

# Key information:

| Date                      | 16 <sup>th</sup> August                        |  |
|---------------------------|--|--|
| Location                  | Takapuna Beach                                 |  |
| Entries close             | 13 <sup>th</sup> August                        |  |
| Start time                | 8:00 am Saturday 16 <sup>th</sup> August       |  |
| Event briefing            | 7:30 pm Thursday 14 <sup>th</sup> August       |  |
| <b>Event registration</b> | 7:30 -7:50 am Saturday 16 <sup>th</sup> August |  |
| Safety Briefing           | 7:50 am Saturday 16 <sup>th</sup> August       |  |

# Entering the competition:

Entries may be made using Waves. Your club has access to this system and will process your entries.

**Entries Close:** 13<sup>th</sup> August 2025

**Entry Fee:** \$22 (incl GST) individual surf ski

\$45 for double surf ski \$60 for surf boats & canoes

\$30 for non surf club members ocean ski, waka ama

\$60 for non surf club double ocean ski

If the event doesn't proceed, entry fees won't be charged.

### Competitor Eligibility:

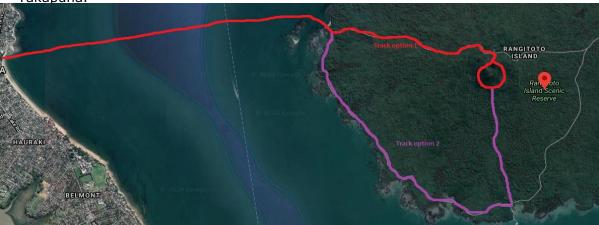
- Be a minimum of 18 years old on race day OR
- Hold their Surf Lifeguard award
- Competitors must attend all race briefings to be able to race.

#### Racecourse:

Please note the course is subject to change due to weather conditions.

- Competitors will line up beside their craft in knee depth water.
  - o Depending on the number of competitors there may be a staggered start.
- On the start signal competitors will paddle their craft 5km across the Rangitoto Channel to McKenzie Bay, Rangitoto Island (near Light House).
- Competitors will land their craft on the fine volcanic rock / sand beach, locate their running shoes and run 3.5km to the summit remaining on the public track for the entire run.
- Competitors will run to the summit and around an official then back down the path they came, back to McKenzie Bay and paddle back 5km back to Takapuna Beach.
  - o The Red track on the island is our first option for running
  - The purple track is our second option if option one is unavailable to run (will be confirmed week of race)

• Upon returning to McKenzie Bay competitors paddle back to the start/finish line at Takapuna.



## **Event Running:**

For this event to run it the weather conditions, shipping traffic and multi-agency permit conditions must be considered.

Event Management will provide regular updates during the week of the event, if the conditions don't align, this event won't proceed, and participants won't be charged.

# Competition Uniform:

|                        | SLSNZ Member                                   | Non-member                                     |
|------------------------|--|--|
| Individual (ski, ocean | <ul> <li>High visibility top</li> </ul>        | <ul> <li>High visibility top</li> </ul>        |
| ski, waka ama)         | <ul> <li>Personal floatation device</li> </ul> | • PFD  |
|                        | (PFD)  | • Leash  |
|                        | <ul><li>Leash</li></ul>                        | <ul><li>Flare</li></ul>                        |
|                        |  | <ul> <li>Tracking device/cell phone</li> </ul> |
| Double ski             | <ul> <li>High visibility top</li> </ul>        | <ul> <li>High visibility top</li> </ul>        |
|                        | <ul> <li>Personal floatation device</li> </ul> | • PFD  |
|                        | (PFD)  | • Leash  |
|                        | <ul><li>Leash</li></ul>                        | <ul><li>Flare</li></ul>                        |
|                        |  | <ul> <li>Tracking device/cell phone</li> </ul> |
| Boats/Canoe            | <ul> <li>High visibility top</li> </ul>        |  |
|                        | <ul> <li>PDF (sweeps only)</li> </ul>          |  |
|                        | <ul> <li>Rescue tube</li> </ul>                |  |

- Participants must follow the above safety requirements. If any participants are without any of the requirement, event management reserves the right to restrict participation.
- Safety craft and first aid will be present during the event.

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# **Key Contact:**

If you have any queries or concerns, please feel free to contact the Sport Manager.

Dan Grant Northern Region Sport Manager entries@lifesaving.org.nz

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