



Entry Information for The Rainbow Gold Enduro and The Rainbow Gold 1km & 2km Ocean Swim 21st September 2024

Entry Process

- Entries for the Rainbow Gold Enduro 2024 and the Rainbow Gold 1k & 2km Ocean Swim hosted by Wauchope Bonny Hills SLSC
- Entries are via the relevant google form for each event.
- Early Bird entries open on Monday 24th June 2024.
- Link for the Rainbow Gold Enduro [entry form](#)
- Link for the Rainbow Gold 1km swim & 2km swim [entry form](#)

Entry Fees

RAINBOW GOLD ENDURO EVENT

Early bird entries open on 26th June and close on 24th July 2024..

Early bird entry, Individual competitor	\$100
Early bird entry, Teams	\$180

Normal entries open from 25th July 2024

Normal entry ,Individual competitor	\$120
Normal entry, Teams	\$220

Entries close Monday 9th September 2024

There will be no late entries and no entries on the day.

Entry fees include the following:

- Entry into the event.
- Competitor lycra rash vest (if requested)
- Competitor swim cap
- Assist paddler lycra rash vest (if requested)
- Craft stickers
- Event bag
- Access to the Athlete recovery zone
- Post event presentation

RAINBOW GOLD 1KM & 2KM OCEAN SWIM

Entries open on 24th June 2024

Entry is \$30 per swimmer.

Entries close 9th September 2024

There will be no late entries and no entries on the day.

Entry fees include the following;

- Entry into the event
 - Competitor swim cap
 - Event bag
 - Access to the athlete recovery zone.
 - Post event presentation
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- Payments are to be made directly to Wauchope Bonny Hills SLSC at time of entry. On submission of your entry form you will receive an acknowledgement message with instructions on how to make payment .
 - PLEASE [CLICK HERE](#) TO ACCESS THE LINK TO MAKE YOUR PAYMENT
 - The 'entity to pay' is Wauchope Bonny Hills SLSC.
 - Transaction type is 'Special Event'
 - Enter your name/Rainbow Gold .
 - Fees - Individual early bird \$100
 - Team early bird \$180
 - Normal individual \$120
 - Normal team \$220
 - 1k & 2km ocean swim \$30 per swimmer
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- Only one entry form is required per team.

Event Eligibility

RAINBOW GOLD ENDURO EVENT

- Entrants can be current financial and proficient members of a SLSC or general public.
- The minimum age for entry is 15 years on the day of the event .
- Members of the public who enter this competition do so of their own accord and must follow SLSC competition conditions/regulations

Non SLSC Competitors (general public) entering the Individual event must be able to provide evidence, on request, of successful completion of a previous similar event within the past 3 years in order to be eligible.

If competitors have not met the above criteria and wish to compete in the event, sufficient evidence of training plans and current references must be signed by a current accredited Coach and forwarded to mowbrayjeff@yahoo.com for Referee approval.

1KM & 2KM OCEAN SWIM EVENT

- This event is open to members of the general public and also to SLSC members.
- The minimum age for entry is 15 years on the day of the event .
- Participants under the age of 18 must have permission from a parent or guardian.

Event Categories

RAINBOW GOLD ENDURO EVENT

Individuals

U17 Male

U17 Female

U19 Male

U19 Female

Open Male

Open Female

Masters Male

Masters Female

Teams

U17 Male
U17 Female
U17 Mixed
U19 Male
U19 Female
U19 Mixed
Open Male
Open Female
Open Mixed
Masters Male
Masters Female
Masters Mixed

Teams will consist of a minimum of 2 people and a maximum of 4 people, each leg is to be completed by one individual only. If a team has less than 4 members a member can complete more than one leg.

Composite teams (members from different surf clubs or SLS non members) are allowed.

RAINBOW GOLD 1Km & 2KM OCEAN SWIM EVENT

Male
Female

Race Requirements

RAINBOW GOLD ENDURO EVENT

- It is compulsory for each competitor to have a board paddler (handler) with them for the swim leg of the Rainbow Gold Enduro course. This board paddler must be a minimum of 14 years of age. The board paddler must wear a high vis rash vest which will be provided in the event pack (if requested), and wear their competitors number on their arm. They must remain 5 metres in front of or to the side of their competitor.
- Each individual competitor and each team must have an additional handler to pick up ski and board in the transition zone.
- Handlers must wear a high vis vest.
- It is compulsory for each competitor to wear the event fluoro swim cap for the swim leg of the course.
- All skis and boards must have the competitors number sticker attached. These will be provided in the competitor packs. Competitors will receive the following stickers: 2 x ski, 1 x board, 1 x assist board.

- Personal Floatation Devices (PFD's) are compulsory for the ski leg of the course and must be fluoro coloured
- Leg ropes are advised for the ski leg of the course.

RAINBOW GOLD 1 KM & 2KM OCEAN SWIM EVENT

- Competitors must be at minimum 15 years of age.
- Swim aids (fins, boards, snorkels, floatation devices) are not allowed.
- Swimmers must wear the official swim cap provided to them.
- Swimmers must follow the course as marked.
- Race officials shall have the authority to remove a competitor from the race if they are judged to be physically incapable of continuing without the risk of injury to themselves or others.
- Organisers reserve the right to accept, reject and cancel entries.

Prizes

To be confirmed

In line with the latest memorandum from SLSNSW, Subject: Insurance Coverage - Participation in Surf Sports Events/Special Events.

Where prize money is offered competitors will not be covered under iCare (workers compensation) . They will be covered under the SLS Group Policy. All claims are subject to approval by either iCare or SLS's insurers.

Refund Policy

Entry fees are non refundable. Changes will be considered subject to injury or other unforeseen circumstances.

All entry cancellations should be sent in writing to wbh.competition@gmail.com

There are no refunds for competitors that do not start or do not complete the course.

The competition committee reserves the right to amend the course or cancel the event or enact the contingency plan, if deemed necessary in the interest of safety of the competitors.

Retirement from the Event

Competitors may retire from the event at any point during the course. In some instances, the Referee, Officials or Medical officer will determine if a competitor can or cannot continue and they will be instructed to retire.

Medical officers have full authority to prevent a competitor from continuing in the event if they deem it unsafe to continue..

Competitors who fail to complete a leg of the course within a period of time stipulated by the competition committee must retire from the event.

If the competitor continues to participate in the event , they do so at their own risk.

Competition Committee

The competition committee will conduct the competition subject to the rules in the 37th Edition of the Surf Sports Manual

The committee will consult and seek advice from appropriate sources on local weather , surf conditions, and safety issues when required.

A Safety Operations Manual (SOP) has been developed for this event and will be applied by the Referee and SEMC. The Carnival Competition Committee is:

Role	Name	Contact number	email
Chair Competition Committee	Elaine Walker	0405492109	wbh.competition@gmail.com
Carnival Referee	Jeff Mowbray		
SEMC	Rod McDonagh		
Course set up / risk assessment	Manfred Sonntag		
First Aid Coordinator	Toby Hall		
Water Safety coordinator	Manfred Sonntag		
Announcer	TBC		

Safety and Emergency Committee

The Safety and Emergency Committee (SEC) shall determine the response to hazards as they occur, or otherwise as required and provide safety advice to the Competition Committee.

The sole responsibility for suspension, cancellation, postponement or relocation of part or all of the competition rests with the Carnival Competition Committee.

The decision to enact the Contingency Plan is the responsibility of the Carnival Competition Committee. The Safety and Emergency Management Coordinator is solely responsible to the Carnival Competition Committee for recommendations concerning competition safety.

The person with the authority for oversight of this Emergency Management Plan and initiating the Emergency Response Plans is the Safety and Emergency Management Coordinator (SEMC).

SEMC	Rod McDonagh	
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In the absence of the SEMC, the following Safety and Emergency Management Officers are authorised to activate the emergency management guide and plans:

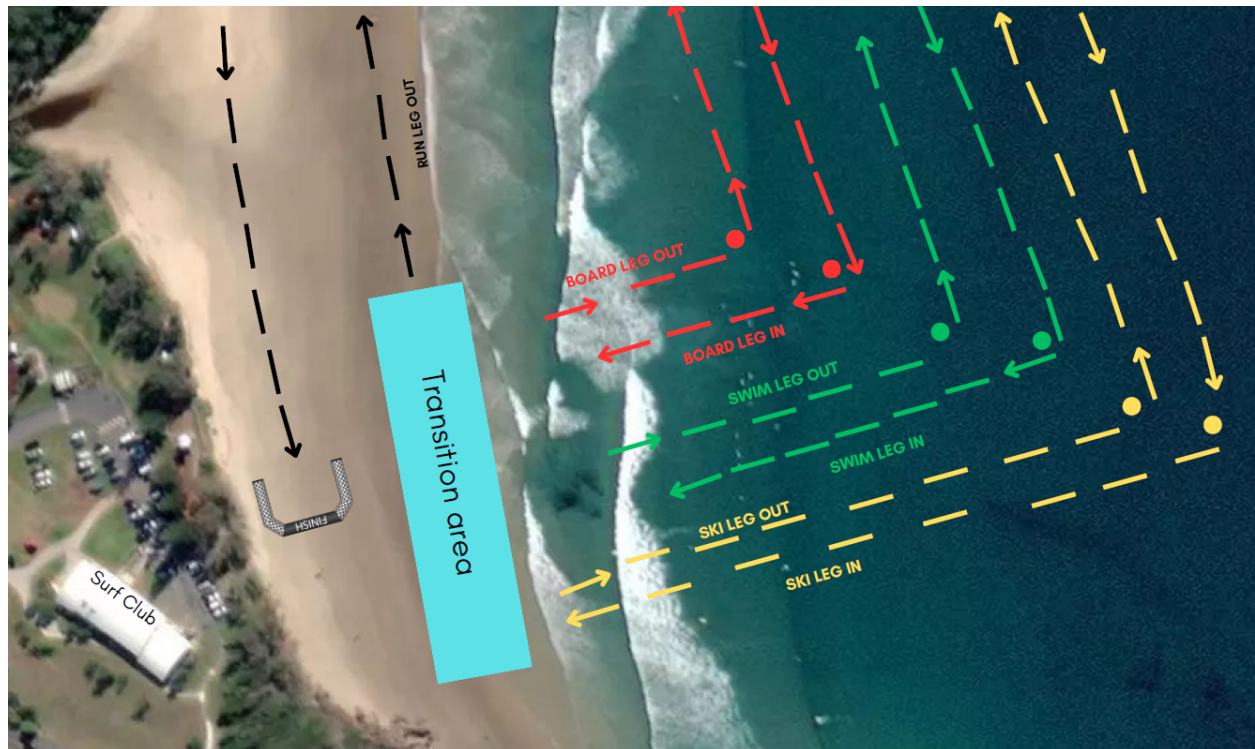
Carnival Referee	Jeff Mowbray	
Deputy Carnival Referee	Leanne Hatherly	
First Aid Coordinator	Toby Hall	
UAV Coordinator	Josh Lawrence	
Water Safety coordinator	Manfred Sonntag	

Event Maps



RAINBOW GOLD ENDURO

Map not to scale



RAINBOW GOLD 2KM and 1KM OCEAN SWIM

The 2km and 1km swim course will be marked out in yellow buoys. There will be orange buoys halfway marking the turning point for the 1km course.



Measure distance

Total distance: 2.01 km (1.25 mi)

Clothing and Numbering

RAINBOW GOLD ENDURO EVENT

- Each competitor and handler must wear their assigned numbers on the sides of their upper arms and on the sides or back of their calves. Numbers must be written clearly and large in thick black text.
- During the swim leg competitors must wear the assigned fluoro swim cap . This will be provided in the competitor pack.
- Event high vis rash vests must be worn at all times . These will be provided in the competitor pack
- Swimming costumes must be as per the 37th Edition of the SLSA Surf Sports Manual.
- PFD's must be worn during the ski leg and must be high vis.
- Wetsuits will be permitted at the discretion of the event Referee if the water temperature falls below 18 degrees celsius.
- Craft stickers with the competitor's number will be supplied in the competitor packs , 2 per ski and 1 per board.

RAINBOW GOLD 2KM and 1KM OCEAN SWIM EVENT

- Each competitor must wear the fluoro event cap provided.
- Wetsuits will be permitted.

Thank you to our event sponsors.



Accommodation Packages

Accommodation packages are available for the event with Ingenia Holiday Parks.

<https://www.ingeniaholidays.com.au/our-parks/new-south-wales/mid-north-coast/bonny-hills/book-online>



MID NORTH COAST NEW SOUTH WALES

Ways to Reduce Waste at our Mid North Coast Branch Carnivals

- All members to bring their own drink containers to the carnival.
- A water cooler for officials will be located in the Administration tent
- Public Place bins are not to be used during the event or for post-event clean up.
- Take all recyclables off the beach and place in the return and earn containers outside the surf club, there will be one for Plastic bottles, one for glass bottles and one for cans

Take any other rubbish home with you when you leave.



If you are visiting us from out of the region and are looking for something else to do while you are here the Whale season is upon us . Thankfully, we see them on the way up and down so the window is all the way till November. Venture out on a high adrenaline Jetboat or wander to these stunning viewing platforms: [Perpendicular Point](#), [Charles Hamey Lookout](#) and [Tacking Point Lighthouse](#) . It's a must-do when you are coming up for your weekend in September



Photo Credit: Jody Lowe's Marine Animal Photography

You can find out more about our region at www.portmacquarieinfo.com

On behalf of our club and our sponsors thank you for supporting our event.