

QUICK GUIDE TO JUNIOR SURF EVENTS

WATER EVENTS

BOARD RACE - Athletes negotiate the surf on an age appropriate nipper-board and follow a set course of Cans 'Cans" and return to shore surfing the waves back to the beach. U8s-10s use 2m long foam boards; U11-13s use 2m long fibreglass boards. The 3.2m Malibu 'Mal" fibreglass racing boards are only used by Youth and above.

BOARD RESCUE – A team consisting of 2 nippers, a swimmer and a board paddler. The swimmer enters the water, swims to their coloured can and signals to the board paddler, who paddles out, around the buoy, picks up the swimmer and both athletes paddle back to the beach, both carrying the board across the finish line, This is a valuable lifesaving skill which nippers develop at an early age and is one of the board rescue techniques used by qualified life savers.

BOARD RELAY – A team consisting of 3 athletes, all with their own board. The first team member paddles out around the cans then heads back towards the shore and tags the second team member who does the same. The final team member has to complete the same course and then run through the finish line. The first team to successfully pass all the cans and cross the finish line are declared the winner.

SURF RACE - the surf race involves swimming around a course of Cans placed out in the ocean. In surf conditions, getting through the shore break can be tough, as well as the return to the beach negotiating the waves, but then to be a lifesaver you must be tough! This is where nippers learn to "duck" or "dolphin" dive.

SURF TEAMS - consisting of four members, all athletes swim together in the same race, around the cans and back to the beach. Each placing is given a certain amount of points e.g. First = 1 point, tenth = 10 points. The team with the least amount of points win or in the case of a draw, the team who crossed the line first, wins.

IRONPERSON - in the nipper age groups the 'Iron" race involves three legs including a board and a swim leg with a run in between each of these. This is a tough event which requires endurance, strength and plenty of skills.

CAMERON RELAY - involves 4 members, a swimmer, a board paddler and 2 runners. The swimmer completes a swim race, and tags the runner near the shore who runs along the beach and tags the board paddler who completes a board race before tagging the last runner who sprints towards the finish line.

WADE RACE / RELAY - Athletes have to wade, dive or swim their way through waist depth water around the three Water Safety Markers from left to right, then make their way back up the beach through the finish line. Tough on their little legs but is great for those who aren't strong swimmers. The relay race consists of 4 athletes

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BEACH EVENTS

BEACH FLAGS

Athletes lie down in the sand, facing away from the flags. At the signal they get to their feet, turn and sprint to a flag (piece of hose) placed in the sand. There are always less flags than athletes. Anyone who fails to gain a flag is eliminated until only 2 athletes remain. The athlete who wins the last flag, is the winner.

Why do we do this? This teaches speed and responsiveness and tactics play a big part!

BEACH SPRINTS

The beach sprint course is usually set over 70m. Starting when the whistle is sounded the athlete sprints across the soft sand through the finish line. The first athletes' chest across the finish line is deemed the winner. Just like normal sprints, only harder given they are running on sand.

BEACH RELAY - the beach relay consists of a team of four athletes and a baton. Members 1 and 3 are stationed at one end of the course whilst members 2 and 4 are at the other. The object is to successfully complete the race by exchanging the baton within the required zone and with dropping the baton (and getting disqualified!)

1KM Run – As it sounds, a 1km run along the beach to build up strength, stamina and endurance.

LIFESAVING EVENTS

RESCUE AND RESUSCITATION(R&R) - 2 and 5 person R & R teams compete in a precise drill that simulates rescue and resuscitation. Points are given for incorrect procedures. The team with the least amount of points, wins.

MARCHPAST

A longstanding, traditional surf event, teams of 12 are judged on their ability to march correctly to a predetermined drill around the carnival arena carrying a surf reel, line and belt, following a flag bearer. Teams are judged on factors such as timing, arm and leg swing, space and dressing, body carriage and presentation. The team with the least amount of points, wins.

POOL RESCUE

In the winter months, to keep the older juniors active, there is the opportunity to take part in the Pool Rescue State Championships, which is made up of a range of events involving brick carries, rope throws and obstacle races.

Age U12 up

LIFE AFTER JUNIORS....

Once Juniors complete their nipper training at U13s they progress to our Youth or “Stormies” group. Upon completing their Surf Rescue Certificate(SRC) they can patrol the beach and can choose to compete in the following addition events;

ADDITIONAL YOUTH AND SENIOR EVENTS

FIRST AID

2 members are required to apply first aid procedures to patients in a scenario. This is judged in a competitive environment

CHAMPION LIFESAVER

Members complete a range of physical races plus a theory paper and are allocated points for each event.

PATROL COMPETITION

Members form a team and complete a range of physical races plus a theory paper and are allocated points for each event.

BOARD RIDING

Normally 4 athletes enter the water for a heat and catch waves. Maximum 10 waves are scored with best 2 waves counted. Points are judged on the most radical moves in the most critical part of the wave for the longest ride. The athlete proceeds to the next round or wins.

SKI RACE, DOUBLE SKI AND SKI RELAY

From a floating start, athletes paddle their surf ski around three buoys and return to the finish line. The finish is judged when any part of the surf ski crosses the finish line with the athlete and their paddle all in contact. Ski events can be single or double (two people in the same ski). The relay event is the same format, contested in teams of 3.

IRB RACING

IRB (Inflatable Rescue Boat) competition aims to improve the skills and technique of IRB drivers and crew as well as allow crews to demonstrate their techniques and abilities to perform rescues. They compete in the winter season at carnivals which challenge Drivers and crew

SURF BOATS

A boat crew consists of five competitors, four rowers and a sweep who controls the boat by use of a sweep oar and commands to the rowers. Boat crews start at the water's edge holding their boats ready. On the starting signal, crews row to their assigned turning buoy approximately 400 metres off shore and return to the beach. The winner is the first crew to pass their boat between the finish flags on the beach.