



ATHLETE ENTRY CONDITIONS

AGE ELIGIBILITY

- 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 a minimum of **16 years of age** on the event day to be eligible to compete in individual events.
- Competitors must be a minimum of **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 must follow SLSA Competition Conditions outlined in the Current 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 7 October 2017 or 12:01am Sunday 8 October 2017 for the short and long courses respectively) determines the category they are eligible to compete in.

RACE REQUIREMENTS

- All individuals in any individual category will compete on the short course unless they can prove to SLSA's comfortable satisfaction that they:
 - a) Previously successfully completed the Coolangatta Gold long course; or
 - b) Successfully completed the Coolangatta Gold short course in 2015 or 2016; or
 - c) 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 they must wear a fluoro shirt/rash vest of their own. The competitor's board paddler must also visibly wear their competitor's number, and dependent on conditions, must be tagged by their competitor as they enter the water. The board paddler's details are to be provided in the handler section of the entry form.
- 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.

LIFEJACKETS

- 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 Type 3 or Level 50S lifejacket will **not** be accepted unless they meet the meet the conspicuous colour requirements. There are many styles and stockists of the Level 50 lifejacket and we recommend you choose a paddle vest that has a lower cut under your arms to maximise paddling comfort.
- If competitors wish, they are permitted to wear certified AS4758 Level 100, Level 150 or Level 275 Lifejackets in a conspicuous colour which are of a higher safety standard however are known to be bulkier and limit paddling performance.
- 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 penalty or 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 and adhere to the SLSA Referee/Officials in regards to the course and any changes that may occur on the day due to conditions.**