PHUKET LIFEGUARD CLUB

Surf Lifesaving Club

ชมรมไลฟ์การ์ด ภูเก็ต

ชมรม ไลฟ์การ์ด ภูเก็ต 78/27 หมู่บ้าน
ภูเก็ตวิลล่า 5 ต. วิชิต อ. เมือง ภูเก็ต 83000

PHUKET SURF LIFE SAVING COMPETTION 2017

ENTRY FORM
December 10, 2017

ENTRY CONDITIONS AND FEES
Entry fee is 500 baht in local currency – overseas entrants can pay on the day of the event
Entry fee includes a souvenir t-shirt of the event

Rules

- All competitors must have paid entrance fees prior to start of event.
- Club caps are to be worn if you are representing a specific club.
- Race will be overseen by designated race officials.
- Failure to complete the course will result in disqualification
- All competitors are required to register prior to events and receive number on their arm.
- Three competitors are required in each category for that race to proceed.
- Organizers reserve the right to alter the course or venue on the day should sea conditions make it necessary .
- The event shall be held regardless of weather conditions if the surf is deemed safe enough to do so by the event committee.

DECLARATION FORM
TO : Phuket Lifeguard Club Date: 10 December 2017
From :

I …….

I certify that the date of birth and detail registered for events on this form are correct. Also ,as the activities included in the Phuket Surf Lifesaving Competition 2017 are “Challenge by Choice” I understand that participation is on a voluntary basis and I can choose to withdraw from the competition or stop an activity at any time during the day of the event. I further certify myself to be of good health and willing and able to complete in the events for which I am registered. I certify I have the same or equivalent minimum skills levels required to participate in similar events in Australian Surf Lifesaving Competition.

I further certify that all fees will be paid prior to any event. I will participate in on the day of the competition and that my “age” events comply with the minimum age requirements on or before 30 November 2017.

Signature:

Name:
Address:
Name of Club (if applicable):
Email address:

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Surf Race

With a running start into the surf from the start line on the beach, competitors swim around the 400 m (200 m for Youth & Woman) course designated by buoys, returning to shore to finish between

Board Race

Competitors stand on or behind the start line on the beach with their boards 1.5 m apart. At the start signal, competitors enter the water, launch their boards, and paddle the course marked by buoys, return to the beach, and run to cross the finish line.

Board Rescue

In this event, one member of the team swims approximately 120 m to a designated buoy, signals, and waits to be picked up by the second member of the team on a board. They both paddle to shore and cross the finish line on the beach with the board.

Rescue Tube Rescue

Four competitors from each team participate in this event: a "victim," one rescue tube swimmer, and two rescuers. The victim swims approximately 120 m to a designated buoy, signals, and waits to be rescued by the rescue tube swimmer. As they return to shore, the remaining two rescuers enter the water to assist. The event finishes when the first competitor in a team crosses the finish line while in contact with the victim.

Beach Flags

From a prone starting position on the beach, competitors rise, turn and race approximately 20 m to obtain a baton (beach flag) seated upright in the sand with about two-thirds showing. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.

Iron Man

Competitors cover a 1.6 km course that includes a swim (400m. for Man / 200m for Woman), a beach run (400m for Man/ 200m for Woman) ,a board paddle (400m for Man / 200m for Woman), a beach run (400m for Man / 200m for Woman) to cross the finish line.

Beach Sprint

Competitors take their positions in their allotted lanes. At the starting signal, competitors race the 80 m course to the finish line. The finish is judged on the competitor's chest (only) crossing the finish line. Competitors must finish the event on their feet in an upright position.

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