

# Northern Metropolitan Zone

## Speed to Safety Training 2013

Speed to Safety is an event that helps teach Pony Club riders the skills needed to ride at a given pace over a given distance. NMZ is holding three training days in July and August and will select two riders plus reserves for the State Final to be held at Caulfield Racecourse on 31<sup>st</sup> August.

Riders that are graded 1, 2, 3 or 4 for horse trials are invited to attend the training days at Melbourne Racing Club (Caulfield track) for a chance to represent NMZ at the State Final. Training will be held on the sand track at Caulfield, followed by the selection of one Grade 1/2 combination and one Grade 3/4 combination, plus two reserves.

The winner of the PCAV Speed to Safety competition will be the closest finalist to the given time after completing the respective distance at Caulfield. Riders will start their timed run from a standing start, behind a line – barriers will not be used.

Horses will train and compete at two speeds over 1000m - Grade 1/2 riders will travel at 550 metres per minute and Grade 3/4 riders will travel at 500mpm.

Coaches: Lisa Coffey (Racing Victoria), Prue King and Sue Winter

Training Dates: 7<sup>th</sup> July, 21<sup>st</sup> July and 4<sup>th</sup> August from 9-11.30am

Final: 31<sup>st</sup> August at Caulfield Racecourse

Venue: Caulfield Race Course, enter from Kambrook Rd, Caulfield

Gear Required: Approved ASA helmet, riding boots, back protector, medical armband, xc uniform and a jumping or all purpose saddle. No horse bandages.

**Horses must be fit enough to cope with 5000m ridden work on the day.**

**Riders over 14 years of age must have their C Certificate if eligible.**

Training will include a briefing, gear check, racetrack etiquette, the use of track work beepers, horse control, balance and judging pace. Training will be in groups of up to four riders.

Cost: \$30 for all three training days.

Enquiries: Prue King 0412 753 385  
Sue Winter 0409 359 050

**There is a total of 20 training places available.**

**NORTHERN METROPOLITAN ZONE OF P.C.A.V.**

SPEED TO SAFETY TRAINING ENTRY FORM 2013  
7<sup>th</sup> July, 21<sup>st</sup> July and 4<sup>th</sup> August 2013 – Caulfield Race Course

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**NAME**

**ADDRESS**

**POSTCODE**

**TELEPHONE NO**

**MOBILE NO**

**EMERGENCY PHONE NO**

**EMAIL**

**ADDRESS**

**RIDERS AGE**

**CLUB**

**HORSES NAME**

**HEIGHT**

**AGE**

**HORSE TRIALS GRADING**

**SEND CHEQUE FOR \$30.00 MADE PAYABLE TO NORTHERN METRO ZONE OF PCAV AND COMPLETED ENTRY FORM TO –**

Sue Winter. 1 Somerville Street Doncaster 3108 Victoria

**CLOSING DATE**

**Monday 24<sup>th</sup> June. 2013.**

Address of property where from which horse will be moved to the event

Address of property where the horse will move after the event

**CONSENT FORM**

I hereby give consent for my son/daughter.....("the rider") to attend the Northern Metropolitan Zone Speed to Safety Training to be held by the zone on the 7<sup>th</sup> July, 21<sup>st</sup> July and 4<sup>th</sup> August at Caulfield Race Course and the final event on the 31<sup>st</sup> August 2013 at Caulfield Racecourse. I understand in the event of this rider requiring urgent medical attention, every effort will be made to inform me first however if I cannot be informed, I hereby authorize the organizers to obtain such treatment (including blood transfusions and/or anesthetics) as is considered necessary at the time. I also authorize the organizers to seek assistance for the rider's horse in the case of an emergency. I also undertake to reimburse the organizers for any costs incurred.

Signed \_\_\_\_\_ date \_\_\_\_\_ / \_\_\_\_\_ 2013

To be signed by Rider if over 18 or by parent or guardian if rider is under 18 years of age.