



Freshwater Beach

Sunday 22nd November 2009

10.30am Start for Ironman Events

1.00pm Start for Board Events

Pre-registration at the clubhouse opens at 9:30am and closes at 10:15am for Ironman Events.
Re-opens for Board ONLY pre-registration at 11:30am and closes at 12:45pm.

Ironman (U11-U14) and Board Races (U9-U14)

Male & Female

Ironman - run/swim/run/board/run **Board** – run/board/run

Courses are subject to change on the day due to conditions and at the discretion of the referee.

Race distances are approximately 50% further than at regular carnivals.

Competitors will adhere to the rules as established by the referee.

U9 & U10 Board Relays

4 competitors per team, minimum 1 girl

(multiple teams per club at discretion of Carnival Referee)

All Age Board Relays

U9-14 one competitor per age, minimum 1 girl

(multiple teams per club at discretion of Carnival Referee)

\$20.00 entry Ironman Event ONLY per competitor.

\$20.00 entry Board Event ONLY per competitor.

\$30.00 entry BOTH events per competitor.

Late entries on the day are \$5.00 extra to the above.

Registration forms and details available on www.freshwaterslsc.com.

Entrants in BOTH events will receive a free T-shirt. Registrations for one event received prior to 13th November will receive a free T-shirt.

Note that ALL entries including Sydney Northern Beaches Clubs are to be sent directly to Freshwater SLSC.

Great Prizes including lucky draw for THREE Bennett Racing Boards, Place getters 1st to 3rd in every race, plus much more.

For more information email bennett2009@freshwaterslsc.com

or call Julia Jackson on 0408 229 559.