

BALLINA SLSC - OCEAN SWIM

STARTING Sunday - 15th NOV. 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 15th Nov) – 20 swims planned for 2009 / 2010 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 1st, 2nd & 3rd as well as an encouragement award at the end of the season.

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Ballina SLSC – Handicap Surf Race

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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. Junior Activities, Patrol - 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 (10th) 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 who assigned water safety also get 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 10th who is assigned 2 points (1 point for 10th 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 |