Saugeen Shores Surf Invitational
Info Pack

Date:	Monday August 5, 2024
Time:	8:00 am – 11:00 am
Location:	Port Elgin Main Beach (100 Green Street)
Competition:	The competition and its events have been sanctioned by the Lifesaving Society. The competition will be using the Ontario Competition Manual and ILS Manual.
Eligibility:	Junior competitors shall be a member of a lifesaving club in good standing with the Lifesaving Society and coaches are confident in their fitness and skill to complete multiple rounds of the course.
	Senior competitors shall hold a lifesaving award and be a member of a lifesaving club in good standing with the Lifesaving Society and coaches are confident in their fitness and skill to complete multiple rounds of the course.
Age Groups:	Junior (12 to 14), Senior (15 to 18), Open (19+)
Events:	3 individual Ocean Man / Ocean Woman (Senior) 3 individual Iron Guard (Junior) Athletes will be given minimum 20 minutes of rest between events, ideally no more than 30 min. The event will be in a different order each race.
Deadline:	Registration must be received by Monday July 29, 2024.
Fee:	Cost is $20.00 per athlete + HST
Registration:	Please have all athletes register online on the Town of Saugeen Shores online registration system here.
Points:	Points will be awarded to the top 16 athletes in each individual event. Each race, athletes will accumulate points and they will be added together to award high points.
Awards:	TBD

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Schedule of Events

We will be combining males and females to create full heats of 16 for everyone to have the most competitive race experience. Depending on the number of registrations, we will be running 1 or 2 arenas.

7:00–8:00 am	Registration & Warm up
7:00–7:30 am	Officials Meeting
7:30–7:45 am	Coaches Meeting
8:00 am	Ocean Man (Senior) - Swim, Board, Ski Iron Guard (Junior) - Swim, Run, Board
	Ocean Man (Senior) - Board, Ski, Swim Iron Guard (Junior) - Run, Board, Swim
	Ocean Man (Senior) - Ski, Swim, Board Iron Guard (Junior) - Board, Swim, Run
11 am	Wrap-up and Awards