

2023 Eastern Regional Championships

Pre Start Warm Up Zones

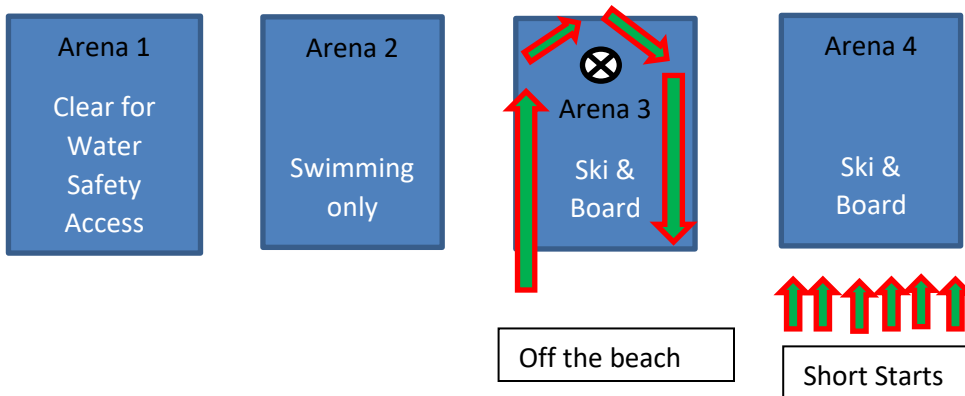
Swimmers: Arena 1 is designated as the Warm Up Zone **for Swimmers only** from 7:00am to 7:45am each day.

Small Craft:

In the event that there is swell, our main concern is to ensure that we do not have small craft crossing paths while heading out and returning to the beach in the same confined space.

We would like for all small craft paddlers to adhere to the following:

When warming up, all Small craft paddlers must leave the beach at the designated positions and round the respective buoys set out past the breakline, only then may they return to the beach out of the path of outward paddlers. Please ensure that you convey this message to all your clubs competitors to assist event officials, and to avoid any unnecessary injuries or conflict.



This will also ensure that the IRB crews & RWC can provide adequate water safety while setting up the remaining arenas.

During Event Warm Up/Down Zone

A small water access between each Arena will be made available for competitors to exit and warm down following a race. However, no competitors may return through this alley. They must return via the outside of all working Arenas.

This does not apply to the Surf Boat and Canoe Arenas.

Sonia Keepa
Sport Manager – Eastern Region
Surf Life Saving New Zealand

m 021 928 301
e sonia.keepa@surflifesaving.org.nz



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