



# COMP CHALLENGE

To: **FH U13s & U14s**

From: **FH U11s & U12s**

We, the U12s, formally challenge you, the U14s, to a mini comp on Saturday 19<sup>th</sup> March 2016 at the Boot Camp. Have you got the guts to accept? ☺

The events will be:

| Individual Events |       |
|-------------------|-------|
| Long Run          | Boys  |
| Long Run          | Girls |
| Surf Swim         | Boys  |
| Surf Swim         | Girls |
| Body-Board        | Boys  |
| Body-Board        | Girls |
| Board             | Boys  |
| Board             | Girls |
| Ironman           | Boys  |
| Ironman           | Girls |

| Team Events |
|-------------|
| Beach Relay |
| Taplin      |
| Board Relay |

|    | Rules  |
|----|--|
| 1. | Events will be run back-to-back to ensure the comp is completed in approx. 2 hours.  |
| 2. | Top 8 per event score points (like in normal comps).   |
| 3. | There will be no age group split. All girls compete against one another, same for boys.  |
| 4. | The order of events will be ultimately determined by the U12 coaches and dependant on conditions, though the above order is a good guide, with the team events slotting in where it makes sense. |
| 5. | There will be no heats, all straight finals.   |
| 6. | Beach Relay will be limited to 4 teams per age group.  |