



## **SYDNEY NORTHERN BEACHES**

### **Active Fast Fives U14s & U15s - Opens**

*All registered and attending get a sausage sandwich and drink  
at the end of competition*

*Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each category*

*Dash for Cash competition, Swim from the Cans to the beach*

**Hosted by  
DEE WHY  
SLSC**

**[www.dyslsc.org.au](http://www.dyslsc.org.au)**

**Sunday 9<sup>th</sup>  
December, 2018**

**1:15 PM REGISTRATION  
1:45 PM REPORT  
For  
2:00 PM START  
4:00 PM FINISH**

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Active Automotive**



**Active Automotive  
PH: 02-9905 5546**

All entries to be done electronically by SLSA Carnival Entry (club use only)  
<https://carnival.sls.com.au/>

All entrants must have at least their Surf Rescue Certificate

Entries close 12 midnight Monday 3<sup>rd</sup> December 2018, \$30.00 per competitor, \$40 cash late entry on the day  
Club contact: Jeremy Ferguson 0421 052 208

## Programme of Events

2:00pm

### Round #1

**U15 Male Board Race**

**U15 Female Board Race**

**Open Male Ski Race OR Open Male Board Race**

**Open Female Ski Race OR Open Female Board Race**

### Round #2

**U15 Male Board Race and Open Male Board Race**

**U15 Female Board Race and Open Female Board Race**

**U15 Male Surf Race**

**U15 Female Surf Race**

**Open Male Ski Race**

**Open Female Ski Race**

### Round #3

**U15 Male Board Race**

**U15 Female Board Race**

**Open Male Ski Race OR Open Male Board Race**

**Open Female Ski Race OR Open Female Board Race**

### Round #4

**U15 Male Board Race and Open Male Board Race**

**U15 Female Board Race and Open Female Board Race**

**U15 Male Surf Race**

**U15 Female Surf Race**

**Open Male Ski Race**

**Open Female Ski Race**

### Round #5

**U15 Male Board Race**

**U15 Female Board Race**

**Open Male Ski Race OR Open Male Board Race**

**Open Female Ski Race OR Open Female Board Race**

## Dash For Cash (immediately after round #5)

(Knock out rounds as required in each category, swim from the cans to the beach)

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place medals for cumulative points total for U15 and Open Male competitors

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place medals for cumulative points total for U15 and Open Female competitors

Cash prizes for the winner of the Dash for cash, U15/Open Male & Female categories

### Please note.

- This is a short course event, standard SLS distances do not apply
- All competitors compete in all 5 rounds, there are no semis or finals, winners are calculated by adding the points from each round. The most points win's.
- All competitors must have their Surf Rescue Certificate as a minimum
- All competitors must wear a **pink** rash vest
- Hand in your tag at the end for a free sausage sizzle and drink