



COMP CHALLENGE

To: **FH U13s & U14s**

From: **FH U11s & U12s**

We, the U12s, formally challenge you, the U14s, to a mini comp on Saturday 19th 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.