

Chelsea Chase

run/swim/run

2009



05.11.09	Race 2	19.11.09	Race 4	03.12.09	Race 6
Race 1	12.11.09	Race 3	26.11.09	Race 5	10.12.09

Adults 15+: run 250m swim 500m run 450m - Children 14 & Under: run 60m swim 325m run 125m

Welcome <p>Chelsea Chase is an annual run/swim/run event. Aimed at open water swimmers, tri-athletes, competitive life savers, the swim is open to anyone wanting to build up their strength and fitness before the summer season starts.</p>	When <p>The races will take place over the course of 6 consecutive Thursday evenings, starting on Thursday November 5th, 2009 and finishing December 10th, 2009. Races will 6.15pm for juniors and 6.45pm for seniors.</p>	Distance <p>The course will start with a run to the first marker, swim around the 'no-boating' poles and a run returning to the club for the finish. The course will favour the drift each time for a safe swim.</p>	What <p>The event is handicapped, so you will need to give us your 400m swim time to begin with. Eventually the race field will be fairly even, with competitors having a final chase to the finish line to determine the winner.</p>	Rules <p>The overall winner will have the lowest series of points tallied from the 3 best race results, combined with results of race 6. Wetsuits are permitted, so even if summer isn't quite here, you can still stay warm. For a complete breakdown of rules go to: www.chelseaslsc.com</p>	Entry <p>To enter, return your completed entry form available at: chelseaslsc.com/chase and post, fax or email it back. Registration is also available on the day.</p>
Where <p>The event will take place right in front of the Chelsea Longbeach Surf Life Saving Club, located at the end of The Strand, Chelsea Beach, Melways Ref. 97 A1.</p>	Who <p>If you can run & swim the distance, then you can enter.</p>	Prizes <p>This year there are spot prizes as well as a grand prize. To be eligible for grand prizes, 3 of 5 races, plus a finish in race 6 must be completed.</p>	Map <p>A map of the course can be viewed at www.chelseaslsc.com</p>	Fees <p>Entry Fees: Under 14 - \$7/race or \$30 for 6 race series, Open 15+ \$10/race or \$50 for 6 race series.</p>	



Chelsea Surf Life Saving Club: The Strand, Chelsea Beach, Melways 97 A1
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Chelsea
Surf Life Saving Club