Points Races – What, Who, How, Why?

What are Points Races?

Points Races are regular intraclub social / competitive races for members held at Swanny each Sunday morning throughout the season.

Points Races consist of three core races:

- Run-Swim-Run   200m Run, 200m Swim, 200m Run
- Long Swim   400m
- Long Run   1200m

Points Races may also include the following races:

- Beach Sprint   Based on the beach sprint event at surf carnivals for competitive lifesavers
- Beach Flags   Based on the beach flags event at surf carnivals for competitive lifesavers
- Surf Board Race   Based on the board race event at surf carnivals for competitive lifesavers
- Surf Ski Race   Based on the ski race event at surf carnivals for competitive lifesavers
- Ironman   Based on the ironman event at surf carnivals for competitive lifesavers
- Team Events   Team races based on any of the above races

Points are awarded for participation in Points Races based on the finishing order for each race. The accumulated points through the season are used to determine the Points Races Champions for each of the three core races within each category. Currently the categories are Male and Female, although additional age group categories will be introduced if Club member participation is sufficient.

Why have Points Races?

To have fun and keep fit in the Swanny social environment whilst preparing for interclub competition.

The Run-Swim-Run is based on the fitness test requirement of the Bronze Medallion for new lifesavers and the Annual Proficiency for qualified lifesavers.

The Long Swim is based on the swimming test requirement of the Bronze Medallion for new lifesavers and the surf swim event at surf carnivals for competitive lifesavers

The Long Run is based on the beach run event at surf carnivals for competitive lifesavers.

Who participates in Points Races?

Points Races are open to all Club members. As Points Races are based on the fitness test requirements of the Bronze Medallion and events at surf carnivals, all Club members are encouraged to participate.

For insurance requirements Club members need to be financial, registered and proficient, as applicable to your membership category.

How do Points Races run?

Points Races are held on Sunday morning throughout the season. Occasionally if another Club event is held (Interpatrol Carnival or Club Championships) or Club members are attending a SLSWA or SLSA event (State Championships or Australian Championships) then Points Races are not conducted.

Points Races typically commence at 10.00am Swanny Time, which is 10.00am sharp plus an allowance for Club members and the Handicapper to make their way from the patrol tower down onto the beach, get changed, organised etc.

The order of three core races within Points Races is decided on the morning by the Handicapper, based on prevailing conditions. If board and ski races are held these will normally commence at 9.30am or 11.30 am Swanny Time. If beach sprint and beach flags are held these will normally commence following the three core races.

The Handicapper will announce the order of three core races within Points Races at the commencement of Points Races each Sunday morning. Prior to the start of each individual race within Points Races the Handicapper will provide an explanation of the course for that particular race including the location of the start line, buoys or markers to be rounded and the location of the finish line.

Points Races Handicaps

Points Races are always timed, members are handicapped according to their ability in each race and the finishing time of each participant is recorded. This allows Club members to be allocated a handicap or start time, according to their ability in each race. The aim of the handicap or start time is allow for all Club members to finish at approximately the same time regardless of their ability. This provides each member the chance to win any race.

For the initial Points Races and for Club members participating for the first time in a race, the handicap or start time is 0m 00s or 'Go'.

Once a Club member has a handicap time or start time for a race within Points Races, they commence subsequent races at Points Races at this start time. Each Club members handicap or start time is recorded on the Points Races recording sheet available at the commencement of Points Races.

Example: Alastair Burvill has a Long Run handicap of 1m 50s. To date he has 5 points from previous Long Run races and is placed 13th overall in the Long Run. Andrew Buckenara has a Long Run handicap of 0m 25s. He has 6 points from previous Long Run races and is placed 10th overall. Andy Mellor has not yet entered the Long Run and therefore is Long Run handicap of 0m 00s or 'Go'

	Swanbourne Nedlands SLSC		Season 2006/07		
ID	Name	Long Run Points	Position	Handicap	Time
LR 01	Alastair Burvill	5 pts	13	01 m 50 s	
LR 02	Andrew Buckenara	6 pts	10	00 m 25 s	
LR 03	Andy Mellor			00 m 00 s	
LR 04	Ben Anderson	6 pts	10	01 m 30 s	
LR 05	Brendon Rinaldi	8 pts	7	00 m 45 s	
LR 06	Brenton Laws "Cockie"	5 pts	13	01 m 45 s	
LR 07	Brian Jones			00 m 00 s	
LR 08	Cain Pennington	4 pts	16	01 m 25 s	
LR 09	Carl Dyde "Carlos"	1 pts	21	00 m 00 s	

The Handicapper will call out 'Go' to start each Points Race and then time every 5 or 10 seconds. Once the handicap or start time of a Club member is called, then the Club member commences the race.

At the finish of each Points Race the Handicapper will call out the time as each Club member crosses the finish line. The finishing time of each Club member are recorded for each Points Race and used to award points and calculate handicap or start times for the Points Races the following week.

Example: Alastair Burvill completed the Long Run in 6m 53s. Andrew Buckenara did not enter the Long Run and does not have a time recorded. Andy Mellor completed the Long Run in 8m 32s.

	Swanbourne Nedlands SLSC		Season 2006/07		
ID	Name	Long Run Points	Position	Handicap	Time
LR 01	Alastair Burvill	5 pts	13	01 m 50 s	6 53
LR 02	Andrew Buckenara	6 pts	10	00 m 25 s	
LR 03	Andy Mellor			00 m 00 s	8 32
LR 04	Ben Anderson	6 pts	10	01 m 30 s	
LR 05	Brendon Rinaldi	8 pts	7	00 m 45 s	7 18
LR 06	Brenton Laws "Cockie"	5 pts	13	01 m 45 s	6 42
LR 07	Brian Jones			00 m 00 s	
LR 08	Cain Pennington	4 pts	16	01 m 25 s	6 43
LR 09	Carl Dyde "Carlos"	1 pts	21	00 m 00 s	

Points Races Points

Points are allocated to all Club members who compete and these points accumulate throughout the year to decide the winners of the various aggregate Points Races trophies at the end of the season.

The following points allocation is used for all Points Races races:

1st place	8
2nd place	6
3rd place	5
4th place	4
5th place	3
6th place	2
All others	1

Example: 12 people complete in the Long Swim. The points awarded are 8 for 1st place, 6 for 2nd place, 5 for 3rd place, 4 for 4th place, 3 for 5th place, 2 for 6th place and 1 for 7th, 8th, 9th, 10th , 11th and 12th places.

In the event that fewer than 6 people compete in any category, a modified points structure will be used.

1st place	n+2,	where n = number of competitors in a category
2nd place	n	
3rd place	n-1	
4th place	n-2	
5th place	n-3	

Example: 4 people complete in the Long Run. The points awarded are 6 for 1st place, 4 for 2nd place, 3 for 3rd place and 2 for 4th place.

Points Race Example

Karla is competing in her first Long Swim Points Race. Her handicap or start time is 0m 00s or 'Go'. Trevor has competed in previous Long Swim Points Races and his handicap or start time is 1m 45s. Similarly Zane has also competed in previous Long Swim Points Races and his handicap or start time is 2m 15s as he has swum the course approximately 30s faster than Trevor.

The Handicapper starts the Long Swim Points Race by calling out 'Go' and Karla starts the Long Swim. The Handicapper continues to call out the time every 5 seconds. At 1m 45s Trevor starts the Long Swim. Finally 30 seconds later at 2m 15s Zane starts the Long Swim.

Karla is a fast swimmer and finishes her first Long Swim in 6m 20s. Zane is a faster swimmer than Trevor and gradually catches up to him. They both finish on the same wave but Zane quicker onto his feet and crosses the line first in 6m 49s ahead of Trevor in 6m 50s.

Once again Zane has swum the course approximately 30s faster than Trevor so their relative handicaps are correct. The following week Karla will start on a handicap or start time of 0m 30s so that all three will finish at approximately the same time.

As Karla crossed the finish line first she is awarded 1st place. Zane, although he started in last place crossed the finish line second and he is awarded 2nd place. Trevor crossed the finish line third and he is awarded 3rd place.

Points Races Results

The results of each Sundays Points Races are published on the Club website – www.swannysurfclub,org,au. The results show the finishing order, finishing time, points allocated and position for the first 10 to 12 competitors in each of the Points Races races.

Swanbourne Nedlands SLSC
Long Run

Name	Time	Points	Position
Matt Cureton	04 m 44 s	8 pts	1
Clint Jasper	05 m 15 s	6 pts	2
Jon Broomhall "Sconno"	05 m 31 s	5 pts	3
Cain Pennington	05 m 37 s	4 pts	4
Roland Bucher	06 m 05 s	3 pts	5
Alastair Burvill	06 m 39 s	2 pts	6
Dan Minchin	06 m 45 s	1 pts	7
Ed Jaggard	06 m 55 s	1 pts	8
John Stringfellow "Stringy	06 m 58 s	1 pts	9
Tim Tucak	07 m 43 s	1 pts	10
Alison Humann-Swain	06 m 15 s	8 pts	1
Kate Francis	06 m 23 s	6 pts	2
Hayley Norton	06 m 32 s	5 pts	3
Emma Keely	06 m 55 s	4 pts	4
Nel Minchin	07 m 00 s	3 pts	5
Kate Kelly	07 m 05 s	2 pts	6

The standings show the accumulated points and overall position for the first 10 to 12 competitors in each of the Points Races races.

Swanbourne Nedlands SLSC
Long Run

Name	Points	Position
Guy Patrick	16 pts	1
Haslett Grounds "Has"	12 pts	2
Matt Cureton	8 pts	3
James Anderson "Ando"	8 pts	3
Roland Bucher	7 pts	5
Clint Jasper	6 pts	6
Ben Anderson	6 pts	6
Tim Tucak	6 pts	6
Alastair Burvill	5 pts	9
Dan Minchin	5 pts	9
Brenton Laws "Cockie"	5 pts	9
John Stringfellow "Stringy	5 pts	9
Kate Francis	14 pts	1
Hayley Norton	13 pts	2
Claire Tucak	12 pts	3
Nel Minchin	12 pts	3
Alison Humann-Swain	8 pts	5
Debra Hendrie	7 pts	6
Emma Keely	7 pts	6
Danielle Underwood	6 pts	8
Rosie Ireland	6 pts	8
Libby Ferguson	4 pts	10

The accumulated points through the season are used to determine the Points Races Champions for each of the three core races within each category. Currently the categories are Male and Female, although additional age group categories will be introduced if Club member participation is sufficient. Overall Points Races Champions are also determined based on the aggregate of the accumulated points for accumulated points.

- Run-Swim-Run Points Race Champion (Male and Female)
- Long Swim Points Race Champion (Male and Female)
- Long Run Points Race Champion (Male and Female)
- Overall Points Race Champion (Male and Female)

Perpetual Trophy Events

Perpetual Trophy Events are five intraclub competitive races over longer distances for members held at Swanny throughout the season.

Perpetual Trophy Events consist of:

- Presidents' Cup   800m Long Swim
- Oldham Memorial Cup   1200m Long Swim
- F.E. Ford Cup   1600m Long Swim
- Duncan McPhail Trophy   1500m Long Run
- Caris Cup   Club Marathon

Club members are allocated a handicap or start time, according to their ability in the relevant Points Races race. The aim of the handicap or start time is allow for all Club members to finish at approximately the same time regardless of their ability. This provides each Club member the chance to win any race.

Perpetual Trophy Events are open to all Club members. As prizes are awarded Club members need to be financial, registered and proficient, if applicable to your membership category.

Club members also need to have competed in 3 long swims (for the Presidents', Oldham Memorial and F. E. Ford Cups), in 3 long runs (for the Duncan McPhail Trophy) and both 3 long swims and 3 long runs (for the Caris Cup) to be eligible to win a Perpetual Trophy Event. This is so that Club members handicaps are an accurate reflection of a Club members ability.

Prizes are awarded to the winner of each Perpetual Trophy Event. The winner has their named engraved on the Perpetual Trophy and is presented with a Trophy Winners towel at the Annual Dinner. Additional prizes may also be awarded on the day of the Perpetual Trophy Event. A BBQ is organised and a presentation is held in the Club courtyard after each Perpetual Trophy Event.

Club Championships

The Club Championships are a "best on the day" intraclub competition, to see who is the Club's best in each surf discipline.

Club Championships consist of eight core races:

- Run-Swim-Run   200m Run, 200m Swim, 200m Run
- Long Run   1500m
- Long Swim   400m
- Surf Board Race   700m
- Beach Sprint
- Surf Ski Race   700m
- Beach Flag
- Ironman / Ironwoman   Swim, Board and Ski legs with the ordered determined by a draw.

The following points allocation is used for all Club Championships races:

1st place   8
2nd place   6
3rd place   5
4th place   4
5th place   3
6th place   2
All others   1

In the event that fewer than 6 people compete in any category, a modified points structure will be used.

1st place   n+2,   where n = number of competitors in a category
2nd place   n
3rd place   n-1
4th place   n-2
5th place   n-3

How to Win Points Races

Prizes are awarded at the end of each season to the Club member with the highest accumulated points within each of the three core races for each category of Points Races. There is also an Overall Points Race Champion for the Club member with the highest accumulated points across the three cores races (Long Swim, Run Swim Run and Long Run) for each category of Points Races.

1. Participate

Each time you participate in a Points Races race you receive a minimum of 1 point. This is at least 1 more point that those who do not participate. Finish within the top 6 for any Points Races race and receive additional points. Participate regularly and you will accumulate points!

2. Encourage your friends to Participate

If less than 6 Club members compete in a Points Races race in a particular category then the number of points awarded for that race reduces. Therefore maximum points are available if you encourage your fellow Club members to participate. Additionally you are more likely to receive maximum points if you encourage fellow Club members, who are slower or less fit than you, to participate.

3. Finish Strongly

The handicaps or start times for Points Races are calculated to allow for all Club members to finish at approximately the same time regardless of their ability. Therefore most Club members will finish each Points Races race within a few seconds of each other. Finish strongly by catching a wave in the Long Swim or sprinting across the line in the Long Run or Run Swim Run and each Club member you overtake increases your chance of receiving maximum points.

4. Consistency

Consistent performance in Points Races results in your handicap being a true reflection of your ability relative to other Club members and therefore you are likely to finish each Points Races race within a few seconds of other Club members increasing your chance of receiving maximum points.

5. Consistently Underperforming

Consistently underperforming in Points Races results in your handicap being less than a true reflection of your ability relative to other Club members leaving you with time and energy in reserve. Using your consistently underperforming handicap and performing to your true ability in important Points Races, such as Perpetual Trophy Events, results in a finishing time ahead of other Club members. However you can only do this once before the Handicapper arbitrarily increases all your handicaps by several minutes!

The Handicapper's Craft

The Handicapper's craft is a black art, a mixture of quantum physics (Mostly Heisenburg's Uncertainty Principle, which states you cannot measure the speed and position simultaneously with a high degree of accuracy), Chaos Theory, weird sorcery, inspired genius and raving insanity. Its origins are hidden in the mists of time, and its mysteries are jealously guarded by a chosen, trusted few. The Handicapper's secrets are passed from one generation to the next by word of mouth; nothing is committed to paper.

And woe betide the layperson who unlawfully learns the secrets of the Handicapper.........

But all this is about to change. In the era of open and accountable government and with the advent of the Freedom of Information Act, the techniques of the Swanbourne Nedlands SLSC Head Handicapper "Wise Beyond Belief But Slightly Deranged" Briggy are published here for the first time.

Beach Flags
This event is not handicapped at all. It is too hard to handicap safely. I wanted to make the winner of the previous event do 10 push ups before each round, but no one else thinks this is a good idea.

Beach Sprint
The top 2-3 place getters receive a 2 yard penalty, while the 2-3 at the back of the field get a 2 yard bonus. Those at the middle of the field stay much the same, and those in between these groups get a 1 yard bonus or a 1 yard penalty, depending on whether they were to the front or back of the field.

Timed Events
Run-Swim-Run, Long Swim and the Long Run

1) Each week, the time everyone actually took to complete each event is calculated:

(Time you came in) - (Your handicap) = Elapsed time

2) A record of everyone's elapsed times for the season is kept. Your handicap is calculated from your BEST time - not your average time, or what you did last week, but what you are capable of doing at your best.

3) The slowest competitor leaves on scratch, or zero. Handicaps are calculated so that if everyone performs up to their potential, everyone will cross the line together (The Handicapper's Dream).

(Slowest person's best time) - (Your best time) = Your handicap

This means that if you try harder and go faster, you will win. If you pea out, you will lose.

4) This is where the black magic comes in. Because surf conditions and buoy placement vary from week to week, your elapsed time is adjusted or corrected to what it would have been if you raced over the correct distance in reasonable surf conditions.

For example, if you swam the long swim in 5.00 mins in a flat day when the course was 10% too far, and in 5.45 mins in a nor-wester when the course was 12% to far, these times are corrected to 4.45 mins and 4.20 mins respectively (Ed: Can anyone work this out?) Thus your fasted time for the year becomes 4.20 mins, even though you have never swum it in that time.

The calculation of the length and difficulty of the course is based on the performance of 5-6 reliable competitors who perform close to their best every time they compete. If they all take 10% longer to do the course, it is assumed that the course was 10% too far (or they all went partying together the night before).

5) Every now and then a mistake is made (the timekeeper calls out the wrong time, you hear it incorrectly, the recorder writes it down wrong, or the computer makes a fundamental error in calculation - it is NEVER the Handicappers fault). To correct these faults, all times are eye-balled to make sure everyone's handicaps are in the right range, that people with similar abilities are leaving at about the same time, and that Cameron has an extra thirty seconds more than everyone else.

I can't check everyone's handicaps with everyone else's, so if I'm way out, just let me know, and I'll check my calculations, the phase of the moon and the wart on my left elbow, and correct your handicap retrospectively if necessary.

Debunking the Handicapper's Furphy's (or the Handicappers FAQ)

Q. How come my handicap is 3 minutes worse than last year when I haven't got any faster?

A. Your handicap is calculated from the slowest person's fasted time. If last year, the slowest person took 6 minutes to do the long run, and this year the slowest person takes 9 minutes, your handicap will increase by 3 minutes even if your speed didn't change.

Q. How come Joe Bloggs and I left at the same time last week, he beat me by 30 seconds, and we've both got the same handicaps this week?

A. Compared to Joe Bloggs, you weren't trying last week. You both have the same best time, and should both cross the line together. I'm not going to reduce your handicap because you didn't try.

Q. How come Jane Bloggs is leaving in front of me when she's a much better swimmer than me?

A. On recorded times this year, Jane Bloggs is slower than you (ie Jane Bloggs is pea-ing it).

Q. How come all these people leave on scratch? I'm never going to catch them with the handicap I've got.

A. The first time someone does an event, they leave on scratch. This gives the handicapper a base time to work with. Don't worry; although these people receive a point for competing, they do not receive points for finishing in the top six. Only those people who have a handicap (ie have done at least one event) are eligible to win.

Q. How come my handicap bears absolutely no relation to my ability, my performances this year, or to anything in Heaven or Earth?

A. The handicapper is floundering in a morass of despair, confusion and computer illiteracy.

How the Points are Allocated

1. This is set out in the Club constitution:

Winner	12 pts	2nd	9 pts
3rd	6 pts	4th	4 pts
5th	3 pts	6th	2 pts
Everyone else	1 pt		

2. In the timed events, an extra two points is awarded to the person who completes the course in the fasted actual time.

3. People doing their first points race do not have a handicap. They are therefore not eligible to place above anyone who has a handicap.

eg In his first swim, Murgatroyd leaves on scratch, finishes in the fastest actual time and crosses the line first. There are only 3 people in the race who have handicaps, and they finish places first, second and third. Murgatroyd, being the fastest of the rest comes fourth, receiving 4 points for that position, plus the extra two for finishing in the fastest time.

4. Anyone doing patrol or doing water safety gets one point, so make sure you tell the timekeeper.

Happy racing!

Swanny Head Handicapper "Wise Beyond Belief But Slightly Deranged" Briggy