

2023 ALL WOMENS LIFEGUARD TOURTEMANT- HOSTED BY THE TOWN OF HEMPSTEAD

1300 LIDO BLVD LIDO BEACH NY 11561

WEDNESDAY AUGUST 2ND / RAIN DATE THURSDAY AUGUST 3RD
Check in 8:45 – 9:15 Captains meeting – 10:00 AM Competition Starts

DESCRIPTION OF EVENTS

1. **Distance Run** — *Unlimited entries per team. Top 2 finishers per team will score.* Competitor runs total distance of 1 mile on beach.
2. **Ocean-Kayak Challenge** — *Limited to one entry per team. Requires one competitor, one kayak tender, and has water start.* Unassisted, competitor launches open (not closed and no rudder) ocean kayak in knee-deep water, paddles course of about 500 yards, gets off kayak in shoreline wash, then runs, paddle in hand, to chute finish. *Tender removes kayak from water as soon as competitor gets off kayak in shoreline wash.*
3. **Run-Swim-Run** — *Unlimited entries per team. Top 2 finishers per team will score.* Competitor runs 100 yards, swims course of about 300 yards, then runs 100 yards to chute finish.
4. **Run-Paddle-Run** — *Limited to two entries per team. Requires one competitor, one rescue-board tender, and has land start.* Competitor runs 100 yards to rescue board, paddles course of about 400 yards, drops rescue board in shoreline wash, then runs 100 yards to chute finish. *Tender removes rescue board as soon as competitor drops rescue board in shoreline wash.*

Tournament Intermission – Female Jr Lifeguard. Run – Swim – Run- competitors will run 100 yards, swims course of 150 yards, then runs 100 yards to chute finish. Non scored event open to all Jr Lifeguards.

5. **Ironwoman** — *Limited to two entries per team. Requires one competitor, one rescue-board tender, and has land start.* Competitor runs 100 yards, swims course of about 250 yards, runs 50 yards to rescue board, paddles course of about 400 yards, drops rescue board in shoreline wash, then runs 100 yards to chute finish. *Tender removes rescue board as soon as competitor drops rescue board in shoreline wash.*
6. **Surf Rescue** — *Limited to one entry per team. Requires one competitor, one victim, and has land start.* Rescuer swims out with surf-rescue device in tow, but without swim fins, to victim in water about 100 yards offshore. Once approached, victim must maintain grip on rescue device with at least one hand, while rescuer tows victim to shoreline. There, not before, victim may stand, then run with rescuer, each at same time maintaining grip on rescue device from shoreline to chute finish.
7. **Swim Relay** — *Limited to one entry per team. Requires three competitors and has land start.* First competitor swims course of about 250 yards, then runs 50 yards to tag hand of second competitor. Second competitor swims exact same course, then runs 50 yards to tag hand of third competitor. Third competitor swims exact same course, then runs 50 yards to chute finish.
8. **Surfboard Rescue** --- *Limited to one entry per team. Requires one competitor, one victim.* Victim will start 100 yards off shore at buoy. Rescuer starts on land and paddles out to victim. Both rescuer and victim paddle to shore together. Rescuer and victim runs 100 yards to chute finish. *Tender removes rescue board as soon as competitor drops rescue board in shoreline wash.*
9. **Run Relay** — *Limited to one entry per team. Requires four competitors.* First competitor runs straight ahead 100 yards, handing off baton to second competitor, who stands motionless and with both feet completely behind designated exchange line until baton received, but not by tossing of baton. In turn, remaining competitors repeat procedure exactly as described above. To score, first three competitors must cross designated exchange line upright, and fourth must cross finish line upright.
10. **Beach Flags** — *Limited to 4 entry per team.* Competitor lies facedown, flat, hands under chin, elbows fully extended and equidistant from other competitors' elbows, feet together, toes on start line. On first command, competitor raises and lowers chin only. On second command, competitor rises, turns, then runs 25 yards to grasp baton-top. Above is repeated till only one baton is left. Beach flags will start with 2 heats simultaneously. Max 2 competitors from the same team will be allowed in heat.

SCORING Per event

**First Place 20 points. Second Place 15 points. Third Place 14 points. Fourth Place 12 points
Fifth Place 11 points. Sixth Place 10 Points. Seventh Place 9 points. Eighth Place 8 points.
Ninth Place 7 points. Tenth Place 6 points. Eleventh Place 5 points. Twelfth Place 4 points.
Thirteenth Place 3 points. Fourteenth Place 2 points. Fifteenth Place 1 point.**

THIS COMPETITION WILL NOT HAVE A SURFBOAT CHALLENGE

Surf Board Specs – 10' and greater allowed for competition

All competitors will receive a memorial T- Shirt and Competition Medal.

Contact information

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Town of Hempstead Aquatics – 5162929000 ext 236/237

Lifeguard office – 5168015699 (after May 1)

2023

**ALL WOMEN'S
LIFEGUARD
TOURNAMENT**



TOWN OF HEMPSTEAD