

Jones Beach Lifeguard Corps



Inter Beach Race Manual 2010

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Events 2010

Day 1- Thursday July 29th

Located at WBHP/O

7:15 Open 100 yd. Swim Heats
7:45 10 x 66 yd. Pool Relay
8:30 Beach Flags "Under the lights"

Day 2-Friday July 30th

Located at RM3

5:30 Ironman
5:55 Ironman Relay
6:10 Kayak Relay
6:30 Surfboat

Day 3-Thursday August 12th

Located at EBHO

5:30 Flat tow
5:45 1 guard line pull
6:05 Surfboard relay
6:25 2 guard line pull
6:40 Run Swim Run

Day 4- Saturday August 14th

Located at EBHO

5:30 2 mile beach run
6:00 Distance swim
6:15 10 guard ocean relay
6:30 10 guard run relay

Teams

Field 2
WBHO
WBHP+ZB
Central Mall
EBHO
Field 6
RM 2
RM 3
RM 4 + RM 5
Sunken Meadow
Heckscher
East End

Point Scoring System

Regular (1x)

1 st place	20 points
2 nd place	17 points
3 rd place	14 points
4 th place	12 points
5 th place	11 points
6 th place	10 points
7 th place	9 points
8 th place	8 points
9 th place	7 points
10 th place	6 points
11 th place	–all remaining competitors get 3 points each

Relay (2x)

1 st place	40 points
2 nd place	34 points
3 rd place	28 points
4 th place	24 points
5 th place	22 points
6 th place	20 points
7 th place	18 points
8 th place	16 points
9 th place	14 points
10 th place	12 points

Equipment List

- 1 Beach flags pit
- 1 Beach rake
- 5 Clip Boards
- 1 Flag line
- 2 Orange Buoys
- 12 High contrast glow sticks (white)
- 30 Tongue depressors (numbered)
- 2 Red flags
- 2 Mega phones
- 8 Pylon cones
- 4 Umbrella lines
- 5 Radios set to channel 6

Day 2

- 1 Flag line
- 4 Orange buoys
- 5 Clip boards
- 2 Mega-phones
- 30 Tongue depressors (numbered)
- 8 Pylon cones
- 10 Umbrella lines
- 10 Kayaks
- 10 Paddles
- 10 Surf boards
- 5 Radios set to channel 6

Day 3

- 5 Radios
- 2 Megaphones
- 5 Boats
- 3 Orange Buoys
- 20 Numbered umbrella lines (2 sets of 1-10)
- 10 Surf boards
- 12 High contrast glow sticks (white)
- 6 Stop watches
- 4 Clip boards

Race Description Rules & Regulations

Flat Tow

Two competitors (1 team) from each field will compete in this event. The victim starts out on the flag line. Rescue buoys must be placed in the sand prior to the start of the event. At the command of the starter, the rescuer will grab the buoy and swim out to pick up the victim. The victim will grab the buoy and will only be allowed to kick. Any stroking of the hands by the victim will cause that team to DQ! The rescuer, the victim and the buoy must cross the finish line.

- Course is approximately 150 yards
- Team cannot dive across the finish line
- Must be in contact and control of the victim at all times
- Victim must be in contact with the buoy
- The swimmer must carry the victim
- Victim can only take one or two steps to mount the swimmer
- See scoring chart for point values

1 Man Line Pull

This event consists of 3 people; a swimmer, victim and puller. Each team will be assigned to a land and corresponding flag buoy by random draw immediately before the heat.

- Consists of 1 swimmer, 1 victim and 1 puller
- Team are not permitted to dive across the finish line- Chest must break the plane
- Teams must be in contact and control the victim and the buoy at all times
- Victim must be in contact with the buoy
- The swimmer must carry the victim
- Victim can only take one or two steps to mount the carrier
- Fins are not permitted
- No pre made loops are permitted
- Only state issued rescue line and buoys can be used
- See scoring chart for point values

2 Man Line Pull

This event consists of 5 people; a buoy swimmer, a line swimmer, victim and 2 pullers. Each team will be assigned to a land and corresponding flag buoy by random draw immediately before the heat.

- If buoy swimmer reaches the victim first, he may start to swim with the victim on the buoy towards the line swimmer
- Victims and swimmers may hook up at their discretion
- Victim must be in contact with the buoy at all times including the exit out of the water
- At least one swimmer must be in contact with the victim upon exiting the water and crossing the line
- No pre-made loops are permitted
- The rescuers must carry the victim across the finish line
- Team are not permitted to dive across the finish line
- Victim can only take one or two steps to mount the carrier
- Fins are not permitted
- Only state issued rescue line and buoys can be used
- See scoring chart for point values

Run, Swim, Run (100/200/100)

From the start line, competitors run parallel to the shore to pass around the turning flag and back towards the start line around a second turning flag and enter the water to swim out to and around the swim flag line buoys. Competitors swim back to the beach to again run and the turning flags before running into the funnel finish line.

- No limit on competitors-open event
- Maximum of 4 competitors from each field are able to score regardless of placement
- See scoring chart for point values

Beach Flags

From a prone starting position on the beach, competitors rise, turn and race to obtain a baton buried upright in the sand approximately 20 meters away. Since there are always less batons than competitors, those who fail to obtain a baton are eliminated.

- Four competitors from each field may participate
- Three competitors from the same field cannot be in the same heat in the preliminary rounds
- No flagrant elbows or knees-Incidental contact only
- Competitors may groom their lanes but not dig piles or holes
- Competitors must have hands overlapping with fingertips touching wrists
- Competitors must place toes on the line at official command of “toes on the line”
- Competitors will get down on the command of “Competitors Ready”
- Competitors will listen for the next command “you’re now in the hands of the starter”
- At this time competitors should be laying flat on the sand, with fingers overlapping wrists, and heels together.
- The starter will then say, “head down”, followed by a whistle.
- All competitors will turn, rise, and sprint 20 meters in an attempt to grab a “flag”.
- Any competitor(s) not in possession of a flag shall be eliminated.
- If possession is not clearly determined a runoff will ensue
- See scoring chart for point values

2 Mile Beach Run

Competitors race 2 miles on the beach 1 mile out and 1 mile back.

- Open event- No limit on competitors
- Maximum of 4 competitors from each field are able to score regardless of placement

Ironman Relay

***ALL IRONMAN ENTRIES MUST BE SUBMITTED VIA EMAIL TO JONESBEACHGUARD@GMAIL.COM NO LATER THAN WED JULY 28TH. FAILURE TO DO SO, YOU WILL PREVENT YOU FROM COMPETING IN THIS EVENT.**

This 5 person events consists of a 200 yard run, 200 yard swim, 300 yard paddle, 300 yard kayak and 500 yard row. All 5 competitors must make exchanges behind the line.

- Consist of a Swimmer, paddler, rower, kayaker and runner.
- Two lifeguards will be allowed to launch the boat leg of the race
- 1 relay per team may enter
- See scoring chart for point values

Individual Ironman

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This event consists of a 200 yard swim, 300 yard paddle and 500 yard row.

- Two lifeguards will be allowed to launch the boat leg of the race
- 1 relay per team may enter
- See scoring chart for point values

Kayak Relay

This consists of a team of 4 kayakers. All exchanges must be made prior to the start of the next person behind the line!

- Consists of 4 kayakers
- Exchange must be made at the line
- 1 relay per team
- See scoring chart for point values

10 Guard Ocean Relay

This is a 10 guard event. Each of the 10 swimmers will swim their leg of the race.

- After each swimmer completes his portion of the race, he must sit down on the sand to verify completion of his swim
- No duplicate swimmers are allowed!
- Teams with duplicate swimmers can swim for fun, but will not be scored!
- See scoring chart for point values

2 Guard Surfboat Race

***ALL BOAT ENTRIES MUST BE SUBMITTED VIA EMAIL TO JONESBEACHGUARD@GMAIL.COM NO LATER THAN WED JULY 28TH. FAILURE TO DO SO, YOU WILL PREVENT YOU FROM COMPETING IN THIS EVENT.**

- The course will be at approximately 800 yards 3 buoy apex
- One of the 2 rowers must launch the boat
- At the launch, the two rowers will start at the line
- One rower must cross the line to complete the race
- See scoring chart for point values

Surf Swim

- Open event
- Only 4 lifeguards per field can score
- See scoring chart for point values

Surfboard Paddle Relay

This will be a 4 person guard relay. You must tag the next person before leaving.

- 4 lifeguards paddle
- No duplicate paddlers
- The boards must cross the line for the exchange
- See scoring chart for point values

10 x 100 yd. Run Relay

This is a 10 guard event. Each of the 10 runners runs their leg of the race.

- Each runner will pass off a beach flag to the next runner
- The exchange must be done behind the line
- After each runner completes his portion of the race, he must sit down on the sand to verify completion of his/her run
- No duplicate runners are allowed!
- Teams with duplicate runners can run for fun, but will not be scored!
- See scoring chart for point values

Open 100 yd. Swim Heats

This is an all out 100 yard sprint in the pool.

- You will be allowed up to 4 competitors per field. Top 10 will score points according to the point chart. All remaining competitors will score 1 point.

