



K Day

Sunday 12th December, Taylors Mistake SLSC

High Tide: 10.18am

Start: 9am

Teams: 6 Person teams. Clubs are encouraged to enter as many teams as possible. Note there is one grade and each team requires one female —Open. Team members may be any age (no cadets).

Events:

• **Black & White Trophy** – 4 person swim relay. Will be retained as a stand alone event, and will be the first event held on the day. Will not be part of the main competition.

• **Kesteven Cup** – Ironman Relay. Will be retained in the format that it has evolved into – 5 leg relay event. This will be the last event of the day and part of the main competition.

• **Oliver Turpin Trophy** – will be awarded to the best club team on the day.

1. Six person beach relay heats (70m traditional relay)
2. Ski relay heats – two people
3. Board relay heats – two people; one male & one female
4. Beach flags – female (one person per team)
5. Beach flags – male (one person per team)
6. Tube rescue heats – one male & one female
7. Board rescue heats
8. Ski relay final
9. Tube rescue final
10. Beach relay final
11. Board relay final
12. Board rescue final
13. Kesteven Cup Ironman Relay – five legs (in order) – 400m run, swim leg, board leg, ski leg, sprint finish.

Event Conditions

- All finals will be eight or nine teams. Points will be awarded for the top eight places – 8 points for 1st down to one point for 8th.
- The number of teams that go through to the final from each heat will be dictated by the number of heats required e.g. If four heats are required then two teams will go through from each heat.
- The Kesteven Cup Ironman Relay will be double points.
- The team with the most points will win the Oliver Turpin Trophy.
- Events 4-7 will be run concurrently i.e. Tube/board rescue heats will be held the same time as beach flags.

Notes

All teams and team members must be registered at the Manager's Meeting.

Each team must be clearly identified with club caps and markings i.e. A, B or C if a club has more than one team.

- Any age/grade except for cadets i.e. there is only one grade – Open.
- The format dictates that each team will require at least one female.
- Clubs are encouraged to enter as many teams as they like.
- For the purpose of drawing for heats, it will be assumed that the club's "A" team is their best team. This is to try and avoid a clash of top teams in the heats.
- One entry per team per event.
- Each club is required to submit the number of teams they will have competing by 5pm Friday 5 December (use attached form). There will be no late entries
- Clubs with multiple entries will name their teams A, B, C, and D...etc.
- All team members must be registered at the Manager's Meeting using the attached form.
- There will be no substituting of team members once the teams have been declared at the Manager's Meeting. The only way a person can be replaced in a team during the event is through injury. This must be approved by the Carnival Controller, and they can only be replaced by a person not currently in a team.
- Each team must be clearly identified with club caps and marking's on both lower arms ie. A, B, C....if a club has more than one team.