



Senior Carnival Competition - Liz Draper - Senior Competition Manager 0438 047 662

This season, members who are Under 15 and above (including masters – hint, hint) can compete in senior carnivals. Under 13 and 14 can also compete in the Summer Series events. See the link in the Junior Section for the complete list of carnivals. We would like to get a team up and running for the carnivals and, in particular, States and Aussies. Please speak to our senior carnival coordinator Liz Draper if you have any interest in competing.

Date & Day	Venue	Event Type
Sunday 13 th Dec	Sandridge LSC	Summer Series #1
Sunday 10 th Jan	Anglesea SLSC	Summer Series #2
Sunday 17 th Jan	Ocean Grove	Summer Series #3
Sunday 31 st Jan	Jan Juc SLSC	Summer Series #4
Sunday 14 th Feb	Lorne SLSC	Summer Series #5
Sunday 21 st Feb	Fairhaven	Summer Series #6
Sat & Sun 6 th & 7 th March	Lakes Entrance	Victorian Life Saving Championships
Tues –Sun 16 th -21 st March	Kurrawa (QLD)	“Where Is” Australian Lifesaving Championships

The following table shows the events for Cadets/Seniors/Masters members of various ages and includes both individual and team events.

Senior Full Carnivals	U/15	U/17	U/19	Open	U/24
Beach Sprint	√	√	√	√	
Beach Flags	√	√	√	√	
Beach Relay (team 4)	√	√	√	√	
Belt and Reel (team 2)	√	√	√	√	
Surf Race	√	√	√	√	√
Board Race	√	√	√	√	
Board Rescue (team 2)	√	√	√	√	
Board Relay (team3)	√	√	√	√	
Tube race	√	√			
Tube Rescue (team 4)			√	√	
5 person R&R (mixed)	√	√	√	√	
Men’s Belt race			√	√	
Women’s Belt race				√	
Ski		√	√	√	
Double Ski			√	√	
Taplin Relay		√	√	√	
Cameron Relay	√		√	√	
Ironman & Ironwoman	√ (no ski)	√ (no ski)	√	√	
Surf Boats (team)			√	√	U23
2 km Run	√	√	√	√	

Members must complete an annual proficiency test to be qualified lifesavers and must complete a minimum of 16 hours patrol hours each season in order to compete at Senior and/or Masters Carnivals.

Official Requirements – LSV requires clubs to supply officials at each carnival based on a ratio of **1 Beach Official for every 10 competitors entered.**

Carnival Uniforms – Requirements are club competition cap (compulsory) and club bathers.

Costs – Our club is charged for each competitor who enters to compete at carnivals. The club will then bill each competitor.

Training- At the senior comp meeting held in Oct we discussed possible training dates and times and training camps. The end result was that senior training would commence Sunday 6th at 11am (after nippers). At this stage we do not have a coach for weekly training but we are working on this. We are also planning on running sessions during the week over January. These may include a bike ride, pool swimming or run. I will forward on the training schedule when it has been finalised.

We are trying to negotiate a weekend training camp with Will Penny. Will has trained a number of the seniors in QLD this year and previous years. The training camp may involve ski training. Kim (Will's girlfriend) is keen to assist in ski training. I believe she came 6th at Aussies in the Open age group.

We have put in a request to the committee to purchase skis and mals for senior competitions. The only issue is storage of the skis and mals.

There are 6 summer Surf series comps for Seniors, States and Aussies. Please let me know if you are interested in competing in any of the events so that I can register you. Entries close 48 hours prior to the event. The first is Sunday Dec 13th at Sandridge. We are thinking of going to the Lorne Carnival Feb 14th. If you are interested in this carnival, let me know as I will be organising accommodation for Saturday and possibly Friday night. We may be able to get Will to do some training on the Saturday.