



Competition Purpose:

The Long Distance Challenge is an annual event to give members a chance to get back in the water ahead of the competition season as well as give a taste of long distance racing ahead of the Mount Monster in November.

A short course event option is available for U13/U14 and senior members who want to have a go.

This is a participation event, so no club points are awarded.

Key Information:

Tide: 5:23am High 2.1m / 11:30am Low 0.63m / 5:49pm High 2.3m

Date	18 th October
Location	Omaha Beach
Entries close	13 th October
Team Managers meeting	9:30 am
Marshalling	9:45 am
Event start time	10 am

Eligibility of Competitors:

- Competitors must be members of their clubs
 - Senior competitors must be refreshed to enter
 - Senior competitors that are training to be lifeguards can be entered and must sign a waiver.
 - U13/14 can only compete in the short course race.
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Entries:

Entries can be made using the SLSNZ Online Event Entry System (Waves).

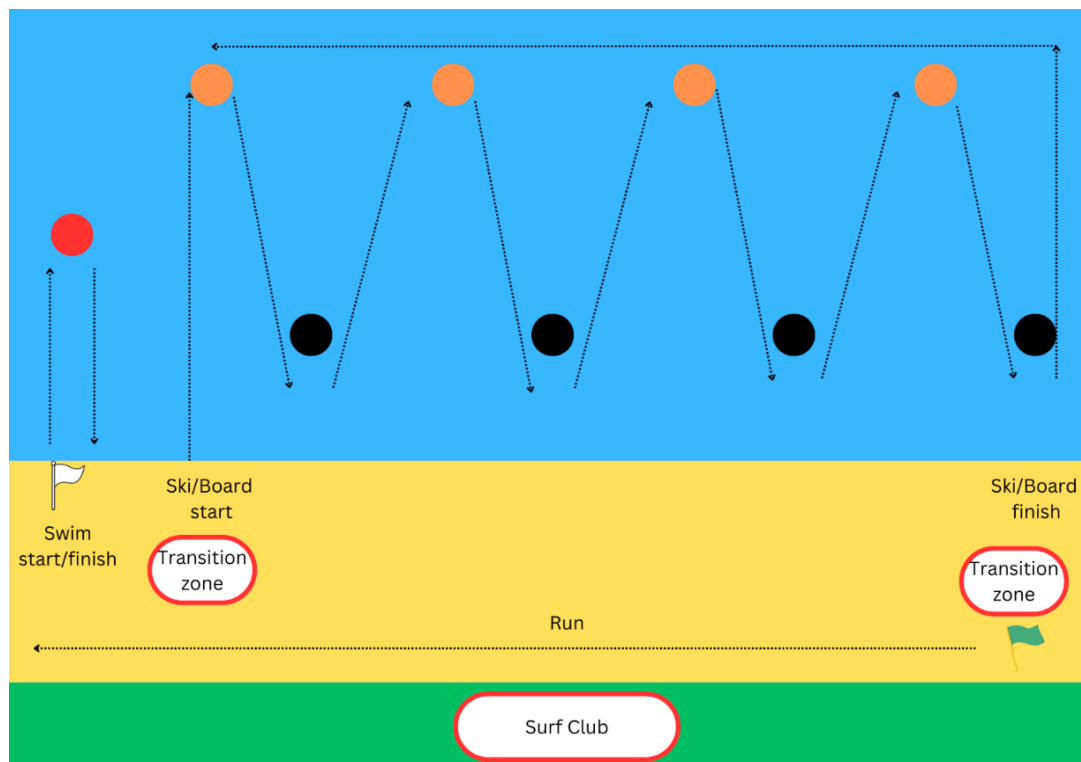
Please contact entries@lifesaving.org.nz if you would like to enter individuals who are training for their lifeguard award.

Entries close on Monday 13th October at midnight. No late entries will be accepted.

- Competitors must have membership rolled over and refresher current as of **18 Oct 2025**. *Waves will block entry if not met.*
- By entering, clubs and competitors agree to SLSNZ using event images/videos for media & promotional purposes.
- Entry fee: \$15 per competitor, invoiced post event.
- Team Managers & Coaches contact details must be updated in Waves by close of entries. *Failure to do so may mean your club misses vital information.*

Event Course:

Below is our preferred course which will be adjusted based on the conditions.



Long Course (Seniors Only)		Short Course (Seniors & U13-U14)	
Discipline	Approx distance	Discipline	Approx distance
Ski	2 laps – 8 km	Ski*	1 lap - 4 km
Run	5 km	Run	5 km
Swim	2 laps - 1 km	Swim	1 lap - 500 m
Board	1 lap- 4 km	Board	½ lap - 2km

*U13-U14 cannot enter.

Event Format:

Competitors can enter the following categories.

- Full Long Course Individual
- Full Long Course Team (2-4 people)
- Long Course Single Discipline
- Full Short Course Individual U13/14
- Full Short Course Individual Senior
- Short Course Team (2-4 people)
- Short Course Single Discipline

LiveHeats:

This event will utilize LiveHeats bands for marshalling and results. Competitors must remember to bring their band to the event. New competitors will be allocated a band at the event.

Know Your Rules:

This event will be conducted under the rules contained in the following documents.

[SLSNZ Surf Sport Competition Manual](#), including any additional amendments as detailed on the website and any additional requirements as communicated by the Event Management Committee.

Clubs are responsible for ensuring all entrants that start the event can complete the course.

Additionally, members entering this event are bound by the following rules:

- [SLSNZ Constitution](#)
- [SLSNZ Regulations](#)
- [SLSNZ Code of Conduct](#)
- Drug Free Sport New Zealand
- [SLSNZ Sport Policies](#)

Event Volunteers:

Surf Life Saving events require many volunteers to run smoothly. The following are requirements that must be met by clubs when entries close. If these are not met at this time, entries will not be accepted.

If clubs are having problems with these requirements, please email entries@lifesaving.org.nz a minimum of **7 days before the entries close**.

Event	Officials
Long Course Interclub	1 per 10 competitors

Communication:

Event Management utilizes a variety of tools to keep you updated with the latest event information and news. Before the event the following mechanisms will be utilized:

- Member Services News
- SLSNZ website
- Heja app

During the event the following mechanisms will be utilized:

- Heja app
- Live Heats

The Heja app is one of our new tools for communication, it will be used in the events space to keep people informed.

To join these groups please download the Heja app [here](#) and use the relevant group code.

SLSNR Senior Events Code: HK-736209

This will replace all relevant Northern Region Team Reach, Facebook groups and pages that are currently being used.

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

021 813 090

Competition Safety Plan:

The Competition Safety Plan will be made available for viewing in the Event Management Area following the team managers and officials briefing and 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 rather than expose them to unnecessary risk or potential harm by encouraging or coercing competitors to compete, particularly 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.

Medical Information:

Pre-existing medical conditions:

All participants 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 at dan.grant@lifesaving.org.nz.

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.

- [Pre-Existing Medical Conditions Declaration](#)
- Competition Waiver – Under 18
- Competition Waiver – Over 18

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

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, and provide a SLSNZ Medical Clearance before further competition is permitted.
3. Any person suspected of 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.