BENNETT

SURF LIFESAVING

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Fast & Furious

Junior Board & Iron Person Carnival

Hosted by Freshwater SLSC

Sunday 22nd November 2025

U9-U14 Boards
U11-U14 Iron

Sydney Northern Beaches Surf Life Saving

This carnival is a **Surf Life Saving Sydney Northern Beaches** event

Entries via Liveheats.com. Entries close Wednesday 18th November 2026, 11pm. **No Late Entries** permitted.

CARNIVAL KEY TIMINGS

Marshal	Start	Event
		There is no registration on the day. All competitors registrations will be via Liveheats prior to the carnival entry close date.
	7.50AM	Acknowledgement of Country
7:30 AM	8:00AM	Block 1: U9, U10
9:30 AM	9:45AM**	Block 2: U11, U12, U13 & U14

PROGRAM OF EVENTS

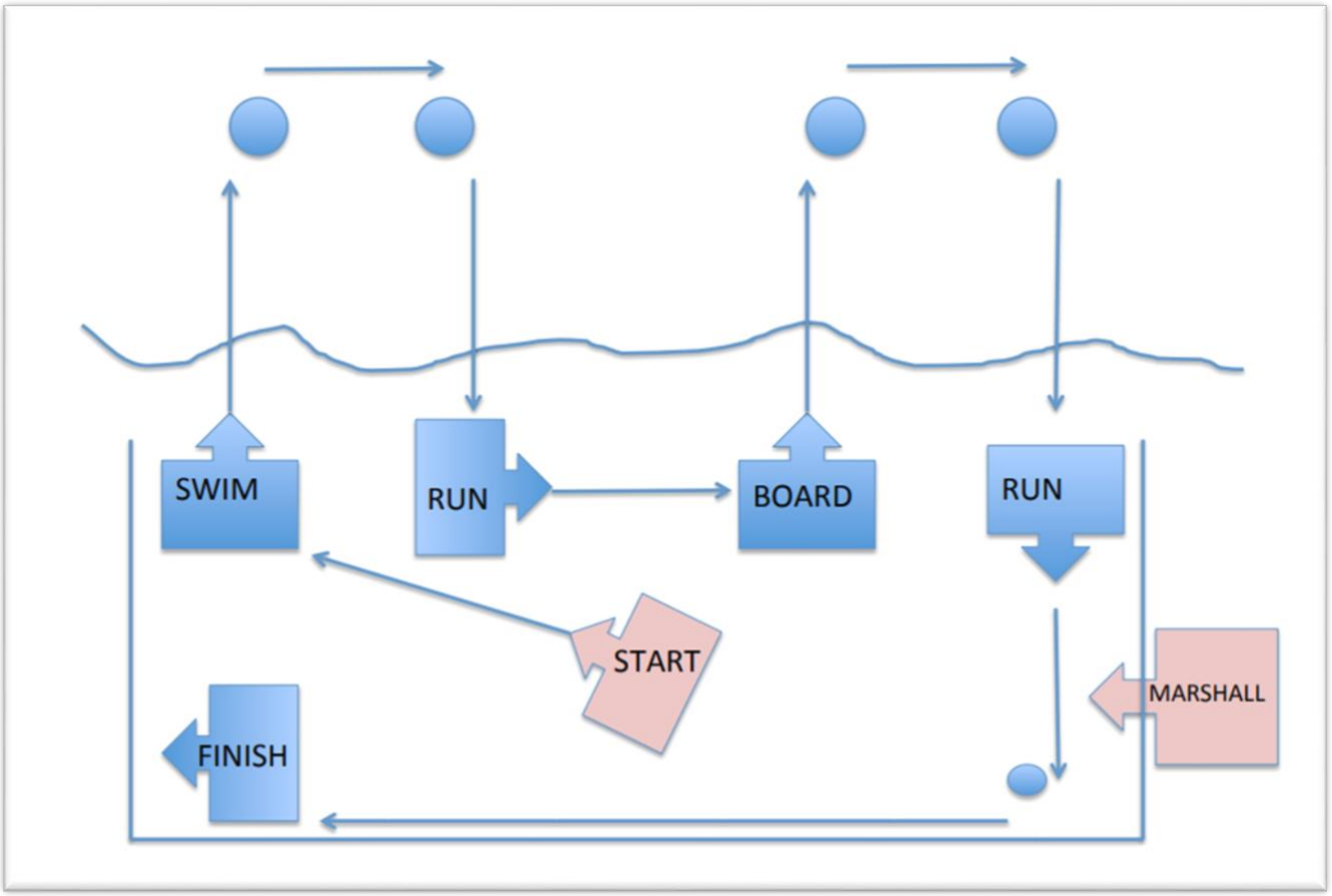
RACE BLOCK 1		
Start	**WATER AREA 1 – U9**	**WATER AREA 2 – U10**
8:00 AM	U9 Male Board Heats	U10 Male Board Heats
	U9 Female Board Heats	U10 Female Board Heats
	U9 Male Board Finals	U10 Male Board Finals
	U9 Female Board Finals	U10 Female Board Finals
	U9 Mixed Board Relay	U10 Mixed Board Relay
10.00 AM Presentation and Prize Draw for U9 & U10		

RACE BLOCK 2		
Start	**WATER AREA 1 – U11, U13**	**WATER AREA 2 – U12, U14**
9:45 AM	U11 Male Board Heats	U12 Male Board Heats
	U11 Female Board Heats	U12 Female Board Heats
	U14 Male Board Heats	U13 Male Board Heats
	U14 Female Board Heats	U13 Female Board Heats
	U11 Male Board Finals	U12 Male Board Finals
	U11 Female Board Finals	U12 Female Board Finals
	U13 Male Board Finals	U14 Male Board Finals
	U13 Female Board Finals	U14 Female Board Finals

IRON PERSON EVENTS Races will run over both Water Areas with the Swim in Water Area 1 with transition into Board in Water Area 2. Order of events will be U11's through to U14's*
U11 Male Iron
U11 Female Iron
U12 Male Iron
U12 Female Iron
U13 Male Iron
U13 Female Iron
U14 Male Iron
U14 Female Iron
Presentation and Prize Draw for U11,U12,13,14 to occur at end of racing

PLEASE NOTE: The program, areas and competition parameters are subject to change at any time due to timings and safety at the discretion of the carnival referee. All changes made will be communicated via a Team Managers meeting

IRON PERSON COURSE



IMPORTANT CARNIVAL INFORMATION

HIGH VIZ REQUIREMENTS

Pink Hi-Viz Rash Vests (not supplied) must be worn for all water events. Competitors in faded pink rash vests may be asked by officials to change into a more appropriate quality rash vest. Failure to comply will result in the competitor not being able to compete in the event.

COMMUNICATION

More information will be provided regarding the event via the SLSSNB Surf Sports Team App. Please join the group via your Smart phone to receive updates in the lead up to the event and during the event.

LIVEHEATS AND REGISTRATION

All competitors must wear a LiveHeats Wristband to participate in the carnival. If you are yet to receive one, your club must order one from Branch before the start of the Carnival.

All competitors must have their **LiveHeats** wristband to participate in the carnival and their age group clearly marked on their left wrist or left arm prior to marshalling.

If a competitor has lost their wrist band, they can collect one at the carnival prior to marshalling (Clubs will be invoiced after the carnival).
There is no Competitor Registration required on the day of the event.

OFFICIALS AND WATER SAFETY

As a Guide, expect that each club will require to provide 1 water safety for every 8 competitors and 1 official per 8 competitors. Note this may change depending on the number of total competitors and rounding. The actual requirement will be finalized once entries close

All clubs are required to supply their allocation of officials and water safety for this carnival, as outlined in the officials' appointments rosters.

All competing clubs that are from outside the Sydney Northern Beaches Branch are to provide officials and water safety as per published lists on the Officials Nominations web page. These will be based on actual entry numbers.

This is required to ensure the efficient and safe running of the event. Any clubs failing to meet their obligation in either may render their club's competitor's ineligible to compete at the carnival, at the discretion of the Referee.

TEAM/AGE MANAGERS

Only one Team Manager or Age Manager per gender per age group is allowed in the competition areas, accompanied by one Coach.
Team Managers/Age Managers will be required to nominate to be able to enter the competition area.

NOTE: No parents or spectators are permitted to enter the Field of Play unless due to an emergency.

CARNIVAL SPECIFIC INFORMATION

Mixed Board Relay

U9 and U10 Mixed Board Relay team composition is minimum of 1 Male and 1 Female. If there are more than one team per club event, please distinguish the teams as **RED**, **BLUE**, **GREEN** or **A, B, C,** team etc. This MUST be written on their arms before marshalling for the relays. All full club teams must be live heats 30 minutes prior to the relays being run.

Competitors must compete in their own age group only. Composite teams are encouraged.

PRIZE AND MEDAL INFORMATION

Prizes will be provided by Bennett Surf Boards, who will be in attendance at the event.
All Winners must be present at time of draw to claim the prize.