

The Mount Monster 2016



Date: Saturday 17 December 2016
Venue: Mount Maunganui

Programme:

Friday 16th December: Please attend this Briefing if at all possible.

Competitor Registration:	5.45pm
Briefing / Blowhole Jump Familiarisation (Dry, no jump)	6:00pm -7.30pm

Saturday 17th December:

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|---|-----------------|
| • Gear to be placed on beach: | 7.00 – 7.45 |
| • (If briefing completed Friday then gear can be placed until 9.00am) | |
| • Competitor Registration (if didn't attend Friday) | 7.45am |
| • Briefing / Blowhole Jump Familiarisation (Dry, no jump) | 8:00am - 9.15am |
| • Timing Anklets / Race Numbers Issued | 8.15 – 9.30am |
| • Final Pre-Race Briefing: | 9:45am |
| • Event Start Time: | 10:00am |
| • Prizegiving: (followed by BBQ, Refreshments, spot prizes) | 1.30pm (Approx) |

Safety:

- All Competitors must hold a Surf lifeguard Award and be currently refreshed.
- All individual and all Team members must attend Registration Briefing Sessions, you must be on time for these briefings, no late walk ins. Please attend Friday Night if at all possible
- Competitors (all individual and team swimmers) must familiarise themselves with the rock entry at the blowhole during one of the two structured sessions listed in the event programme.
- Official Mount Monster Event High Visibility Vests must be worn at all times through the event.
- Competitors will wear timing Anklets (Teams, this is your "Baton")
- Individual Competitors are strongly recommended to start Ski leg with 2 litres fluid for hydration and take on food / gel through the race.
- Water will be available at transitions, but hydration and food intake are competitor's responsibility to provide.



Categories:

Individual: Category

U19 Male
U19 Female
Open Male
Open Female
Masters Male(>30)
Masters Female(>30)

Teams: Category

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

Course:

The course will consist of Four Legs as follows (all distances approximate)

- Staggered start: Individuals first followed by teams 10 minutes later.
- Leg 3, "Ski" and Leg 4, "Board" are "Dry start, wet finish" Event Handlers will transport gear to a holding area at the end of these legs, competitors are then responsible for having their gear moved clear.
- At the run turnaround, entry to Leisure Island, exit from water after blowhole jump and ski turn around competitors will be require to "check in" with marshals and or pass through timing gate.

Leg 1: Beach Run, 5km (Main Beach to Tay st and Return)

Leg 2: Run, Jump, Swim,

- Run to end of Moturiki, "Leisure Island", and jump from Blowhole, swim to shore in "Shark Alley", run across to main beach, swim reverse "M" shaped course.

Leg 3: Surf Ski Paddle, 12km

- Main Beach, around North Rock, to Omanu and return
- There will be a buoy in the water and a Tent on the beach at Omanu, Competitors must round both of these and "check in" with Marshalls.

Leg 4: Board Paddle, 6km

- Main Beach, around North Rock, around Motuotau, "Rabbit Island" and return.

Notes:

All the above and further details, rules and safety considerations will be provided in the compulsory Pre race briefings.

In the event of the poor Weather and/or Surf Conditions, all competitors will be notified of any changes prior to or during the Pre Race Briefing or through the Mount Monster Facebook page. [Click Here](#) to view the page.



Below, Full Course: subject to change, depending on surf/weather conditions.



Below, Detail Leg two: Run Jump Swim.



Below: Detail, Ski Paddle Turn around, Omanu



Site Plan: TBC expect slight modifications



Event Manager

If you have any further enquiries, please do not hesitate to contact Glenn Bradley, Event Manager.

Glenn Bradley
General Manager
T: 07 5755595
e: glenn@mountlifeguards.co.nz

