

National Openwater Ultimate Lifesavers Challenge

Venue: Palawan, Sentosa

Date : Sun, 14 August 2022

Time : 9am – 6pm

Events open to all registered SLSS affiliates only

Entry Fees – each individual competing participant/event @ \$40

To name event as SLSS Openwater Ultimate Lifesavers Challenge – 2 KM

Oceanmen/women race

Events – Individual only

1) Oceanmen/women race

Each registered SLSS Affiliates can register for their members regardless of gender for the event by Mon, 18 July 2022.

SLSS reserved the right to admit more entries after the closing date of entries if there are still available vacancy.

All competing participants must be a holder of the SLSS Bronze Cross Certified holder and be from a registered affiliates with SLSS.

Handler must be able to swim.

Finishers medal will be awarded for all participants who has finished the race.

Allowing each competing participant with only 1 handler to assist in carrying the watercraft and equipment to enrol for 1 race per carnival.

Competing participants to don lifesaving Pink Vest and Ocean Cap during the race.

Competing participant and handler will need to report 1 event earlier for their race.

All personal equipment must be brought out of the game venue after finishing.

*Participant cannot participate in another race as a competing participant.

Event format:

Estimating SLSS has 15 to 16 affiliates participating in the carnival.

Each race – 16 individual competitors with their handlers – no repeat for other races as competitor.

SLSS Openwater Ultimate Lifesavers Challenge		12 races for Oceanmen/women 16 participants per race	
Event	Time Taken	Routine	Reporting Time
Race 1	35 minutes	Report at 8.50am, race start at 9am.	8.50am
Race 2	“	“	1 event earlier
Race 3	“	“	“
Race 4	“	“	“
Race 5	“	“	“
Race 6	“	“	“
Break for Officials	30 minutes	----	Approx. at 1pm
Race 7	35 minutes	“	1.30pm
Race 8	“	“	1 event earlier
Race 9	“	“	“
Race 10	“	“	“
Race 11	“	“	“
Race 12	“	“	“
Total Time taken	6.5 hours		End at 5.00pm

Allocation & Movement

Chairs with numberings from 1 to 16 will be placed for all 16 competitors at a designated area.

Competitors to place their bags, masks and personal belongings at the designated area whilst competing, to retrieve and moved out after competing the race.

Handlers will be ready to shift away the surfboard after the surfboard leg and assist the competitor to move away the ski kayak after the final leg.

There will be a cut off time for each race at 35 minutes per race.

All finishers will be awarded with the medals with a photo session immediately after each race (If the situation changes due to the pandemic, the finishers medals will be placed at their allocated chairs for all to collect and move out of the competing race venue),

Results/photos at SLSS website: <https://www.slss.org.sg>

Cancellation and Refund

In the case of lightning or bad weather (eg. Haze)

There will be no delaying or pushing down of event, only designated event allocated during the lightning period will be cancelled. Entry fees will be refunded.

Refund will be granted for competing participants who are sick with medical certificate, and are advise to stay at home and not to turn up at the game venue.

No refund for late reporting or not showing up (DNS), did not finish (DNF), disqualification (DQ).

*There will be a cut off time for each race at 35 minutes per race.

No late replacement or change of competing participant once the line-up is confirmed and published.

Contact and Movement

Each competing participant from a registered SLSS affiliate can only compete in 1 event.

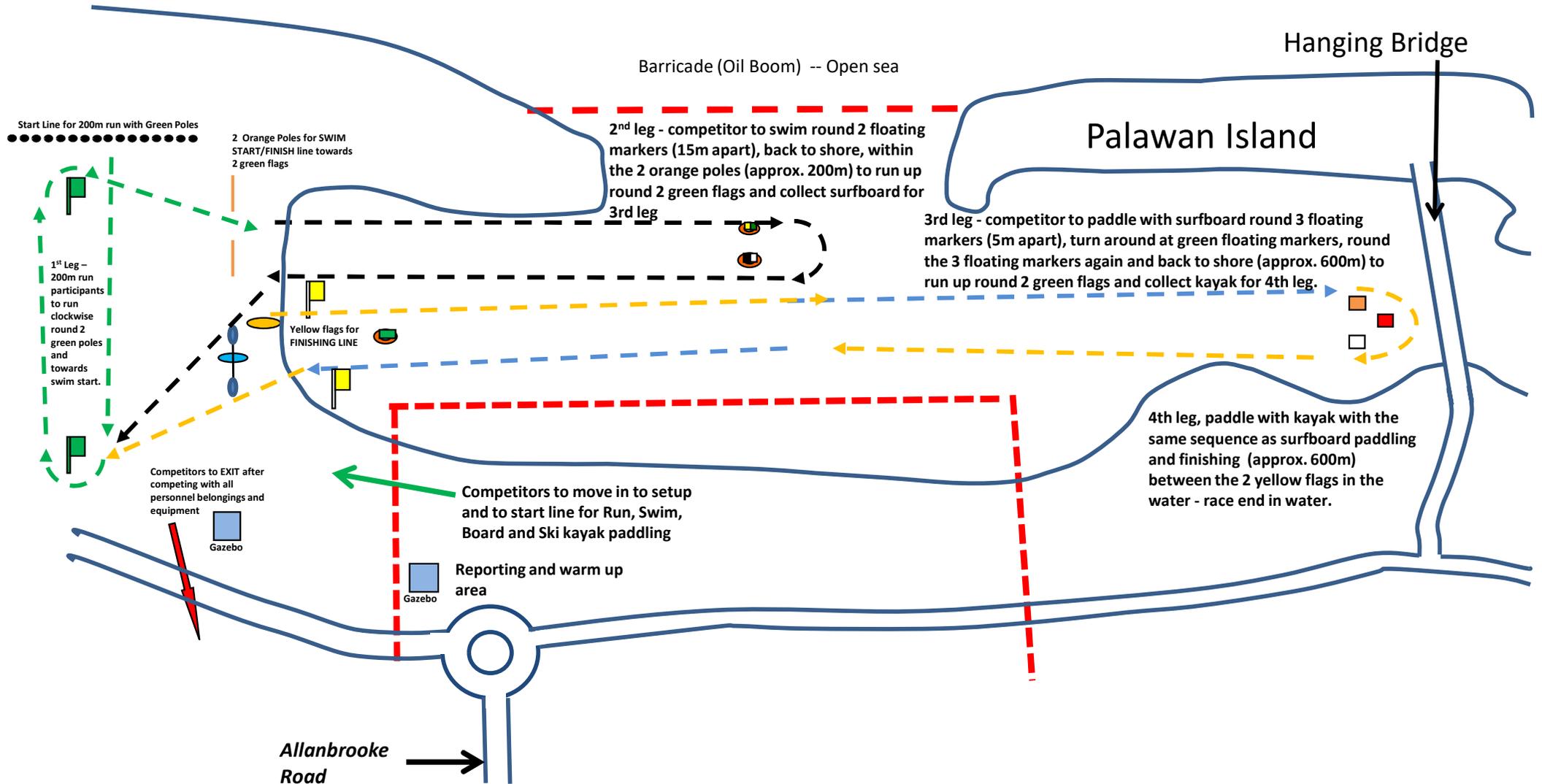
Competing participant's and handler's affiliation, name and contact number must be registered in the SLSS entry form, participants and handlers without prior registration will be denied entry. (handler's info are meant for contacting tracing in the case of the situation changes due to the pandemic)

Mask up is optional, all personnel in the competing venue, are encouraged not to crowd the race and reporting counter area, however mask must be don when travelling in trains and trams inside Sentosa.

- Get in compete and leave,
All competing participants can only compete for 1 race, be on time and to leave the race venue as soon as possible after finishing for other competitors to get ready for their race.
- Competing participants must bring all their personal belonging and competing equipment out of the competing venue after finishing the race, all passing over of equipment to team mates should be done outside the competing venue with proper cleaning and sanitization.

National Openwater Ultimate Lifesavers Challenge at Palawan Beach

Proposed swim, board and ski kayaking races



Drawing not to scale
For illustrations only

Race Description

At the start of the signal,

- **1st Leg – 200m Run with clockwise turn (1 round),**
Competitor to start the race at start line, run toward and round clockwise the green flag placed at 90m away and back to start line and turn clockwise round the green flag and run towards the 2 orange poles start line for the swim.
- **2nd Leg – 200m Surf Swim (1 round), + 150m run up round (clockwise turn) 2 green flags**
Competitor to swim round by turning clockwise at the 2 floating markers, swim and run back to shore within the 2 orange poles towards the 2 green flags (clockwise turn), and proceed to pick up the surfboard.
- **3rd Leg – 650m Board paddling (2 rounds), + 150m run up round (clockwise turn) 2 green flags**
Competitor pick up their surfboard and paddle towards the 3 floating markers (2-3m apart) by turning clockwise, paddle back shoreward and turn around clockwise at a green floating marker, paddle towards and clockwise turn round the 3 floating markers again and back to shore (approx. 650m) to run up round 2 green flags (clockwise turn) and proceed to pick up the kayak for 4th leg.
- **4th Leg – 650m Ski Kayak paddling (2 rounds), race end in water between 2 yellow flags**
Competitor must don lifejacket, pick up and paddle the ski kayak with the same sequence as surfboard paddling and finish (approx. 650m) between the 2 yellow flags in the water - race end in water.