COATES HIRE COOLANGATTA GOLD 2016
ULTIMATE CHALLENGE
SKI • SWIM • BOARD • RUN
RACE GUIDE
OCTOBER 15–16, 2016 • COOLANGATTA BEACH, GOLD COAST
sls.com.au/coolangattagold • cooliegold
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The Coates Hire Coolangatta Gold is one of the most challenging endurance races in surf sports. What began as the central theme for a motion picture more than 30 years ago, has now commanded a place on Australia’s calendar of prestigious sporting events.

The iconic event will return to the Gold Coast in 2016 over the weekend of October 15th and 16th. It is open to the public and consists of a 32.4 km Short Course and a 41.8 km Long Course race. The multi-disciplinary course combines swimming, running, board paddling and surf skiing.

Over the weekend of the 15th and 16th October 2016, endurance surf athletes from all over the World will unite at Coolangatta on Queensland’s Gold Coast, to compete in one of the most challenging surf sport races in the world and test themselves alongside some of Australia’s greatest sporting figures.

From its inauguration in 1984, when Guy Leech was crowned victor, the Coates Hire Coolangatta Gold event now attracts over 500 competitors across the Short Course, teams categories, and those in the Long Course hoping to take home the gold medal and prize money.

The Coates Hire Coolangatta Gold 2016 again sees the addition of the Youth Challenge event, which contributes to the overall event through encouraging the next generation of surf sports competitors to begin to make their mark from the age of 10, which is included in the following key dates for this year’s event:

- Saturday, October 15th 2016 Coates Hire Coolangatta Gold Short Course categories
- Sunday, October 16th 2016 Coates Hire Coolangatta Gold Long Course categories
- Sunday, October 16th 2016 Coates Hire Coolangatta Gold Youth Challenge

Welcome from the SLSA President

It gives me great pleasure to welcome you all to Gold Coast for the 2016 Coates Hire Coolangatta Gold.

This year we’ll see over 500 competitors from around Australia, and overseas, taking on the ultimate challenge.

The Coates Hire Coolangatta Gold is one of the most challenging endurance races in surf sport and I look forward to witnessing the mental and physical strength and endurance it takes to complete the Coolangatta Gold. With Australia’s greatest sporting figures competing in the elite field, 2016 is shaping up to be the best ever.

I would also like to congratulate the 100+ kids taking part in the Youth Challenge. An event that encourages the next generation of Surf Sport athletes to compete and develop their skills as lifesavers.

On behalf of SLSA, I would like to thank all those who have contributed to the success of this event, in particular our volunteer officials who have worked so hard to make this weekend a success. I look forward to what will be an outstanding weekend of competition and wish all competitors the very best of luck.

Graham Ford AM
President, Surf Life Saving Australia
Welcome Message from the Minister for Tourism and Major Events - The Hon Kate Jones MP

Welcome to the Gold Coast for the Coates Hire Coolangatta Gold 2016, one of Australia’s most challenging endurance surf sport events.

Some of the world’s most accomplished athletes will compete in the gruelling multi-discipline endurance races set on the beautiful Coolangatta beach.

The Coates Hire Coolangatta Gold has developed into an exciting weekend festival that celebrates surf sport and draws crowds from across Australia to Queensland.

The Palaszczuk Government proudly supports this event through Tourism and Events Queensland’s It’s Live! in Queensland major events calendar.

Thank you to Surf Lifesaving Australia, the officials and volunteers for delivering this great event for Queensland and I wish all the competitors a safe and enjoyable weekend.

For those who have travelled to experience this iconic Queensland competition, I encourage you to stay and make the most of the wonderful experiences the Gold Coast has to offer.

The Hon Kate Jones MP
Minister for Tourism and Major Events

Gold Coast City Council Mayor’s Welcome

Is there any event that is more iconic of the Gold Coast lifestyle than this? What this race showcases is a perfect summation of why we are one of the most desirable tourist destinations in the world.

Equally, this race puts a glorious spotlight on a service that is equally emblematic of Gold Coast – our surf life savers. What a brilliant team of champion people! I am so proud of everyone who pulls on one of those trademark red and yellow quartered caps.

And the heart-warming aspect of Surf Life Saving Australia is that the vast majority of these dedicated people are volunteers, willing to give everything to help others in difficulty.

I am also in awe of the physical prowess of the elite athletes who compete in the long-course form of this international-standard race. It is ocean endurance racing at its finest and toughest. Not that the short-course version is a piece of cake. Hardly, at 33.6 km (long form is 41.8 km).

Competitors must show their prowess not only at ocean swimming but also board paddling, surf skiing and the gruelling sand running.

More than 500 competitors will likely start this year and there are some 31 categories to contest from Under Age to Over 50s

Don’t forget that bucket-listers are most welcome to try their hand, too. To think: just for the fun of it!

I wish everyone a great race, knowing that simply having the heart to compete makes you a very special person. Good luck all!

Tom Tate
Gold Coast City Council Mayor
Where:
All events start and finish at Coolangatta Beach, Gold Coast QLD. Courses cover much of the Gold Coast with the ski travelling as far north as Broadbeach, with a major transition at Burleigh Beach and minor transition sites at Miami & Currumbin Creek.

When:

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Race Start Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Course</td>
<td>15 October 2016</td>
<td>From 7:30am</td>
</tr>
<tr>
<td>Long Course</td>
<td>16 October 2016</td>
<td>From 7:30am</td>
</tr>
</tbody>
</table>

**Important Information Coolangatta Gold 2016**

- **Compulsory Lifejacket** – It is compulsory for all competitors to wear a minimum certified AS4758 Level 50 or Type 2 lifejacket whilst completing the ski leg. Please note that the PFD Type 2 is the old standard and Level 50 is the new labelling standard; both will be accepted. Please note the PFD Type 3 or Level 50S will **NOT** be accepted as they do not meet the conspicuous colour requirements. There are many styles and stockists of the PFD Level 50 and we recommend you choose a paddle vest that has a lower cut under your arms to maximise paddling comfort. For more in-depth information, please refer to the Australian Canoeing website. If competitors wish they are permitted to wear certified AS4758 Level 100, Level 150 or Level 275 Lifejackets in conspicuous colour of which are of a higher safety standard however are known to be bulkier and may limit paddling performance.

- **Briefing** - Competitor briefings are **COMPULSORY** for competitors and handlers and must be undertaken in person before you collect your competitor pack. Further information about the briefings can be found below.


- **Event Categories** – Event categories have been altered to be consistent between short and long courses. See below for updated categories.

- **Wave starts** – The Elite categories will be the first wave to start each morning followed by the various age groups and teams. Further information on wave order/timetable can be found below.

- **Technical Rules** – Please ensure you have read and understood all of the conditions of entry. See the link for this document below.

- **Marshall Position Numbers** – On the start lists next to the athlete number is a position number. This number is crucial for competitors to know as this is where they will line up during on-beach marshalling before heading into the water. Position 1 will be at the northern end closest to the headland followed by all numbers, consecutively, moving south down the beach.

**FURTHER INFORMATION**

Should further information be required please contact SLSA’s events team at:

events@slsa.asn.au
Phone: (02) 9215 8000
Fax: (02) 9215 8180
## Committees

### Competition Committee

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chair</td>
<td>Mark Fife</td>
</tr>
<tr>
<td>Sports Manager / CEO Delegate</td>
<td>Shane Knight</td>
</tr>
<tr>
<td>National Events Manager</td>
<td>Tony Henderson</td>
</tr>
<tr>
<td>Event Referee</td>
<td>John Brennan OAM</td>
</tr>
<tr>
<td>Safety &amp; Emergency Management Coordinator</td>
<td>Stephen Leahy</td>
</tr>
<tr>
<td>Area Referee – Miami</td>
<td>David Unger</td>
</tr>
<tr>
<td>Area Referee – Burleigh</td>
<td>Charles Melloy</td>
</tr>
<tr>
<td>Area Referee – Currumbin</td>
<td>Santo Della Bianca</td>
</tr>
<tr>
<td>Area Referee – Coolangatta</td>
<td>Jenny Kenny</td>
</tr>
<tr>
<td>Coolangatta SLSC Representative</td>
<td>Stuart Marshall</td>
</tr>
</tbody>
</table>

### Safety & Emergency Committee

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety &amp; Emergency Management Coordinator</td>
<td>Stephen Leahy</td>
</tr>
<tr>
<td>Event Referee</td>
<td>John Brennan OAM</td>
</tr>
<tr>
<td>SLSQ Liaison Officer</td>
<td>Nathan Fife</td>
</tr>
<tr>
<td>Area SEMC/ Area ESO – Miami</td>
<td>Shane Daw</td>
</tr>
<tr>
<td>Area ESO – Burleigh</td>
<td>Kane Treloar</td>
</tr>
<tr>
<td>Area ESO – Currumbin</td>
<td>Peter Whitty</td>
</tr>
<tr>
<td>Area ESO – Coolangatta</td>
<td>David Butt</td>
</tr>
<tr>
<td>First Aid/Medical Coordinator</td>
<td>Maryanne Sewell</td>
</tr>
<tr>
<td>Powercraft Coordinator</td>
<td>Richard Ellery</td>
</tr>
<tr>
<td>Coolangatta SLSC Representative</td>
<td>Stuart Marshall</td>
</tr>
</tbody>
</table>

### CRAFT DROP OFF FOR COMPETITORS

Competitors may drop off their craft at the designated Craft Drop off Location – Queen Elizabeth Park, Coolangatta. Drop off area will be from 10am on Friday 14 October and competitors should report to the event official on site for instructions.
**BRIEFINGS**

**COMPULSORY**

All competitors and at least one handler per competitor or team **MUST** attend for the full duration of any pre-race briefing. Only those athletes who attend the entire briefing will be permitted to collect their competitor’s pack. This pack will contain compulsory clothing items for each competitor. This is to ensure all participants are aware of important safety information pertaining to the event.

**Pack Contents**

(To be issued at briefing)
- Coates Hire Coolangatta Gold 2016 Competitor Lycra Singlet
- Coates Hire Coolangatta Gold 2016 Swim Cap
- Coates Hire Coolangatta Gold 2016 Numbered Tattoos
- Coates Hire Towel
- Craft Numbered Stickers
- Timing Chip
- Handler Bibs
- 2litre Hydration Backpack

**Athlete Numbers**

Athlete numbers for the Coates Hire Coolangatta Gold 2016 will be provided in your competitor pack as a stick on temporary tattoo. Please ensure that you place a tattoo on each arm and on one leg (calf area) as long as this area will not be covered by clothing on the day. To ensure tattoos are correctly applied please follow the below instructions:

1. Skin should be clean & free of sunscreen, oils or makeup.
2. Remove protective top sheet from tattoo
3. Place tattoo with the correct side pointing up, press tattoo onto skin with ink design facing skin.
4. Hold wet paper towel to the paper back of tattoo, hold and make sure to wet it all the way through the white backer paper. Wait 40 seconds (don’t hurry). Peel off paper backing.

**Briefing Times**

Athlete and Handler Briefing Times and Locations:

<table>
<thead>
<tr>
<th>Friday 14 October</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.00pm - 4.00pm</td>
<td>Short Course Briefing – Option 1</td>
<td>Coolangatta State School, Stapylton Street Kirra, QLD 4225</td>
</tr>
<tr>
<td>4.30pm - 5.30pm</td>
<td>Long Course Briefing – Option 1</td>
<td>Coolangatta State School, Stapylton Street Kirra, QLD 4225</td>
</tr>
<tr>
<td>6.00pm - 7.00pm</td>
<td>Officials, First Aid Coordinators, Powercraft and ARROs Briefing</td>
<td>Coolangatta State School, Stapylton Street Kirra, QLD 4225Coolangatta QLD 4225</td>
</tr>
<tr>
<td>7.30pm - 8.30pm</td>
<td>Short Course Briefing – Option 2</td>
<td>Coolangatta State School, Stapylton Street Kirra, QLD 4225</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saturday 15 October</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.00pm - 6.00pm</td>
<td>Long Course Briefing – Option 2</td>
<td>Coolangatta State School, Stapylton Street Kirra, QLD 4225</td>
</tr>
</tbody>
</table>

*All times shown are QLD local times*
## SHORT COURSE TIMETABLE

<table>
<thead>
<tr>
<th>Saturday 15 October</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.30am</td>
<td>Short Course: Marshalling &amp; Athlete Numbering</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.30am</td>
<td>Short Course: Waves begin</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.30am</td>
<td>Elite Men Start – Wave 1</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.30am</td>
<td>Elite Women Start – Wave 1</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.40am</td>
<td>Women U19 Start – Wave 2</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.40am</td>
<td>Women 19-29 Start – Wave 2</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.40am</td>
<td>Women 30-39 Start – Wave 2</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.40am</td>
<td>Women 40-49 Start – Wave 2</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.40am</td>
<td>Women 50+ Start – Wave 2</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.50am</td>
<td>Open Teams (Female) Start – Wave 2</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.50am</td>
<td>Master Teams (Female 35+) Start – Wave 2</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.00am</td>
<td>Men U19 Start – Wave 4</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.00am</td>
<td>Men 19-29 Start – Wave 4</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.00am</td>
<td>Men 30-39 Start - Wave 4</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.10am</td>
<td>U19 Teams (Male) Start – Wave 5</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.10am</td>
<td>U19 Teams (Female) Start – Wave 5</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.10am</td>
<td>Masters Teams (Mixed 35+) Start – Wave 5</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.20am</td>
<td>Open Teams (Mixed) Start – Wave 6</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.20am</td>
<td>Open Teams (Male) Start – Wave 6</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.20am</td>
<td>Masters Teams (Male 35+) Start – Wave 6</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.20am</td>
<td>Mates Wave (Individuals) Start – Wave 6</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.20am</td>
<td>Mates Wave (Teams) Start – Wave 6</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>Approx. 12.00pm</td>
<td>Short Course Presentations</td>
<td>Finish Area Coolangatta Park</td>
</tr>
</tbody>
</table>

All times shown are QLD local times
## LONG COURSE TIMETABLE

<table>
<thead>
<tr>
<th>Sunday 16 October</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.30am</td>
<td>Long Course: Marshalling &amp; Athlete Numbering</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.30am</td>
<td>Long Course: Waves begin</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.30am</td>
<td>Elite Men Start – Wave 1</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.40am</td>
<td>Elite Women Start – Wave 2</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.50am</td>
<td>Women 30-39 Start – Wave 3</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.50am</td>
<td>Women 50+ Start – Wave 3</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.50am</td>
<td>Open Teams (Female) Start – Wave 3</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.50am</td>
<td>Masters Teams (Female) Start – Wave 3</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.50am</td>
<td>Open Teams (Mixed) Start – Wave 3</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>7.50am</td>
<td>Masters Teams (Mixed) Start – Wave 3</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.00am</td>
<td>Men 40-49 Start – Wave 4</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.00am</td>
<td>Men 50+ Start – Wave 4</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.10am</td>
<td>Men 19-29 Start – Wave 5</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.10am</td>
<td>Open Teams (Male) Start – Wave 6</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>8.20am</td>
<td>Masters Teams (Male) Start – Wave 6</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>9.00am</td>
<td>Youth Challenge Marshalling</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>9.30am</td>
<td>Youth Challenge Commences</td>
<td>Coolangatta Beach</td>
</tr>
<tr>
<td>11:00am</td>
<td>Youth Challenge Concludes</td>
<td>Finish Area Coolangatta Park</td>
</tr>
<tr>
<td>Approx. 1:00pm</td>
<td>Long Course Presentations</td>
<td>Finish Area Coolangatta Park</td>
</tr>
</tbody>
</table>

All times shown are QLD local times
SHORT COURSE DETAILS

32.4km, Saturday 15 October

Categories:

- ** Elite **
  - Male
  - Female

** Age Group Individuals **
- U19 Male & Female
- 19-29 Male & Female
- 30-39 Male & Female
- 40-49 Male & Female
- 50+ Male & Female
- Mates Wave

** Teams **
- Open Male, Female and Mixed
- U19 Male, Female and Mixed
- Masters 35+ Male, Female and Mixed
- Mates Wave

<table>
<thead>
<tr>
<th>Leg</th>
<th>Distance</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ski</td>
<td>14.6km</td>
<td>Coolangatta to Miami</td>
</tr>
<tr>
<td>Run</td>
<td>2.1km</td>
<td>Miami to Burleigh</td>
</tr>
<tr>
<td>Swim</td>
<td>2.5km</td>
<td>Burleigh to Burleigh</td>
</tr>
<tr>
<td>Board</td>
<td>6.1km</td>
<td>Burleigh to Currumbin (south side of Currumbin rock)</td>
</tr>
<tr>
<td>Run</td>
<td>7.1km</td>
<td>Currumbin to Coolangatta</td>
</tr>
</tbody>
</table>
LONG COURSE DETAILS

41.8km, Sunday 16 October

Categories:

Elite
- Male
- Female

Age Group Individuals
- 19-29 Male & Female
- 30-39 Male & Female
- 40-49 Male & Female
- 50+ Male & Female

Teams
- Open Male, Female and Mixed
- Masters 35+ Male, Female and Mixed

<table>
<thead>
<tr>
<th>Leg</th>
<th>Distance</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ski</td>
<td>23km</td>
<td>Coolangatta to Anne Ave (Broadbeach) turn and return to Miami Beach</td>
</tr>
<tr>
<td>Run</td>
<td>2.1km</td>
<td>Miami to Burleigh</td>
</tr>
<tr>
<td>Swim</td>
<td>3.5km</td>
<td>Burleigh to Burleigh</td>
</tr>
<tr>
<td>Board</td>
<td>6.1km</td>
<td>Burleigh to Currumbin (south side of Currumbin rock)</td>
</tr>
<tr>
<td>Run</td>
<td>7.1km</td>
<td>Currumbin to Coolangatta</td>
</tr>
</tbody>
</table>
COATES HIRE COOLANGATTA GOLD 2016
LONG COURSE

LONG COURSE 41.8KM

ELITE MEN, WOMEN
U19 MEN, WOMEN
20-29 MEN, WOMEN
30-39 MEN, WOMEN
40-49 MEN, WOMEN
50+ MEN, WOMEN
OPEN TEAMS MEN, WOMEN, MIXED
MASTERS 35+ MEN, WOMEN, MIXED

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NB: not to scale
Coolangatta Gold Youth Challenge

The Coolangatta Gold Youth Challenge is open to young ocean athletes between U11-16 years and has been designed to appeal to our aspiring lifesavers and future ocean and beach event competitors who are up for a challenge and keen be part of the main event experience.


All participants receive a:
- Limited edition 2016 Coolangatta Gold lycra race vest
- Competition Swim Cap
- Medallion for each competitor who completes the course
- As well as opportunities to meet Coolangatta Gold athletes.


Key Facts

Date: Sunday 16 October 2016
Venue: Coolangatta Beach
Entry Fee: $46
Marshal Time: 8:30AM
First Wave START: Approx. 9:30AM
Course: 1.8km (Run, Swim, Run, Board, Run)
Finish Time: 11:00AM

PRIZE MONEY

All categories will be competing for medals. However, prize money is only on offer for the Elite Male and Elite Female Long Course. A finisher’s medal will be awarded to every competitor who completes the course.

<table>
<thead>
<tr>
<th>Elite Male &amp; Elite Female Long Course</th>
<th>Prize Money</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Place</strong></td>
<td><strong>$</strong></td>
</tr>
<tr>
<td>1st</td>
<td>18,000</td>
</tr>
<tr>
<td>2nd</td>
<td>7,000</td>
</tr>
<tr>
<td>3rd</td>
<td>4,000</td>
</tr>
<tr>
<td>4th</td>
<td>3,000</td>
</tr>
<tr>
<td>5th</td>
<td>2,000</td>
</tr>
<tr>
<td>6th</td>
<td>1,000</td>
</tr>
</tbody>
</table>

SAFETY

WATER SAFETY

Water Safety will consist of IRBs, jet skis, and a Jet Rescue Boat. Water Safety personnel will be wearing yellow. Additionally, all swimmers must be accompanied by a qualified lifesaver on a board to ensure their safety during the swim leg (see event conditions for full details).

If you do get into trouble, remain where you are and signal for assistance.

FIRST AID & SUPPORT STATIONS

Major Stations

There will be major stations set up at Miami, Burleigh, Currumbin and Coolangatta. These will have available:

- First Aid (include a doctor, registered nurse and first aiders)
- Esky containing ice
- Drink containers with water and electrolyte drinks
- Toilets
- Wash station

Minor Stations

There will be minor stations set up North Burleigh, Tugun, Bilinga and North Kirra. These will have available:

- First Aid (including registered nurses and first aiders)
- Drink containers with water and electrolyte drinks
**ENTRY CONDITIONS & RACE REGULATIONS**

The Coates Hire Coolangatta Gold ("Event") is conducted under the authority and regulations of Surf Life Saving Australia Limited ("SLSA").

These rules for the Event ("Event rules") must be read in conjunction with, and are subject to, SLSA’s Constitution and Regulations, the 35th Edition of the SLSA Surf Sports Manual (Downloads > Sport > Surf Sports Manuals) (SSM) and any Policies, Bulletins, Circulars or other publications as issued by SLSA from time to time.

Further regulations for the Event will be sent to competitors who have been accepted for entry. Those regulations will be supplementary to these Event rules but will have the same effect and obligation as these Event rules.

**Entry Conditions:**
Click [here](#) to access the Entry Conditions in their entirety.

**Race Regulations**
To be eligible to compete, competitors must abide by the following conditions.

- Competitors can be either current members of SLSA or members of the general public. If team competitors are members of SLSA they are NOT required to be from the same Surf Life Saving Club.
- Competitors **must be 16 years of age** on the event day to be eligible to compete in individual events.
- Competitors **must be a minimum 14 years of age** on the event day to be eligible to compete in the beach run legs of a team event, **15 years of age** to be eligible to compete in swim or board legs and **16 years of age** to be eligible to compete in the ski leg.
- All competitors who are entering in any category enter of their own accord however they must follow SLSA Competition Conditions outlined in the 35th edition of the Surf Sports Manual.
- All competitors who are members of a Surf Life Saving Club must be entered in the Event with their respective Clubs listed, must be financial members and be eligible for competition under the current Surf Sports Manual.
- The age that competitors are on race day (as at 12:01am Saturday 15 October 2016 or 12:01am Sunday 16 October 2016 for the short and long courses respectively) determines the category they are eligible to compete.
- All individuals in any individual category will compete on the short course unless they can prove to SLSA’s comfortable satisfaction that they have:
  - Previously successfully completed the Coolangatta Gold long course; or
  - Successfully completed the Coolangatta Gold short course in 2014 or 2015; or they
  - Can demonstrate proven capability to complete the long course.
- It is compulsory for each competitor to have a board paddler (minimum proficient Surf Rescue Certificate award holder) with them in the swim leg and the paddler must wear a fluoro shirt/rash vest of their own. The competitor’s board paddler must also visibly wear their competitor’s number and must be tagged by their competitor as they enter the water. The board paddler’s details must be provided to SLSA when requested.
- It is compulsory for each competitor to wear a fluoro pink coloured swim cap during the swim leg, which will be provided in their competitor pack.
- It is compulsory for all competitors to wear a minimum certified AS4758 Level 50 or Type 2 lifejacket whilst completing the ski leg. Please note that the PFD Type 2 is the **old standard and Level 50 is the new labelling standard; both will be accepted.** Please note the PFD Type 3 or Level 50S will **not** be accepted as they do not meet the conspicuous colour requirements. There are many styles and stockists of the PFD Level 50 and we recommend you choose a paddle vest that has a lower cut under your arms to maximise paddling comfort. For more in-depth information, please refer to the Australian Canoeing website.
- All skis and boards must have the competitor’s number placed on them as a sticker to help identify their craft. Stickers will be provided in competitor packs and should be applied to clean, dry craft in the locations identified in the Personal Sponsorship Policy. Competitors will receive sufficient stickers for 2x on the ski, 1x on the board and 1x on the board paddler’s board for the swim leg.
- On the Ski leg of the course there will be buoy gates which will be approximately 4km apart and maximum 350m offshore. It is compulsory for every competitor to pass through every gate; failure to do so may result in disqualification.
Ski competitors in both short and long course must either have a water storage device securely attached to their surf ski and filled with a **minimum of two litres of water or other suitable liquid** or have another similar water carrying device on their person.

Every competitor MUST listen to and adhere to the SLSA Referee/Officials in regards to the course and any changes that may occur on the day due to conditions.

Race Start:

1. Marshalling will commence at 6.30am on both Saturday and Sunday at Coolangatta.
2. A notice board will be available showing marshalling areas on beach, as well as indicative diagrams at each pedestrian access way to the beach. Notice boards will also provide / remind competitors of their position number for marshalling / scrutineering.
3. Athletes are required to sign in and have their race number checked prior to moving down onto the beach with craft. (Race numbers provided in competitor pack collected at the briefing).
4. Each wave will have a designated area in which to marshal.
5. Marshalls / scrutineers will then check competitor numbers, PFDs, race timers, water/fluids and the condition of race craft.
6. Competitors whose gear does not pass the scrutineering will not start the event.
7. Notwithstanding, the Competition Committee reserves the authority to postpone, adapt, or modify the race, race start and/or category start times as deemed necessary.
8. Race start time is 7.30am from Coolangatta both Saturday and Sunday.
9. The race start will be a deep water start on both days.

Course:

1. Every competitor must negotiate the course in the manner determined and presented by the Competition Committee and in accordance with event rules.
2. Competitors must follow the directions and instructions of all suitably identified race officials. A failure to do so may result in disqualification. It is the competitor’s responsibility, however, to have a complete understanding of the course.
3. Drinks stations will be provided along the event course. Competitors must either have a water storage device securely attached to their surf ski and filled with a minimum of two litres of water or other suitable liquid or have another similar water carrying device on their person.
4. No competitor, handler, or other person, whether associated with a competitor or a competitor’s team or club or not, shall (if judged by an official) impede the performance of other competitor/s.

   **Note:** Competitors will be deemed to be responsible for the actions of their handlers, or other persons in their team, and the competitor shall be penalised for any actions of such handlers and other persons as if the offence was committed by the competitor.

5. It is the competitor’s responsibility to follow the event referee’s exact instructions given at the athlete briefing of how to wear the timing chip so that a time will be recorded when going through the transition points.

Retirement from the Event:

Competitors may retire from the event at any point if they so choose. In some instances, the Referee, Officials or Medical Officers will determine that a competitor cannot continue and they will be advised to retire. This will be communicated to the competitor and/or the competitor’s handler/s who shall immediately remove or cause the removal of the competitor’s equipment from the competition area.

Medical Officials have full authority to prevent and/or restrain a competitor from continuing in the event if, in their opinion, a competitor is physically incapable of continuing the race without the danger of severe physical damage, loss of life, adversely affecting other competitors or adversely affecting the safety conditions of the event.

Further to the paragraph above, competitors who fail to finish legs within a period of time stipulated by the Competition Committee, must retire from the event. SLSA accepts no responsibility for those competitors who fail to meet the cut off...
times and refuse to leave the course. The competitors will be automatically disqualified from the event (‘Disqualification’) and their timing chip will be removed by officials. If after disqualification the competitor continues to participate in the event, they do so at their own risk and SLSA (and its members and officials) take no responsibility for the safety and welfare of that competitor.

Any competitor who does not adhere to the directions of the Medical Officers, Event Referee or designated Officials in regards to retirement from the race will be automatically disqualified from the Coates Hire Coolangatta Gold 2016 and may have their matter referred to the Competition Committee for disciplinary action or a penalty. Where a competitor and or a team choose to ignore the directions from the Medical Officers, Event Referee or designated Officials and continue to compete they do so at their own risk.

<table>
<thead>
<tr>
<th>Location</th>
<th>Cut Off Time Short Course Saturday 15 October</th>
<th>Cut Off Time Long Course Sunday 16 October</th>
</tr>
</thead>
<tbody>
<tr>
<td>Miami – Ski Leg</td>
<td>11:00AM</td>
<td>12:00PM</td>
</tr>
<tr>
<td>Burleigh – Swim Leg</td>
<td>12:25PM</td>
<td>1:30PM</td>
</tr>
<tr>
<td>Currumbin – Board Leg</td>
<td>1:30PM</td>
<td>2:40PM</td>
</tr>
<tr>
<td>Coolangatta -Finish</td>
<td>2:00PM</td>
<td>3:15PM</td>
</tr>
</tbody>
</table>

**Anti-Doping:**
1. The Event shall be conducted under the SLSA Anti-Doping Policy. (A copy of this policy can be found [here](#))
2. Drug testing may be conducted at any competition that is conducted under the authority of SLSA.
3. Athletes should also “Check Your Substances” [online](#) by calling 1300 0AS ADA (1300 027 232)

**Race Costumes/Numbers:**
1. Each competitor and handler/s **must wear** their assigned number/s on both front/side upper arms and back of one calve (or location on leg not covered by clothing). The numbers will be applied using numbered tattoos provided by SLSA in competitor race kits. Numbers must remain visible at all times during the race and cannot at any stage during the race be covered with swimming costumes or other clothing. Race numbers will be used in judging (in addition to the timing devices, so must be visible to officials.
2. During the swim leg, a provided fluoro pink swimming cap must be worn by all competitors.
3. SLSA members’ Surf Life Saving Club caps are optional for Ski, Board and Run legs.
4. Costumes must be SLSA approved as designated in the 35th Edition of the SLSA Surf Sports Manual (refer to sections 2.4 & 2.5). (This Manual is available to members on the SLSA website at [www.sls.com.au/downloads](http://www.sls.com.au/downloads), non-members should contact events@slsa.asn.au for a copy). Any variance to SLSA’s approved costumes may be approved for use by the Referee prior to the commencement of the event.
5. Swimming costumes are to be worn at all times along with the event lycra supplied by SLSA. Competitors are allowed to wear clothing that substitutes a swimming costume such as bike pants, or compression garments for comfort or for weather protection provided that such garments do not provide additional floatation assistance in the swim leg (refer also point 10 below for wetsuit usage). SLSA has sole discretion to determine the question of whether there is or could be additional floatation assistance in any particular situation. The event lycra **MUST** remain the outer garment throughout the duration of the event, except during the ski leg when the PFD will remain the outermost garment.
6. Costumes must not carry any commercial identification except garment manufacturer’s identification of costumes and their Surf Life Saving Club. Further to this, appropriate personal sponsor identification on clothing and the Athlete’s body is outlined in the Coates Hire Coolangatta Gold Personal Sponsorship Policy (A copy of this policy appears below).
7. **Under SLSA Regulations the Event Referee has the authority to require the removal of, or the non-wearing of, costumes and/or other garments which the Referee considers to be offensive.**
8. Further, the SLSA Event Manager, Chair of Competition Committee, SLSA Chair, Sport and/or the Referee may require the removal of, or the non-wearing of, costumes and/or other garments which contain commercial identification not deemed to be in the interests of the official event sponsor (for more information please refer to the Coates Hire Coolangatta Gold 2016 Personal Sponsorship Policy).
9. Footwear is optional on the running legs of the event. Swim goggles, and or face masks may be worn on the swim...
leg. Swim flippers or any other performance enhancing swimming aids or equipment are not permitted.

10. Use of Wetsuits: Approved wetsuits may be worn if at 30 minutes prior to the Event commencing the water temperature is below 18 degrees Celsius. If the water temperature is 18 degrees Celsius or above wetsuits will not be permitted.
   a. Water temperature will be taken approximately 30 minutes prior to the commencement of the Event. The temperature reading will be taken behind the broken wave line, or approximately 75 metres off shore, and 30 centimetres below the surface.
   b. The Competition Committee reserves the right to examine wetsuits and refuse permission for a suit to be worn, if it is not deemed to be standard (i.e. Not Approved).
   c. The only wetsuit as approved as standard must:
      i. Be a maximum thickness of 3.00mm at any location of the wetsuit, with a tolerance of 0.3mm.
      ii. Contain no additional flotation or buoyancy assistance.
   d. Wetsuits must not carry any commercial or sponsorship identification other than that of the wetsuit manufacturer. This wetsuit manufacturer identification can only be the size which is standard to off-the-rack wetsuits of that company.

Gear & Equipment Specifications & Scrutineering

1. Surfboards, surf skis and personal floatation devices (PFDs) must meet current specifications of SLSA. Copies of those specifications can be found here. PFDs which have been tampered with or ‘adapted’ cannot be worn.
2. All competitor craft and PFDs are subject to scrutineering at any time prior to, during or after the event. Competitors and/or handlers must comply with the directions of the event scrutineer, and present their craft or PFD for scrutineering at requested times and places.

Handlers:

1. Each competitor or team in the event must have a minimum of two (2) handlers, whose duties will be to assist in the deployment, and collection of the competitor/s equipment. The handlers do not need to be members of a club or hold a bronze medallion but must be wearing the bib provided. Each competitor and team will be provided with two (2) handler bibs and these must be shared if more than two (2) handlers are assisting.
2. At no time during the progress of the event, may a handler, coach or other person in a competitor’s team or club, cause an advantage, or appear to cause an advantage, to or for, a competitor by any means. Such “advantage” may not be limited to, but will include:
   a. pacing;
   b. travelling alongside of; and/or
   c. push starting.
3. Handlers are not permitted to:
   a. enter the water except to retrieve craft, or to take part in a rescue;
   b. leave the competition area in the immediate preceding ‘change over’ area, or the next ‘change over’ area, except to travel directly between such areas.

Note: Penalties incurred by persons in this rule will be applied to the competitor/s as if the competitor/s had committed the infringement.

4. It is compulsory for each competitor to have a board paddler to accompany them throughout the swim leg.
   a. The board paddler must remain 5 metres in front of or to the side of the swimmer at all times.
   b. The board paddler must be a proficient, financial member of a Surf Life Saving Club, and as a minimum hold a current Surf Rescue Certificate.
5. Competitors and team captains will be required to provide the names and contact numbers of their handlers, and details of their board paddler.

Media/Publicity:

1. No competitor, handler, coach, officer or spokesperson for a competitor’s club may make media statements which brings or may bring the event, its sponsors or SLSA into controversy, ridicule, contempt or disrepute.
2. Competitors will not participate in, or undertake, any commercial or publicity activity with any event
resembling or being portrayed as “Ironman and/or Ironwoman Competitors” without the prior permission of SLSA.
3. Competitors will not undertake any commercial or publicity activity with companies in commercial rivalry with any of the event sponsors.
4. Athletes are advised that the host broadcaster is Splash Global and are entitled to attach cameras to athlete’s crafts.

Penalties:
1. The Referee, Competition Committee and SLSA shall have the authority to apply penalties to competitors and/or their clubs (when the competitor and/or members of a team are members of SLSA) for infringements of these rules. Non-members of SLSA will be subject to the same penalties.
2. Penalties for rule infringements incurred during the event may be applied and may also count towards a ‘three (3) strikes and you are out’ principle. Each ‘strike’ will receive the following penalties:
   - 1st penalty = three (3) minutes,
   - 2nd penalty = three (3) minutes (cumulative of 6 minutes),
   - 3rd penalty = disqualification

   Note: 3 minutes is the minimum time penalty for strikes 1 and 2. If the Referee considers that this time penalty is insufficient for the breach then an additional time penalty may be imposed. Such additional time penalty may be protested or appealed by the competition or team.

   Note: The above penalties apply to an individual competitor and/or a team, e.g.: if 3 different team members in the same team receive one (1) penalty each, the entire team will be disqualified.

3. If the competitor receives notification they are disqualified from the event or receive their 3rd time penalty they will be stopped and asked to exit the course.
4. Where practical, competitors will be notified of penalties through a card system (yellow for penalty, red for disqualification), and/or verbal notification, and/or a notice board at the finish line of the event. Time penalties will be applied at the conclusion of the race.
   a. A yellow card penalty may be appealed (See Protests and Appeals section below)
   b. If issued a red card, the competitor must immediately return to shore, if on water, or cease participation in the event.

For further information on penalties, please refer to the Entry Conditions.

Protests and Appeals:
1. A protest against a competitor or a team or against a decision of an official must be lodged verbally with the Referee (or their delegate) within 10 minutes of their completion of the event or the advice of a penalty being applied at their completion of the event. A written protest must then be lodged with the referee (or their delegate) within 30 minutes of the verbal protest being lodged. The result of an event will be withheld until the protest is decided. The Competition Appeals Committee will deal with all protests referred to it by the Referee under clause 14.3.3(a) and all appeals by competitors under clause 14.3.3(d) of the Surf Sports Manual.
2. Appeals forms can be obtained from the Competition Liaison Officer.
3. Penalties specifically identified for a breach of regulations of the event, or as set out in the SLSA Constitution and By-Laws, or SLSA Surf Sports Manual (35th Edition), Bulletins or other publications or instructions issued from time to time, will be applied by SLSA, the Event Organising Committee, the Competition Committee and/or the Referee as appropriate.
4. Competitors wishing to appeal against the outcome of a protest may do so by lodgement of an official “appeal” and the cash payment of a fee of two hundred & fifty dollars ($250.00 incl. GST).

For further information on protests and appeals, please refer to the Entry Conditions.
COATES HIRE COOLANGATTA GOLD 2016 – PERSONAL SPONSORSHIP POLICY

The following outlines the sponsorship policy for the Coates Hire Coolangatta Gold 2016, which you must comply with whilst participating in the competition.

EVENT SPONSORS & CATEGORIES

The categories listed in the below table have exclusive rights at the Coates Hire Coolangatta Gold 2016.

No personal sponsorship can be worn by a competitor that is of the same category as the companies listed below.

<table>
<thead>
<tr>
<th>Company</th>
<th>Exclusivity category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coates Hire – Naming Rights Partner</td>
<td>Hire equipment</td>
</tr>
<tr>
<td>DHL – Major Sponsor</td>
<td>Logistics</td>
</tr>
<tr>
<td>Westpac – Major Sponsor</td>
<td>Financial Services</td>
</tr>
<tr>
<td>FINZ</td>
<td>Swimwear and Lycra supplier</td>
</tr>
<tr>
<td>BRP</td>
<td>SeaDoo water craft/Power craft</td>
</tr>
<tr>
<td>Kellogg’s</td>
<td>Breakfast Cereal and Snacks</td>
</tr>
</tbody>
</table>

*Current as of the 03/10/2016. SLSA has the right to update and change this at any time prior to the Event commencing.*

PERSONAL

Competitors may be required to wear event sponsor’s branding whilst participating in the event and during any pre or post event media attendances.

Upper arms of competitors must be uncovered for identification numbering.

Competitors are able to place 2 personal sponsor logos on both shoulders. They must be from the same sponsor and cannot be larger than 7.5cm x 7.5cm as per figure 1. Legs are to be free of any personal sponsor logos. Any personal sponsor logos must be pre-approved by SLSA prior to 10 October 2016 by emailing events@slsa.asn.au. SLSA retains sole discretion to withhold approval of any sponsor logos and is not required to provide any reasons for not giving approval.

During any presentations or media appearances competitors must wear the event branded cap, lycra race singlet and/or a supplied event shirt. Any personal sponsor branded gear must not be in conflict with event sponsors (as listed above).

CLOTHING

SLSA will supply lycra race singlets which must be worn by competitors as outer garments on all of the legs of the event, except the ski leg when a Level 50 PFD must be the outmost garment.

Handlers must wear mandatory event handler bibs as outer garments for the whole duration of the event.

Wetsuits, if permitted to be worn due to conditions, may not carry any commercial or sponsorship identification other than that of the wetsuit manufacturer. This wetsuit manufacturer identification can only be the size which is standard to off-the-rack wetsuits of that company.

Swimming costumes must be SLSA approved as designated in the 35th Edition of the SLSA Surf Sports Manual. Any variance to SLSA approved costumes may be approved for use by the Referee prior to the commencement of the event.
Under the entry conditions the SLSA Event Manager, Chair of Competition Committee, SLSA Chair, Sport and/or the Referee has the authority to require the removal of, or the non-wearing of, costumes and/or other garments which are considered to be offensive.

Further, the SLSA Event Manager, Chair of Competition Committee, SLSA Chair, Sport and/or the Referee may require the removal of, or the non-wearing of, costumes and/or other garments which contain commercial identification not deemed to be in the interests of the official event sponsors.

**EYEWEAR**
Competitors may wear sunglasses whilst competing in the competition providing that the brand of sunglasses does not conflict with any event sponsors.

Competitors are not to place sunglasses over any event sponsor, i.e. on peak of cap.

Competitors may wear their own swim goggles in the appropriate legs, however goggles must be completely removed during any media attendances.

**PENALTIES**
As indicated in Section 20 – Penalties, the following apply:
- Failure to carry required sponsor identification, as stipulated: disqualification or time penalty at the discretion of the Competition Committee.
- Failure to wear mandatory lycra race singlets (competitor)/race t-shirt (handlers) during event: disqualification or time penalty at the discretion of the Competition Committee.
- Failure to wear mandatory cap and lycra race singlets at the presentation (competitor): penalty or forfeiture of competitor’s total share of prize money.

**SURF CRAFT**
Competitors may be required to compete with a Go Pro or similar device, within reason, attached to their equipment for the purpose of obtaining the best possible footage to promote the sport, unless the competitor can prove to SLSA’s comfortable satisfaction that such an attachment would hinder their performance.

If supplied, compulsory event sponsor stickers must be affixed to craft prior to or during scrutineering and other stickers may be required to be removed or otherwise covered.

Competitors may be called upon to remove from craft all other identification, save for personal and/or official club sponsor identification, which is considered to be of a conflicting nature to a potential event sponsor.

Further, the Event Organising Committee and/ or the Competition Committee will nominate the approximate area on the craft for such numbers or identification.
Surf craft may be required to carry branding of the event sponsors, in accordance with the attached diagram above. In addition to the branding set out in the attached document, competitors may also carry personal sponsors only if:

- The signage/branding is positioned in the locations reserved for branding of sponsors or personal sponsors as shown in the diagram 1 above, and specifications below.
- The branding does not conflict with the interest of a sponsor of the event.

If your surf craft carries branding of sponsors which conflict with the event sponsors, these will need to be covered up or removed before attending the event.

If your surf craft is carrying any branding which is inconsistent with this policy or if you wish to discuss any aspect of this policy please contact the Events Team at Surf Life Saving Australia on 02 9215 8000 before 10 October 2016.

**Personal Sponsor Dimensions:**

- Ski – 20cm x 20cm area located 70cm from the back of the seat
- Board – 20cm x 10cm area located on the back of the board.
- **NOTE:** Signage cannot cover mandatory compliance stickers.

**Sponsor Stickers**

1. If supplied, compulsory sponsor stickers must be affixed to craft prior to, or during scrutineering, and other stickers may be required to be removed or otherwise covered.
2. Competitors may be called upon to remove from craft all other identification, save for personal and/or official club sponsor identification, which is considered to be of a conflicting nature to a potential event sponsor.
3. The Competition Committee will nominate the approximate area on the craft for such numbers or identification.
4. For the Coates Hire Coolangatta Gold 2016 all athletes are required to affix their competitor number and may be required to affix major sponsor’s stickers, as provided, to their board and ski for the duration of the race. Please refer to the Personal Sponsorship Policy for details.
GENERAL INFORMATION

Official Merchandise – Online Store Now Open
The official Coolangatta Gold merchandise store is now open. Pre-order online to guarantee your selection and collect at registration or at the event.

The range includes tee shirts, caps, water bottles and drink coolers.

Go to www.lsamerchandise.com.au/coolangattagold/

Trailer & Gear Area
The main trailer and gear area is located beside the finish area at Coolangatta (Queen Elizabeth Park). There are additional trailer parking areas at Miami, Burleigh and Currumbin.

Scooter Compound
A scooter compound is provided at all transition locations for HANDLERS to park their scooters while handling for their competitor. Signage will clearly identify the location of these compounds.

Council will apply fines to any scooters parked outside these compounds or outside signed parking areas. Helmets and speed limits are compulsory and must be adhered to.

Recovery Zone
A recovery Zone will be set up for competitors to utilise at the conclusion of their race. Within this zone athletes will have exclusive access to the following:

- Water
- Fruit
• Hydrolytes and sports nutrition courtesy of Coast Nutrition
• Massages
• Result Kiosk – Instant access to their race times and splits
• Toilets
• First Aid treatment

**Spectator Information**
All races will start and finish at Coolangatta Beach, where spectators can enjoy free entertainment as well as free community activities, grandstand seating, live outside broadcast from Gold FM, food & drink vendors and expert commentary.

Presentations for the elite categories (short and long course) will occur on the stage at the finishing area at Queen Elizabeth Park, Coolangatta approximately 30mins after the top 3 male and female elite competitors have crossed the finish line.

The best place to view transitions (Run > Swim > Board) is at Burleigh Beach.