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ABOUT THE BAY GAMES

WHO WE ARE

Whether you’re planning a solo smash fest or a team assault with your mates - The Bay Games is a day long series of multi-discipline, functional fitness heats, culminating in a grand final showdown!

From swimming to weight lifting to running and more; it’s about high intensity and high power output on your journey to the podium.

And as if that wasn’t enough... you can get your kids involved... The Bay Games includes a family fun run, all proceeds from which will go to a local family in need.

More than 500 athletes, volunteers, and spectators are expected to descend upon Huskisson, the gateway to Jervis Bay for this epic event where local and national media crews will be following the action.

Don’t sit on the fence, register now to secure your spot!! This is your chance to become the ‘Boss of the Bay’
HOW DO I GET THERE?

From Sydney
Aprox 2.5 hours
Set Google Maps to 13 Hawke Street, Huskisson. NSW 2540 and it’s in the park opposite!

From Canberra
Aprox 2.5 hours
Set Google Maps to 13 Hawke Street, Huskisson. NSW 2540 and it’s in the park opposite!

From Batemans Bay
Set Google Maps to 13 Hawke Street, Huskisson. NSW 2540 and it’s in the park opposite!
Race HQ is at White Sands Park, located on Hawke Street, next to The Husky pub in Huskisson.

**DIRECTIONS**

**From Sydney**

Aprox 2.5 hours

- Take the Princes Highway past Wollongong to Nowra
- 14.5 km south of the Nowra Bridge, take the Jervis Bay turnoff on your left onto Jervis Bay Road
- Drive for 7.5km and turn left, signposted to Huskisson [in fact, it’s a huge new sign welcoming you to Huskisson]
- Continue onto Tomerong Street
- Take a slight right onto Sydney Street
- Take the second left onto Owen Street, and you’ll find Race HQ on the corner, right on the water!

**From Canberra**

Aprox 2.5 hours

- From Turpentine Road (both options): Follow the signs to Tomerong and Batemans Bay
- Turn right at the Princes Highway, then turn left to St Georges Basin and Tomerong after about two kilometers.
- After about 200m, turn left to Tomerong
- At Tomerong, turn right to Huskisson
- Turn left and then right into Huskisson Road
- Continue onto Tomerong Street
- Take a slight right onto Sydney Street
- Take the second left onto Owen Street and look for the waterfront corner pub, Race HQ is in the park opposite

**From Batemans Bay**

- From Batemans Bay, take the Princes Highway to Ulladulla and continue north towards Nowra
- 3.8 km north of the Bewong rest area, take the Tomerong/Jervis Bay turnoff to your right onto Island Point Rd.
- Drive straight through all of the roundabouts until you reach the shops at Vincentia, then turn left at that roundabout onto Elizabeth Drive, heading towards Huskisson
- Drive over the bridge and take your third right onto Hawken Road
- Turn right onto Pine Forest Road
- Turn left onto Jervis Bay Road
- Drive for 7.5 km and turn left onto Huskisson Road
- Continue onto Tomerong Street
- Take a slight right onto Sydney Street
- Take the second left onto Owen Street
A positive attitude is THE most important thing to bring with you!

- Photo ID for registration

- Whilst there will be natural shade in certain areas, we recommend you bring a small gazebo [or similar] to set up in ‘Tent City’ for your crew or yourself

- Appropriate clothing and shoes for each event

- Swim goggles

### PACK LIST

- Waterproof sunscreen / lip protection / sunglasses
- Re-usable water bottle
- You may want to bring comfy shoes/thongs for in between events
- A mat or chair to sit on
- Foam Roller
- Change of clothes, plastic bag for wet clothes, towels
- Cash
- Tape / Band aids
- Phone / Camera
- Insect Repellent / Hand Sanitizer
THINGS TO THINK ABOUT ON RACE DAY

<table>
<thead>
<tr>
<th>Have a copy of this book with you!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Know where you need to be and when</td>
</tr>
<tr>
<td>Attend the mandatory athlete briefings</td>
</tr>
<tr>
<td>Familiarise yourself with the course</td>
</tr>
<tr>
<td>Where you will set yourself up in-between events</td>
</tr>
<tr>
<td>Water/sports drink – stay hydrated!!</td>
</tr>
<tr>
<td>Transition bag</td>
</tr>
<tr>
<td>Hand towel</td>
</tr>
<tr>
<td>Check weather conditions [we can’t control this!]</td>
</tr>
<tr>
<td>Know where to get help!</td>
</tr>
</tbody>
</table>

Correct recovery and nutrition on the day is vital, ‘clean and mean’ food stalls provided if you don’t want to bring food on the day.
DETAILS OF THE EVENT

ENTRY DETAILS

- Registrations are open at www.thebaygames.com.au
- You must be a minimum of 18 years old to enter “Boss Of The Bay” or “The Strongest Man/Woman” events
- You must be a minimum of 16 years old to enter the Team event
- There are no age restrictions for the Fun Run [Run For Thomas] entries
- Entry costs can also be found via www.thebaygames.com.au
- There is a strict no refund policy, however names can be changed on tickets if you are unable to attend up to 7 days out from event day.

REGISTRATION AT THE EVENT

- Registrations for Boss of the Bay [individuals] will be open between 5pm - 7pm on the night before the games commence i.e. the Friday night
- If you can’t make the Friday, registrations on the day look like this...
  - Boss of the Bay 0500 - 0630
  - Fun Run; 0745 - 0845
  - Team Event; 0930 - 1100 hours
  - Strong man/woman: 1130 and 1230 hours
<table>
<thead>
<tr>
<th>TIME</th>
<th>DESCRIPTION OF EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 - 5:45</td>
<td>Registration Opens</td>
<td>Registration Tent</td>
</tr>
<tr>
<td>0600</td>
<td>Athlete Briefing</td>
<td>Shark Net Beach</td>
</tr>
<tr>
<td>0630</td>
<td>Boss of the Bay Event 1 Commences</td>
<td>Shark Net Beach</td>
</tr>
<tr>
<td>0630</td>
<td>Heat 1</td>
<td>Shark Net Beach</td>
</tr>
<tr>
<td>0631</td>
<td>Heat 2</td>
<td>Shark Net Beach</td>
</tr>
<tr>
<td>0651</td>
<td>Heat 3</td>
<td>Shark Net Beach</td>
</tr>
<tr>
<td>0652</td>
<td>Heat 4</td>
<td>Shark Net Beach</td>
</tr>
<tr>
<td>0712</td>
<td>Heat 5</td>
<td>Shark Net Beach</td>
</tr>
<tr>
<td>0713</td>
<td>Heat 6</td>
<td>Shark Net Beach</td>
</tr>
<tr>
<td>0733</td>
<td>Heat 7</td>
<td>Shark Net Beach</td>
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<tr>
<td>0734</td>
<td>Heat 8</td>
<td>Shark Net Beach</td>
</tr>
<tr>
<td>0754</td>
<td>Heat 9</td>
<td>Shark Net Beach</td>
</tr>
<tr>
<td>0755</td>
<td>Heat 10</td>
<td>Shark Net Beach</td>
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<tr>
<td>0830</td>
<td>Boss of the Bay Event 2 Commences</td>
<td>The Arena</td>
</tr>
<tr>
<td>0830</td>
<td>Heat 1</td>
<td>The Arena</td>
</tr>
<tr>
<td>0850</td>
<td>Heat 2</td>
<td>The Arena</td>
</tr>
<tr>
<td>0910</td>
<td>Heat 3</td>
<td>The Arena</td>
</tr>
<tr>
<td>0940</td>
<td>Heat 4</td>
<td>The Arena</td>
</tr>
<tr>
<td>1000</td>
<td>Heat 5</td>
<td>The Arena</td>
</tr>
<tr>
<td>0900</td>
<td>Run for Thomas Commences</td>
<td>From Arena Area</td>
</tr>
<tr>
<td>1030</td>
<td>Team event 1 Commences</td>
<td>Shark Net Beach</td>
</tr>
<tr>
<td>TIME</td>
<td>DESCRIPTION OF EVENT</td>
<td>LOCATION</td>
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</tr>
<tr>
<td>1030</td>
<td>Heat 1</td>
<td></td>
</tr>
<tr>
<td>1110</td>
<td>Heat 2</td>
<td></td>
</tr>
<tr>
<td><strong>1200</strong></td>
<td><strong>Strongman Event 1 Commences</strong></td>
<td><strong>The Arena</strong></td>
</tr>
<tr>
<td>1200</td>
<td>Heat 1</td>
<td></td>
</tr>
<tr>
<td>1210</td>
<td>Heat 2</td>
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<tr>
<td>1220</td>
<td>Heat 3</td>
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<tr>
<td>1230</td>
<td>Heat 4</td>
<td></td>
</tr>
<tr>
<td><strong>1300</strong></td>
<td><strong>Strongman Event 2 Commences</strong></td>
<td><strong>The Arena</strong></td>
</tr>
<tr>
<td>1300</td>
<td>Heat 1</td>
<td></td>
</tr>
<tr>
<td>1315</td>
<td>Heat 2</td>
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<tr>
<td><strong>1345</strong></td>
<td><strong>Team 2 Event Commences</strong></td>
<td><strong>The Arena</strong></td>
</tr>
<tr>
<td>1345</td>
<td>Heat 1</td>
<td></td>
</tr>
<tr>
<td>1415</td>
<td>Heat 2</td>
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</tr>
<tr>
<td>1445</td>
<td>Heat 3</td>
<td></td>
</tr>
<tr>
<td>1515</td>
<td>Heat 4</td>
<td></td>
</tr>
<tr>
<td><strong>1600</strong></td>
<td><strong>Boss of the Bay Event 3 Commences</strong></td>
<td><strong>The Arena</strong></td>
</tr>
<tr>
<td>1600</td>
<td>Heat 1</td>
<td></td>
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<tr>
<td>1610</td>
<td>Heat 2</td>
<td></td>
</tr>
<tr>
<td>1620</td>
<td>Heat 3</td>
<td></td>
</tr>
<tr>
<td>1630</td>
<td>Heat 4</td>
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<tr>
<td>1640</td>
<td>Heat 5</td>
<td></td>
</tr>
<tr>
<td>1650</td>
<td>Heat 6</td>
<td></td>
</tr>
<tr>
<td>1700</td>
<td>Heat 7</td>
<td></td>
</tr>
</tbody>
</table>
## THE SCHEDULE

<table>
<thead>
<tr>
<th>TIME</th>
<th>DESCRIPTION OF EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1710</td>
<td>Heat 8</td>
<td></td>
</tr>
<tr>
<td>1720</td>
<td>Heat 9</td>
<td></td>
</tr>
<tr>
<td>1730</td>
<td>Heat 10</td>
<td></td>
</tr>
<tr>
<td>1800</td>
<td>Prizes, Podium and Photographs</td>
<td>The Arena</td>
</tr>
<tr>
<td>1830</td>
<td>Event Closes</td>
<td></td>
</tr>
</tbody>
</table>
**EVENTS DESCRIPTION**

**BOSS OF THE BAY**

A series of land and water events spread out over the day. Test your overall functional strength, speed, power and stamina over the course of 3 heats, including barbell work, paddle boarding, sandbag terrain sprints, swimming and more! This event is intended for more advanced athletes.

- 20 x Dead lifts 100/70
- 30 x Push ups
- 40 x Thrusters 40/30
- 50 x Over head plate lunges 25/20

**Time Cap: 16 Minutes**

- 300m Farmers walks 64/48
- 40 x Burpee over bar
- 300m Sprint

**Time Cap: 16 Minutes**

- 200m Paddle board
- 100 x Squats w/sand bag 15/20
- 650m Terrain run w/sand bag 15/20
- 100m Swim
- 350m Sprint to finish line

**Time Cap: 22 Minutes**

**SCORING**

- Athletes will race in heats of up to 10 - all heats will be timed
- Heats are worth up to 100 points, and athletes earn points based on their finish time for each heat
- At the end of the day, the Athlete with the most accumulated points will be crowned ‘Boss of the Bay’
- Athletes who tie receive the same number of points
- If an Athlete fails to complete a heat in the time cap required, they will be awarded zero points for that heat but will still be eligible to participate in the following event

Note: Owing to weather conditions and/or operational constraints Heat constellations are subject to change without notice.

**TERMS & CONDITIONS**

- Every athlete will be provided a dedicated judge to ensure reps are completed correctly
- It is the responsibility of each Athlete to ensure that they are fit to compete in all events
- Athletes should note that this event includes a combination of both land and water based workouts
- Age group categories are as follows; 18-24, 24-35, 36+
- Male & female divisions
- In the event of a dispute, the Head Judge’s decision is final
- The cash prizes for overall podium finishers for Male & Female are as follows; 1st = $1,000 2nd = $500 3rd = $250
EVENTS DESCRIPTION

TEAM EVENT RELAY

Teams of 4 will go up against each other - each team must consist of 2 girls and 2 guys. The 2 heats will include land and water based exercises in a relay format. Get excited about the build-up to The Bay Games with your training buddy’s and represent your local gym to take out the bragging rights with a podium finish in this inaugural event!!

<table>
<thead>
<tr>
<th>Wet n Wild</th>
<th>Ignite the Fire</th>
</tr>
</thead>
</table>
| - 100m Paddle Board x 4  
- 100m Beach Sprint with Sand Bag x 4  
- 50m Swim x 4  
- 100 x Burpees between team (25ea.)  
- Sprint to finish line | - 200 Calories Assault Bike combined (50ea.)  
- 200 Slam Balls combined 20/15 w(50ea.)  
- 200 Calories Ski Erg combined (50ea.)  
- 400m Farmers Walk combined 64/48 |

SCORING

- Athletes will race in heats with up to 5 other teams - both heats will be timed
- Heats are worth up to 100 points, and athletes earn points based on their finish time for each heat
- At the end of the day, the Team with the most accumulated points will be crowned ‘Boss of the Bay’
- Teams who tie receive the same number of points
- If a Team fails to complete a heat in the time cap required, they will be awarded zero points for that heat but will still be eligible to participate in the following event

Note: Owing to weather conditions and/or operational constraints Heat constellations are subject to change without notice

TERMS & CONDITIONS

- It is the responsibility of each Team member to ensure that they are fit to compete in all events
- Athletes should note that this event includes a combination of both land and water based workouts
- All Athletes must be aged 16 years or older at the time of registration
- Teams must consist of 2 girls and 2 guys
- Every athlete will have their own judge to ensure reps are completed correctly
- Each Team will be provided with a dedicated judge to ensure all reps and change overs are completed correctly
- In the event of a dispute, the Head Judges decision is final
COURSE MAPS

OFFICIAL SITE MAP

- GREEN - NRL SKILLS AND DRILLS AREA
- WHITE - REGISTRATION TENT
- LARGE SKY BLUE - TENT CITY
- SMALL SKY BLUE - AMENITIES
- SMALL GREY - MASSAGE AND FIRST AID
- SMALL YELLOW - DJ / AUDIO
- SMALL GREY - ATHLETE BRIEFING TENT (BULL PEN)
- 3 X WHITE - VENDOR TENTS
- BLACK SECTION LEFT - MAIN ARENA / FENCED Lanes
- RED - FINISH LINE
- SKY BLUE - SPECTATORS AREA
- BLACK SECTION ON THE RIGHT - BEACH BASED EVENTS
COURSE MAPS

BOSS OF THE BAY EVENT

1 - WET’N’WILD

INDIGO LARGE TRIANGLE
- SUP LEG (START BOTTOM TIP)

STAR TOP
- SAND BAG SQUATS

LIGHT BLUE
- SAND BAG RUN LEG

DARK BLUE TRIANGLE
- SWIM LEG

STAR BOTTOM
- START OF SWIM AND SUP LEGS

PURPLE
- SPRINT TO FINISH LINE

RED
- FINISH LINE

BLACK
- MAIN ARENA
COURSE MAPS

BOSS OF THE BAY - EVENT 2 THE DRILL

BLACK BLOCK - MAIN ARENA
1ST BLUE MARKER (HEADING DOWN) - DEADLIFT ZONE
2ND MARKER - PUSH UPS ZONE
3RD MARKER - THRUSTERS ZONE
4TH MARKER - O.H.P.L ZONE
RED LINE 25M MARK FOR O.H.P.L
COURSE MAPS

BOSS OF THE BAY - EVENT 3 - CLIFF YOUNG

- BLACK - MAIN ARENA
- YELLOW - FARMERS WALK DIRECTION
  (TOP IS THE START, BOTTOM IS THE FINISH)
  STAR IS THE BURPEE OVER BAR
- SKY BLUE - RUNNING LINE START ABOVE
  STAR AND FINISH THROUGH FINISH LINE
- RED - FINISH LINE
COURSE MAPS

TEAM EVENT - WET’N’WILD - RELAY 1

LIGHT BLUE LARGER TRIANGLE - SUP LEG
BLACK LOOP - BEACH SPRINT LEG
SMALLER TRIANGLE - SWIMMING LEG
STAR ICON - BURPEE STATION
RED LINE - SPRINT TO FINISH LINE
BLACK ARENA
RED FINISH LINE
COURSE MAPS

TEAM EVENT - IGNITE THE FIRE - RELAY 2

BLACK - ARENA
STAR ICON STARTING FROM BOTTOM - ASSAULT BIKE ZONE
STAR ICON MOVING UP FROM BOTTOM - SKI ERG
NEXT ICON - SLAM BALLS
TOP ICON - FARMERS CARRY
BLACK AREA - FINISH LINE
STAR ICONS DISPLAY AN EXAMPLE OF EACH STATION AND TRAVEL PATHS PROVIDED ON THE HEARTBREAKER COURSE.
STAR ICONS DISPLAY THE EQUIPMENT STATIONS FOR THE BIG 4 - BOTTOM STAR MOVING UP IS AS FOLLOWS

- SQUAT RACK
- BENCH PRESS
- DEADLIFT STATION
- STRICT PRESS RACK
- RED LINES = ROTATION DIRECTION
COURSE MAPS
THE DEADLIFT

- Hip-width stance
- Hands just outside of hips
- Full grip on the bar
- Shoulders slightly in front of the bar
- Lumbar curve maintained
- Hips and shoulders rise at the same rate
- Bar moves over the middle of the foot
- Heels down
- Complete at full hip and knee extension

THE THRUSTER

- Shoulder-width stance
- Bar rests on front rack
- Hands just outside shoulders
- Full grip on the bar
- Elbows in front of the bar
- Hips descend back and down
- Hips descend lower than knees
- Lumbar curve maintained
- Knees in line with toes
- Elbows stay off of knees
- Hips and legs extend rapidly, then press
- Heels down until hips and legs extend
- Bar moves over the middle of the foot
- Complete at full hip, knee and arm extension
THE AIR SQUAT

- Shoulder-width stance
- Hips descend back and down
- Hips descend lower than knees
- Lumbar curve maintained
- Heels down
- Knees in line with toes
- Complete at full hip and knee extension

THE DUMBBELL OVERHEAD LUNGE

- Hold dumbbells at full arm extension
- Maintain lockout throughout movement
- One leg steps forward
- Keep heel of forward leg down
- Raise heel of back leg
- Lower torso until back knee touches the ground
- Forward leg shin remains relatively vertical
- Complete at full hip and knee extension
- Opposite leg begins next step
- Can be performed with 1 or 2 dumbbells
THE PUSHUP

• Hands on the ground shoulder-width apart
• Legs straight with only the balls of the feet on the ground
• Start with arms extended
• Lower chest and thighs to the ground
• Body remains rigid
• Elbows move closer to the hips than the shoulders
• Complete at full arm extension

THE BURPEE

• Place hands on the ground shoulder-width apart
• Jump to push-up position
• Lower chest and thighs to the ground
• Jump feet up to hands
• Jump vertically with full hip and knee extension
• Arms extend overhead during the jump
EXERCISE TECHNIQUE GLOSSARY

THE BENCH PRESS

- Slightly wider than shoulder-width grip
- Begin with arms extended, bar over the chest
- Shoulders remain in contact with the bench
- Elbows move closer to the hips than the shoulders
- Bar lowers to bottom of the chest
- Forearms remain vertical
- Complete at full arm extension

THE SHOULDER PRESS

- Hip-width stance
- Hands just outside of shoulders
- Elbows slightly in front of the bar
- Full grip on the bar
- Bar moves over the middle of the foot
- Torso and legs static
- Heels down
- Shoulders push up into the bar
- Complete at full arm extension

Note: The above images and descriptions are the property of crossfit.com
STAND UP PADDLE BOARDING

THIS IS THE FIRST ELEMENT OF HEAT 3 AND COMPRIS A 200 METRE, OUT AND BACK COURSE.

This is the first element of Heat 3 and comprises a 200 metre, out and back course.

The course starts and finishes on Shark Net beach and each Athlete must complete the entire course together with their SUP and paddle [both of which are provided].

Upon entering the water a maximum of 10 strokes [total] in the kneeling position are permitted once the Athlete is aboard the SUP i.e. at the latest, stroke number 11 onwards must be performed in the standing position. If an Athlete falls off the SUP during the event, the same rule applies once they have climbed aboard again.

NOTE 1: Exceeding the ‘10 Stroke’ rule will result in 10 seconds [per stroke] being added to the offending Athletes finish time for Heat 3. It is the Athlete’s responsibility to count their strokes - your judge will be watching AND counting!

NOTE 2: We strongly recommend a minimal number of strokes in the kneeling position - it’s faster to stand up and get moving!

There will be two large buoys to consider in the SUP course; the first acts as a ‘pilot’ for navigation purposes [placed at 50 metres], the second is the turning buoy [placed at 100 metres]. Both buoys must be kept on the Athletes left at all times [out and back]. When returning to the beach, each Athlete is responsible for getting their SUP and paddle completely out of the water and into the designated zone. Each Athlete’s judge will provide guidance and confirmation that the SUP and paddle are where they need to be - the Athlete will not be able to commence the next element [sandbag squats] until this confirmation is provided.

NOTE 3: Each Athlete will be responsible for any damage caused to the SUP and/or paddle during the Heat i.e. take care of both when returning to the beach - the rear fin is fragile and should be shown some Tender Loving Care!

NOTE 4: Athletes are not to interfere with other Athletes or users of the ocean during the event. Any deliberate physical contact between Athletes will result in a maximum time cap for that Heat, at the judge’s discretion [which is final and non-negotiable!].
ALL COMPETITORS WILL RECEIVE A MEDAL AT PRESENTATION, WITH THE PODIUM FINISHERS FROM EACH EVENT/CATEGORY WINNING BRONZE, SILVER AND GOLD MEDALS RESPECTIVELY.

**BOSS OF THE BAY:**
OVERALL MALE AND FEMALE WINNERS WILL RECEIVE:
1ST=$1000  2ND=$500  3RD=250

**TEAM EVENT:**
WINNING TEAM WILL RECEIVE A $700 TRUE PROTEIN PRIZE PACK.

**STRONG MAN/WOMAN:**
MALE AND FEMALE CATEGORY WINNERS WILL RECEIVE BSC SUPPLEMENT PRIZE PACKS.

**RUN FOR THOMAS:**
IS FOR A GOOD CAUSE AND WILL HAVE NO PRIZES FOR PLACES :)

---

![Image of runners at the start line]
How will I be judged?

Each athlete will be allocated a personal judge during each heat. The judge is present to ensure that every rep of every exercise is completed correctly and all rules are obeyed. All of these will be recorded on each athlete’s scorecard.

The judge will assist with counting the reps for each heat - where applicable, once there are 5 reps to go, the judge will raise their right hand as a visual cue. Once the last compliant rep is completed the judge will provide verbal confirmation and the athlete can move to the finish line.

In the event that a judge deems a rep to have been non-compliant, they will immediately advise the athlete by saying, “No rep”. In this situation the ‘no rep’ must be repeated correctly.

Warning 1: The judges are to be shown respect and courtesy at all times. No athlete is to argue with, challenge or touch any judge at any time. Any athlete doing so can be disqualified immediately at the discretion of the head judge.

At the end of each heat, each athlete must sign their scorecard to demonstrate agreement with the record.

In the event that an athlete wishes to raise an objection they must note that on the scorecard at the end of the corresponding heat. In this situation, the athlete will then be contacted personally by the head judge as soon as practicable after the heat.

Warning 2: The bay games is being conducted in a public area frequented by families. As such, all athletes and their supporters are required to conduct themselves appropriately at all times on the day of the event. Such examples include, but are not limited to, no littering, no foul language, using the public toilets provided, not blocking public footpaths, parking only in designated areas etc. Inappropriate behaviour by an athlete or their supporters can lead to disqualification at the discretion of the head judge.
FOOD VENDORS

CLEAN SECTION
- Treat ‘em Clean
- Acai Bros Shellharbour
- Pilgrims Huskisson

MEAN SECTION
- 2 smoking barrels
- Mad dog mayhem

LIFESTYLE SECTION
- Husky face and body studio
- South coast soul yoga
- Weights and mate clothing
OUR PARTNERS
WHERE TO STAY

HUSKISSON BEACH MOTEL

Great location, efficient booking in and out and you get free WiFi!

Address: 9 Hawke St, Huskisson NSW 2540
Phone: (02) 4441 6387

HUSKISSON BEACH B&B

Just 2 minutes’ walk from the beach, Huskisson Beach Bed and Breakfast offers adult only accommodation, free continental breakfast, free WiFi and free bicycle rental.

Address: 21 Beach St, Huskisson NSW 2540
Phone: 13 38 10

ELDERS HUSKISSON HOLIDAY RENTALS

SPECIAL OFFER - 20% OFF for the weekend of The Bay Games. Contact our friendly team in Huskisson on (02) 4441 5188.

Elders Real Estate Nowra, Huskisson, Sanctuary Point and Culburra Beach are proud to be associated with The Bay Games as Platinum Partners!

SEA MIST

These three private villas are just 400 metres from the beach and a short walk to the heart of Huskisson, Jervis Bay. All villas are all fully self-contained and come complete with free WiFi.

Address: 13 Berry St, Huskisson NSW 2540
Phone: 0437 477 550
Web: www.seamistjb.com.au
There are so many in Jervis Bay we decided that it was probably more sensible to just point you to booking.com.

Additionally, there is a beautiful council owned/operated caravan park/camping right next to where The Bay Games is being held...

It’s called White Sands and can be found at:

https://huskissonwhitesands.holidayhaven.com.au

**What else is there to do in Jervis Bay?**

**OUR TOP 10 PICKS - (IN NO ORDER)**

1. Sunday arvo sippers @ Wild Ginger
2. Hyams Beach
3. Camping @ Caves beach
4. Eating anything and everything @ Pilgrims Huskisson
5. Camping @ HoneyMoon Bay
6. Whale watch cruises in Jervis Bay Marine Park
7. Stand Up Paddle Boarding @ Shark Net Beach
8. Surf @ Aussie Pipe - Wreck Bay
9. Steamers Beach trail Walk/run - Wreck Bay
10. BBQ @ Moona Creek (perfect for family)

Visit

jervisbaytourism.com.au/

visitnsw.com/destinations/south-coast/jervis-bay-and-shoalhav
SEE YOU AT THE BAY GAMES!