

**The Guards of Spring Lake invite you to the
"Joseph T. Erbe" Spring Lake Lifeguard
Tournament
(Out-of-the Hat)**

LOCATION: South End Pavilion, Spring Lake

DATE: July 15th, 2011

TIME: 6:00pm

COST: \$80.00 made payable to **The Guards of Spring Lake.**

CAPTAINS MEETING: 5:50pm 2nd floor of South End Pavilion

CONTACT:

TOWNS PARTICIPATING: Allenhurst/Loch Arbor, Avon, Belmar, Bradley Beach, Long Branch, Manasquan, Monmouth County Parks, Ocean Grove, Sea Girt, and Spring Lake.

GENERAL RULES:

This tournament will be an "out-of-the hat" format with 4 of the 6 events being out of the hat.

1. A whistle start will be used/flag start on boat relay after 2 whistles.
2. Stern rowers must standup row.
3. Bow at waters edge on the boating event (wet start). 2 launchers may assist.
4. All towns must use Asay (wooden or fiberglass) competition boats with standard seats and Carlisle oars.
5. All paddleboards must be 10'6".
Staring positioning for each event will be picked before the event at the waters edge except for the run relay which will be drawn at the running pit.
6. Finishes for events #2 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 (*see attachments for details*).

ROSTER: Rosters must be made up of 12 guards, 3 must be female. **PLEASE COMPLY. All competitors must be full time employees of your respective beach patrol working a minimum of a 5 day work week (40 hours).** Insurance certificates of your respective borough must also be submitted. Be prepared to submit a paystub for a "Challenged" Competitor.

SCORING: 9 points for first place, 7 points for second place, 6 points for third place, 5 points for fourth place, 4 points for fifth place, 3 points for sixth, 2 points for seventh place, and 1 point for eighth. Ninth place will receive 0 points.

Boats can be carried on the beach at Atlantic Ave and Salem Ave (north and south side of the South End Pavilion). Once your boat is unloaded, please move your trailer clear of the entrances.

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 (12 participants) – This will be a 12 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 a rash guard or shirt.*

2. 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 second Kayaker will do the same. The event ends when the third Kayaker completes the course and runs through the finishing shoot. *Kayak must be left at the waters edge for a tender to handle.*

3. 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 behind the exchange lines on the beach, just the tip of the board must break the plane as well as the paddler. 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.*

4. 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.

5. Surf Dash Relay (3 participants/ “out-of-the-hat”) – Each participant will race about 75 yards out to a series of torps in chest deep water and then back to the beach (start line) to the next Dasher. *A visible touch must be made* with the torps in the water and the transition between Dashers taking place behind the exchange lines on the beach. The next two Dashers will do the same. The event ends when the third Dasher runs through the finishing shoot.

6. Boat Relay (8 participants) – *This event is not “out of the hat.” A female rower must be included in the first boat leg.* This will be a four leg, eight-person boat relay. Each team may pre pick their eight competitors from their twelve team participant roster. Two team members may launch (wet start). Stern rowers will start on soft sand and run to the boat while the bow rower waits inside the boat at waters edge. After the initial launch, only the team that finishes rowing may assist with launching and catching of the boat. First set of Rowers will start at the start area (North side of beach); row out and around the course, then return to the beach. The second thru fourth set of rowers will follow the same “clock-wise” direction. The event ends when the fourth set of rowers complete the course and one rower runs through the finishing shoot (*the boat must touch the beach on each exchange*).

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.

1. _____ (female)
2. _____ (female)
3. _____ (female)
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

BOAT RELAY

Stern: _____	Bow: _____
Stern: _____	Bow: _____
Stern: _____	Bow: _____
Stern: _____	Bow: _____