**JBLC Inter-Beach Races 2018**



**WHAT DO YOU NEED TO KNOW?**

Friday, August 3 at EBHO – 6PM

4 Person Run-Swim-Run Relay

1 Person Line Pull

Beach Run

2 Person Line Pull

4 Person Paddle Relay

8 Person Ocean Relay

Saturday, August 4th at WBHO/P– 6PM

Taplain Relay

4 Person Kayak Relay

8 Person Run Relay

100-yard Pool Swim

8 Person Swim Relay

Beach Flags

**NEW TO 2018**

Return of the Taplain Relay & Kayak Relay

Return of traditional JBLC line pull rules

New relay events to increase participation

Updated scoring system

Don’t want to compete? Earn points by volunteering to help!

Beach Flags UNDER THE LIGHTS

**EVENT DESCRIPTIONS / RULES**

\*RULES & COURSE DESCRIPTIONS WILL BE REVIEWED PRIOR TO EACH EVENT\*

\*\*KNOW THE RULES & PLAN ACCORDINGLY \*\*

\*\*\*NO RULES WILL BE CHANGED THE DAY OF COMPETITION\*\*\*

**Day 1 - Friday, August**  - **EBHO** **- 6PM**

* **4 Person Run-Swim-Run Relay** (1 scoring team per field)
	+ This will comprise approximately of a 100-yard run, 250-yard swim,100-yard run.
	+ Each competitor will tag off to their teammate upon completion of their leg.
* **1 Person Line Pull** (1 scoring team per field)
	+ This event will comprise of 1 puller, 1 victim and 1 line swimmer.
	+ All teams will use state issue equipment. The victim will start at the flag line. The line swimmer will swim to victim (without the use of fins). Both will hold onto the line. The victim can ONLY kick but the swimmer may stroke with one arm. The puller will be limited to approximately a 25-yard pull zone. Upon arrival on shore the victim can stand and take at most two steps to jump on the back of either the puller or swimmer. All 3 must finish in contact with the swimmer and puller carrying the victim. No diving across the finish line.
	+ This event will comprise of a two-mile beach run.
* **Beach Run** (Open – 2 scorers per field)
	+ Runners will run approximately 1 mile out from the starts, make a left shoulder turn around a flag and run back.
* **2 Person Line Pull** (1 scoring team per field)
	+ This event will comprise of 2 pullers, 1 victim, 1 line swimmer and 1 buoy swimmer.
	+ The victim will start on the flag line. The buoy and line swimmers will race out to the victim. Upon contact, the buoy swimmer can begin progressing the victim towards the line swimmer. At no point can the victim help to swim. Upon completing a triangular hook up with the line swimmer, the two on shore pullers will pull the trio ashore. Upon arrival on shore the victim can stand and take at most two steps to jump on the back of either the buoy or line swimmer. The buoy and line swimmer will carry the victim across the finish line. No diving across the finish line. The pullers do not need to cross the finish line.
* **4 Person Paddle Relay** (1 scoring team per field)
	+ This event will comprise of approximately 300-yard paddle. Boards will be provided to all paddlers as all competitors will use the same type of board. Each competitor will pass off their board to their teammate upon completion of their leg.
* **8 Person Ocean Relay** (1 scoring team per field)
	+ This event will comprise of approximately 100-yard swim each. Due to time constraints, the exact format will be described the day of the race.

**EVENT DESCRIPTIONS / RULES**

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\*\*KNOW THE RULES & PLAN ACCORDINGLY \*\*

\*\*\*NO RULES WILL BE CHANGED THE DAY OF COMPETITION\*\*\*

**Day 2 - Saturday, August 4th – WBHO/P – 6PM**

* **Taplain Relay – Swim – Paddle – Kayak – Run** (1 scoring team per field)
	+ The swimmer will enter the water and complete a 300m swim. They will then tag off to a paddler to complete the 400m paddle. The paddler must carry their board up the beach and tag off to the kayaker who will complete a 400m kayak. The runner can be waiting on the shoreline to receive the tag from the kayaker. Each team will be allowed a kayak tender for safety purposes. The running will then run 200m out, make a left shoulder turn and return 200m to the finish line.
* **4 Person Kayak Relay** (1 scoring team per field)
	+ This event will comprise of approximately 300-yard kayak. Kayaks will be provided to all kayakers. Each competitor will pass off their kayak to their teammate upon completion of their leg.
* **8 Person Running Relay** ((1 scoring team per field)
	+ This event will comprise of approximately 100-yard run each.
	+ Exchanges will be made by passing a beach flag hose.
* **100-yard Swim** (Male div. – 2 scorers per field, Female div – 1 scorer, 1 place holder per field)
	+ This event will comprise of approximately 100-yard pool swim.
	+ Due to time constraints each field may enter up to 2 competitors.
* **8 Person Pool Relay** (1 scoring team per field)
	+ This event will comprise of approximately 33-yard swim each.
* **Beach Flags** (Male div. – 2 scorers per field, Female div – 1 scorer, 1 place holder per field)
	+ Rules will be reviewed prior to the event – USLA rules will be in effect.
	+ Due to time constraints each field may enter up to 4 competitors but only 2 will count towards scoring.

**SCORING RULES**

* **Open:** Unlimited entries per field in all open events (beach run). Top 2 finishers from each field will count towards scoring.
* **Relay:** Each field can enter multiple teams except only 1 can score points. In the spirt of competition, anyone who would like to compete and cannot field a full team at their beach, is welcome to join forces with people from other fields that have the same problem. Such teams will split points for their fields. Fields cannot double dip on these points and only their open team will earn points.
* **Men:** Due to time constraints, fields may enter up to 2 lifeguards in the 100-yard pool swim and 4 lifeguards in beach flags. Top 2 finishers from each field will score.
* **Women**:. Due to time constraints, fields may enter up to 2 lifeguards in the 100-yard pool swim and 3 lifeguards in the beach flags. The top finisher will score. The next play finisher may bump another athlete down in scoring but will not receive points.
* Each field that sends 1 volunteer will receive 5 points for each day that volunteer helps out. They must check in with DJ Paulson for their assignment.

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| **Scoring for Individual Events** |
| **Place** | **Points** |
| 1st | 10 |
| 2nd | 9 |
| 3rd | 8 |
| 4th | 7 |
| 5th | 6 |
| 6th | 5 |
| 7th | 4 |
| 8th | 3 |
| 9th | 2 |
| 10th | 1 |

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| **Scoring for Relay Events** |
| **Place** | **Points** |
| 1st | 20 |
| 2nd | 18 |
| 3rd | 16 |
| 4th | 14 |
| 5th | 12 |
| 6th | 10 |
| 7th | 8 |
| 8th | 6 |
| 9th | 4 |
| 10th | 2 |