thursday the 15<sup>th</sup> of December at 5:00 pm.

### Entry Fee:

\$20.00 inclusive of GST – Clubs will be invoiced directly.

<b>High Visibility Vests:</b>	High Visibility Vests are compulsory for all water event competitors. This includes all warm-up and warm-down sessions.
<b>Racing Uniform:</b>	Athletes do NOT need to wear club caps. However, please bring a club cap in case conditions change this.
<b>Individual events:</b>	Winner Takes All Swim, Board race, Surf race.
<b>Team events:</b>	4-person Grand Cameron – 2 Runs, 1 Board, 1 Swim (Swim, Run, Board, Run). *Teams will be randomly allocated on the day (see bottom of page).
<b>Program:</b>	The events listed are dependent upon the number of entries and surf/weather conditions. Program and event schedules will be advised following the close of entries.
<b>Important Times:</b>	
Tides:	Low – 08:53, 0.5m    High – 15:15, 1.7m
Team Managers Meeting:	TBC
<b>200m Safety Badge:</b>	All participants paddling foam/fibreglass boards or swimming beyond waist depth must hold their 200m Safety Badge and be confident and competent to have achieved this award.
<b>Safety Plan:</b>	The Event Safety Plan will be available on the SLSNZ Website.

\* Clubs are to register the athlete's interest in participating in the Grand Cameron event but not formulate any teams. On the day, all athletes will be lined up and allocated a team at random. The purpose of this is to build communication and collaboration skills between individuals. In addition, it is an opportunity to mix and establish friendships among athletes from different clubs. Athletes will need to problem-solve who will complete which leg of the race.

## Site Plan



First Aid ★ Pop-up shelter tents  Barrier Fencing   
 Arena entry and exit direction

### Age Groups:

Age groups will be combined for this event. U13s will be racing up with the U14s. Likewise, U11s will be racing up with the U12s.

### Spot Prizes:

TBC on how this functions in the manager's meeting.

### Events

#### Winner Takes All Swim:

All athletes will start in a straight line in the water. Upon the race start, all athletes race back to the beach and finish by running up around the turn flag and across the finish line. The winner is the first athlete to cross the line, claiming the prize.

#### Board race:

A board race with a twist. The Board race course is M shape inspired, where the M shape is performed out at sea. Athletes will start in front of the finish line in the fashion of a le mons style start. Athletes run around the turn flag and pick up their boards. They will make their way out to sea, turning left to right around the first of three buoys. Athletes make their way back towards the beach to turn the second buoy from right to left and proceed back out to sea. Athletes complete a left-to-right-hand turn around the third and final buoy, followed by racing back to the beach. Once they hit the beach, they drop their boards and sprint up and around the turn flag, then through the finish line.

#### Surf Race:

An M-shaped surf race will see athletes make their way through the break zone twice, testing their skills working through the break and making their way to the beach. Athletes will start in front of the finish line in the fashion of a le mons style start. Athletes run around the turn flag and make their way into the water. Athletes make their way out to sea turning left to right around the first swim buoy. Athletes then make their way back to the beach where they will turn right to left around a turn flag placed on the beach. Once turned, athletes make their way back out to sea toward the second swim buoy. Athletes turn left to right around the buoy and proceed back to shore. When athletes hit the beach, they will run left to right around a turn flag and sprint through to the finish. Finish will be

#### Cameron Relay (4 person)

Beginning in a le mons fashion, the swimmer will start in front of the finishing line. Upon race start, swimmers run around the turn flag and proceed into the water. Swimmers will round one swim can before making their way back to shore. The swimmer may tag the first runner at any point after they have turned the buoy. The first runner will run up around the turn flag, rounding the full transition and turning the last turn flag before tagging the board paddler. The board paddler will make their way out and round two buoys. Upon reaching the shore, the board paddler will tag the final runner who turns the turn flag and finishes through the finish line.

### **Qualification**

#### Heats:

Three rounds – Board, Swim, Board

All athletes will perform three M-shaped courses in the described order above. There are no finals for these events.

### **Back-Up Events**

#### Beach Flags/Sprints Combined:

Athletes will start in the beach flag position, lying down with their arms crossed. A beach flag will be placed approximately 5m behind each athlete. Upon the race start, athletes jump to their feet, turn, and begin their sprint. Athletes will run 30m down the track to a turn marker, rounding the marker and finishing through the finish line. Athletes have the option to pick up their flag either on the way to the turn marker OR on the way back. Each athlete must finish with their beach flag in hand. The top 4 progress through to the next round. Qualifiers are determined by the first 4 athletes to cross the line; in the same fashion a beach sprint is determined.

The backup events shall be actioned if conditions become inappropriate to continue with the proposed program. Prior to this decision, all possible alternatives, including course adaptations, will be considered before triggering the backup event.

**Draft timeframes (entry numbers/conditions dependent):**

8:00 am All athletes can begin warming up.

8:45 am arena briefing/marshalling first event.

9:00 am start

Events contested in the separate female and male arenas:

Individual – Winner Takes All Swim, Board race, Surf race

Teams – Cameron relay.

2:00 pm finish – all racing wherever up to finishes at this time.

The order of events will be determined on the day.

The Coastal Challenge will be fast-paced action. Athletes must be always ready and prepared to head to the start at any given time.

Refreshments will be served up in the MMLS bar from 1:00 pm. We would love to have you join us for a beverage after the day has been completed to celebrate the show of skills from all athletes and a fun day of surf sports.

## Draft Program

	Water Arena 1 - U14	Water Arena 2 - U12
8:00 am	Warm-up begins	Warm-up begins
8:45 am	Marshalling begins for event 1	Marshalling begins for event 1
9:00 am	Winner Takes All Swim - Final	Winner Takes All Swim - Final
	Round 1 - Board Race	Round 1 - Board Race
	Round 2 - Swim Race	Round 2 - Swim Race
	Round 3 - Board Race	Round 3 - Board Race
	Grand Cameron	Grand Cameron
2:00 pm	All racing stops	All racing stops

# CONTACT

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