# NATIONAL PARK SERVICE

## — 29TH ANNIVERSARY —

# ALL–WOMEN LIFEGUARD TOURNAMENT

**Gateway National Recreation Area**
**Sandy Hook, New Jersey**

**July 31, 2013**

**For information call:**
**1–800–678–7946**

**United States Department of the Interior**
NATIONAL PARK SERVICE
Gateway National Recreation Area
210 New York Avenue
Fort Wadsworth, N.Y. 10305–5019

IN REPLY REFER TO:

P4219 (GATE–S)

August 2, 2012

Dear Friend:

On Wednesday, July 31, 2013, the National Park Service will host the 29th annual All-Women Lifeguard Tournament at the Sandy Hook Unit (New Jersey) of Gateway National Recreation Area. Check-in time is 7:30 a.m. (eastern time). The captains' meeting is 8:30 a.m. The Surfboat Challenge Race begins 9 a.m. All other events will follow.

The National Park Service hosts this meet to showcase the high level of fitness and skill women bring to surf-lifeguarding—and thereby encourage others to consider this still-nontraditional line of work for women. The National Park Service believes that women just like you are very definitely the key to that encouragement.

We very much look forward to seeing you the last Wednesday in July 2013. Your continuous support of this yearly competition the past 28 years has been the principal reason the All-Women has enjoyed the great success it has since 1985.

For details, please call Carl Martinez at 1–800–678–7946. Outside the U.S.A., dial 001–800–678–7946. Alternatively, you may reach him via E-mail at carl_martinez@nps.gov if you prefer.

Sincerely,

LINDA CANZANELLI
*Superintendent*

# DESCRIPTION OF EVENTS
# ALL–WOMEN LIFEGUARD TOURNAMENT

1. **Surfboat Challenge —** *Limited to one entry per team. Requires two competitors, two surfboat tenders, and has land start.* One competitor and two tenders stabilize surfboat whose skeg is in sand. On command, other competitor runs to surfboat from starting line. Assisted by tenders, both competitors launch surfboat, then row course of about 1000 yards to water finish. *Both competitors and tenders must wear protective headgear (e.g., cycling helmets).*

2. **Distance Run —** *Unlimited entries per team.* Competitor runs total distance of 1 mile on beach.

3. **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.*

4. **Run-Swim-Run —** *Unlimited entries per team.* Competitor runs 100 yards, swims course of about 300 yards, then runs 100 yards to chute finish.

5. **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.*

6. **Beach Flags —** *Limited to one 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.

7. **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.*

8. **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.

9. **Swim-Run 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.

10. **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.

***Note:*** In order to keep the tournament moving along in timely fashion, two sets of events will start at the same time: Surfboat Challenge and Distance Run, and Run-Paddle-Run and Beach Flags.

# GUIDELINES
# ALL–WOMEN LIFEGUARD TOURNAMENT

1. This is an “inter-club” competition. It is free of charge and open to any woman working as a lifeguard on a paid or unpaid basis for the organization she represents, whether at an oceanfront, bay, lake, river, or pool.

2. Teams will compete by division based on the total number of women lifeguards on an organization’s staff—and not on the total number from that organization who show up to compete on the day of the tournament:

   Division I ..... .....staff of 1–9
   Division II ..... .....staff of 10–

3. Lifeguard organizations competing in Division II may enter more than one team—an “A” team, “B” team, etc. However, each such team must have at least 10 members, all of whom may compete on that particular team only.

4. To register, each team captain must fill out a team roster form, and each team competitor must fill out and sign an entry form and be assigned a number.

5. There will be heats by division that serve as finals in all of the tournament’s events.

6. Prior to each event, a tournament official will explain the rules of that event.

7. A team may have the following number of entries per event: Unlimited entries in the Distance Run and Run-Swim-Run. Only two entries in the Run-Paddle-Run and Ironwoman. Only one entry in all other events. All these entries may score.

8. Teams must provide their own equipment, including protective headgear for surfboat-race competitors and launcher-tenders.

9. Tenders involved in the launch phase of the Surfboat Challenge must be women. They also must wear protective headgear (e.g., cycling helmets).

10. Winners will be picked in the order their chests cross the plane of the finish line—except in the Surfboat Challenge and Beach Flags.

11. Any protest must be filed in writing by the team captain before the conclusion of the event immediately following the disputed event.

12. Team awards will go to the top five places by division. Team and top-point-scorer awards will be given out at the end.

13. Scoring for non-relay events: 1st place 11–9–8–7–6–5–4–3–2–1 points

14. Scoring for relay events: 1st place 15–13–12–11–10–9–8–7–6–5 points

15. A special award will go to the top point-scorer in each division—as determined by multiplying the number of points earned in the following events by the degree of difficulty assigned to that same event:

| Individual Event | Degree of Difficulty |
|---|---|
| Run-Swim-Run | 1 |
| Run-Paddle-Run | 1 |
| Ironwoman | 2 |

16. To facilitate ready identification of competitors in the surf, competitors in the surf events must wear caps issued to them.

17. To prevent injuries, competitors may not wear anything deemed hazardous to themselves or others.

18. The tournament will not start late for the sake of those delayed, though those delayed may compete once registered.

19. Sudden and/or unforeseen conditions deemed unsafe will affect the time the tournament starts and/or ends. In such case, the tournament will be delayed for up to 1 hour or longer.

20. The National Park Service reserves the right to change any aspect of the tournament for the sake of safety or otherwise.

# Directions to All-Women Lifeguard Tournament

1. Get to Exit 117 of the New Jersey Garden State Parkway.

2. From Exit 117 (heading toward Keyport), take Route 36 South/East about 12 miles to the Highlands Bridge.

3. Cross over the Highlands Bridge and follow signs to the Sandy Hook Unit of Gateway National Recreation Area.

4. Once in the park, pass through the toll plaza and proceed 2-3 miles north to the competition site at Beach Area E. (Competitors arriving the night before, proceed to the NPS ranger station for specific directions to the sheltered area.)

* If you need help, call the National Park Service ranger station at Sandy Hook 24 hours a day at 1-732-872-5900.

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