

# K DAY 2023

## RULES

- 4 Person teams, Teams must consist of 2 male and 2 female competitors.
- There is one grade - Open.
- All competitors must have a refreshed Surf Lifeguard Award.
- Teams are encouraged to do all events but can skip an event and take 0 points.

## Programme:

<b>8:15 am</b>	Any Late Team Changes (if required) to be submitted
<b>8:30 am</b>	Officials Meeting
<b>8:45 am</b>	Managers Meeting
<b>9:00am</b>	First Race

## *Event Breakdown - in no particular order:*

- **BEACH RELAY** a. 2x 100,2x 50m in a loop format.
- **BOARD AND TUBE RESCUE RELAY** a. Order is Board Rescue, followed by the tube rescue. b. At the completion of the board rescue, behind the line, the board rescue team tag the swimmer for the tube rescue before they can commence the tube rescue. c. The teams may be mixed - it is up to the discretion of the team on this. d. Board paddlers must do the drag for the end of the tube rescue. e. Heats and Finals if team numbers exceed 9.
- **BOARD RELAY** a. One Male and One Female Paddler b. Other 2 members of the team to run transitions.
- **BEACH FLAG ELIMINATOR** a. 2 males and 2 females. b. Separate gender races. c. Both members are eliminated on the first flag missed. d. Combined points for event places.
- **KESTEVEN CUP IRONMAN RELAY**- Four legs (in order)- 400m run, swim leg, board, ski, sprint finish (same member as 400m run) a. The runner will complete the start run, the transitions between each craft and swim leg, and the final sprint finish. b. The water competitors will start on a line, and can tag their runner from anywhere between rounding the last buoy and a marker set on land.)
- **SKI RELAY** a. One Male and One Female Paddler b. Other 2 members of the team to run transitions

Please Note - All these events will contribute points to overall team competition.

## **STAND ALONE RACES** - *separate from Points competition and overall top team awards*

- **BLACK AND WHITE CUP SURF RACE** - Separate Races - 1 Male Race, 1 Female Race, unlimited entries. Stand alone race with no points contributing to overall team awards.
- **MIXED DOUBLE SKI RACE** - Stand alone event, teams must have mixed crew - 1 male, 1 female. Limited to 16 teams. Points will not be awarded for this event.