

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.