

## **Spring Lake Lifeguard Tournament (Out-of-the Hat)**

**LOCATION:** REMSEN AVE BEACH LOCATED AT THE NORTHERN MOST END OF THE BEACH. Truck and boat access is also there.

**DATE:** July 19<sup>th</sup>, 2018

**TIME:** 6:00pm

**CAPTAINS MEETING:** 5:50pm location will be announced.

**CONTACT:** Sean Cavanagh 732-859-0859 or Janet Carbin at 732 822-6007

**TOWNS PARTICIPATING:** Allenhurst, Asbury Park, Avon, Belmar, Bradley Beach, Island Beach, Long Branch, Manasquan, Ocean Grove, Sandy Hook, Sea Bright, Sea Girt, Seven Presidents, Spring Lake.

### **GENERAL RULES:**

This tournament will be an “out-of-the hat” format with 5 of the 6 events being out of the hat.

1. A “two whistle” start will be used.
2. Bow at waters edge on the boating event (wet start). 4 launchers may assist.
3. All towns must use any type of short boat, **not a self – bailer.**
4. All paddleboards must be 10’6”.
5. Each event except run relay will be picked before the event. Run relay will be in the following alphabetical order from East to West.
6. Finishes for events #3 through #6 will take place through a “finishing shoot.” The competitors will receive a stick indicating the finishing place which must be turned in immediately for recording purposes.

**ROSTER:** All competitors must be employees of your respective beach patrol working a minimum of a 3 day work week (24 hours). Must have 3 females numbers 1,2,3, and you can have more if you want. Be prepared to submit a paystub for a "Challenged" Competitor.

**SCORING:** There will be a “small” and “big” beach scoring division.

BOATS CAN BE DRIVEN ON BY THE NORTHERN MOST END OF SPRING LAKE BEFORE THE BRICK ARCHWAY TO BELMAR. ONCE YOUR BOAT IS UNLOADED, YOU CAN LEAVE YOUR TRUCK ON THE BEACH NEAR THE GATE.

*We consider “sportsman like conduct” to be of the up most importance. Respect for participants, spectators and officials are paramount. Any offense deemed as inappropriate conduct may be cause for disqualification of said individual from the competition. Officials are given the authority to determine conduct unbecoming of any team member.*

## LIST OF EVENTS AND RULES

**1. Beach Run Relay (10 participants, 3 of which are female, not “out of the hat”)** – This does not count towards the out of the hat events, rosters will be set from your 14 participants. This will be a 10 leg event. Each competitor will run the torp 75 yards. Each exchange of the torp will take place behind the line. Runners will run in the order of the number represented on their shoulders (females being numbers 1, 2, and 3). *The last runner must wear the team beanie.*

**2. Boat Race (2 participants/ “out-of-the-hat”)** – This will be a one leg, two-person boat event. Dry start, wet finish half mile boat race. Turn at the buoy turn is west to east. Four launchers will be allowed.

**3. Kayak Relay (3 participants/ “out-of-the-hat”)** – When the flag drops, the first Kayaker will kayak out and around both buoys, then return to the beach. The kayak must break the plane of the exchange lines on each exchange, the participant must be behind the line. The second Kayaker will do the same. The event ends when the third Kayaker completes the course and runs through the finishing shoot with the paddle. *Kayak must be left at the waters edge for a tender to handle. The last kayaker must wear the team beanie.*

**4. Paddle Board Relay (3 participants/ “out-of-the-hat”)** – When the flag drops, the first Paddler will paddle out and around both buoys, then return to the beach. Exchange of the paddle board will take place when the paddleboard breaks the plane of the line on the beach, participant must be behind the line, (the same paddleboard does not need to be used). The second Paddler will do the same. The event ends when the third Paddler completes the course and runs through the finishing shoot. *Paddle board must be left at waters edge for a tender to handle. The last paddler must wear the team beanie.*

**5. Swim Relay (3 participants/ “out-of-the-hat”)** – When the flag drops, the first Swimmer will swim out and around both buoys, then return to the beach. *A visible touch must be made* with the transition between swimmers taking place behind the exchange lines on the beach. The second Swimmer will do the same. The event ends when the third Swimmer completes the course and runs through the finishing shoot. *The last swimmer must wear the team beanie.*

**6. Power Relay - (3 participants/ “out-of-the-hat”)** – This event will require 1 swimmer, 1 paddler, and 1 kayaker. The order will be swim, paddle, kayak. When the flag drops, the swimmer will swim out and around both buoys, then return to the beach and hand tag the next competitor. The second competitor will paddle out and around both buoys, and then return to the beach and hand tag the next competitor, bringing the paddleboard with them. Then, the kayaker will kayak out and around both buoys, then return to the beach and run through the shoot with the paddle in hand. *Kayak must be left at the waters edge for a tender to handle. The last kayaker must wear the team beanie.*

Beach Patrol: \_\_\_\_\_

Captain: \_\_\_\_\_

Contact Number: \_\_\_\_\_

**ROSTER FOR THE SPRING LAKE TOURNAMENT**

EACH PARTICIPANT WILL BE ASSIGNED THE CORRESPONDING NUMBER BELOW TO BE DISPLAYED ON THE COMPETITORS SHOULDER. YOU MUST HAVE 3 FEMALES IN THE TOURNAMENT; LIST THEM IN THE FIRST 3 SPOTS. IF

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_

**Run Relay – must have 3 females.**

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

4) \_\_\_\_\_ 5) \_\_\_\_\_ 6) \_\_\_\_\_

7) \_\_\_\_\_ 8) \_\_\_\_\_ 9) \_\_\_\_\_

10) \_\_\_\_\_