

## Ballina L & L SLSC – Handicap Surf Race

The *Handicap Surf Race* is a great tradition and is planned for each Sunday morning of the patrolling season at 9.00am. This swim is a FUN CLUB ACTIVITY and participation is encouraged from all active and associate members as well as visiting club members.

The rules for the race competition are listed below. Generally the race should extend to about 6 - 10 minutes maximum from “go” therefore covering a distance of at least 350-400m (Approx. Carnival Distance).

The conditions and tide on a weekly basis will have an impact on the location – High seas & high tide may mean the swim is in the ‘gutter’ at Lighthouse - there will also be some occasions when the swim will need to be moved to Shaw’s Bay.

### The Rules

- 1 Swim start time is by 9.00 am each Sunday morning of the patrolling season. This is to ensure the swim is finished before other activities eg. Patrol, Junior Activities - water safety etc.
- 2 To participate, you must arrive by 8.45 am to register and be given your handicap time
- 3 Places are assigned down to tenth (10<sup>th</sup>) position and points are allocated as below.
- 4 Every member who participates in the surf swim receives a point irrespective if they complete the course.
- 5 Members on patrol on the morning of the swim are also assigned a point as they have to provide water safety for the participants as well as maintain their patrol duties for the public.
- 6 Members who cannot participate because of SLSC commitments in sanctioned events also receive a point.
- 7 The swimmer who places first is assigned 11 points (10 for winning + 1 point for participating) and so on to the swimmer who places 10<sup>th</sup> who is assigned 2 points (1 point for 10<sup>th</sup> place + 1 point for participation).
- 8 Having competed in 4 races a swimmer may take a bonus of 5 seconds off their handicap or save the bonus to be added to further bonuses
- 9 Handicap times are at the discretion of the race organiser – All details will be kept in the patrol room.

### Handicap times are adjusted as follows

Race position	Handicap time adjustment	Points allocation
1	+ :25 sec	11
2		10
3	+ :15	9
4		8
5	+ :10	7
6		6
7	+ :5	5
8		4
9	+ :0	3
10		2
11 onwards	- 0:10	1

# BALLINA L & L SLSC - OCEAN SWIM

STARTING Sunday – 31<sup>st</sup> Oct . 9.00am



## The Handicap Surf Race

Is a great Surf Club tradition and is planned for each Sunday morning of the patrolling season at 9.00am – Register by 8.45am (From 17<sup>th</sup> Oct ) – 20 swims planned for 2010 / 2011 season.

This swim is a FUN CLUB ACTIVITY and participation is encouraged from all Active and Associate members as well as visiting clubs. (Associate Membership Costs - \$30)

PointScore – There will be prizes for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> as well as an encouragement award at the end of the season.

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