2013 NorCals

Junior Lifeguard Competition
Main Beach (in front of Tower 3)
Thursday, August 8th
From 9:00 AM- 4:00PM

General Information: The events will begin at 10:00 AM, so I suggest having JGs arrive at 9:00AM. T-shirts will be available for purchase. Each division will have a flag they follow throughout the day. Colors are as follows:

C's- Green
B's- Red
A's- Yellow
AA's- Blue

Parking: Each agency will have two reserved parking spots at the Cowell's Beach lot. We will be helping drive down any boards or extra materials needed. Additional parking is limited and expensive both at the meters and on the wharf. I recommend parking up on Center St. (by the police station), or up Bay St. (past where the meters end), or on Gharkey St. (the first street off West Cliff where permits are not required). Carpooling is a great idea! Agencies with marked 4x4 emergency response vehicles may drive/park on the beach if you return the attached waiver and vehicle driver information. Access is at the intersection of Beach and Westbrook.

Events:

Run-Swim-Run Circuit: Unlimited entries.

Paddle Relay: Each agency is allowed 3, 6 person teams, with at least 2 members of the opposite sex.

Rescue Relay: 3, 4 person co-ed teams, at least 1 member of the other sex.
Order: Swim Victim→ Swim Rescue→Paddle Victim→Paddle Rescue

Surf Balls (AKA Toots): Unlimited

Challenge Run Relay: 2, 8 person teams, at least three members of the other sex.

*** Please feel free to make additional relay teams, and time permitting we will run additional non-scored heats.

Awards: Ribbons will be given out to the top 6 finishers/relay teams in each event. Trophies will be given to the top three teams.

Scoring: 1st through 10th will be scored for each event. (1st=11points, 2nd=9, 3rd=8, 4th=7, 5th=6, 6th=5, 7th=4, 8th=3, 9th=2, 10th=1). Relays are worth triple the points.

Please come prepared with at least one instructor in each age group to volunteer at each event.

2013 NorCals
Little Guard Competition
Main Beach (in front of Tower 3)
Wednesday, August 7th
From 9 AM- 3:00PM

General Information: The events will begin at 10 AM, so I suggest having LGs arrive at 9AM. T-shirts, designed by a SC JG will available for purchase. Each division will have a flag they follow throughout the day. Colors are as follows:

6 year olds- Yellow
7 year olds- Red
8 year olds- Green

Parking: Each agency will have two reserved parking spots at the Cowell's Beach lot. Additional parking is limited and expensive both at the meters and on the wharf. I recommend parking up on Center St. (by the police station), or up Bay St. (past where the meters end), or on Gharkey St. (the first street off West Cliff where permits are not required). Carpooling is a great idea! Agencies with marked 4x4 emergency response vehicles may drive/park on the beach if you return the attached waiver and vehicle driver information. Access is at the intersection of Beach and Westbrook.

Events:
Run-Swim-Run Circuit: Unlimited entries. The course will be run a perimeter around the fenced area, a box swim, and finish with the same perimeter run.

Boogie Board Relay: 4, 6 person, co-ed teams per agency. At least 2 members of the opposite sex per team.

Surf Balls (AKA Toots)- Unlimited entries.

Challenge Run Relay: 4, 8 person teams per agency. At least 3 members of the opposite sex per team.

Distance Run: Unlimited entries.

*** Please feel free to make additional relay teams, and time permitting we will run additional non-scored heats.

Awards: Ribbons will be given out to the top 6 finishers/relay teams in each event. Trophies will be given to the top three teams.

Scoring: 1st through 10th will be scored for each event. (1st=11points, 2nd=9, 3rd=8, 4th=7, 5th=6, 6th=5, 7th=4, 8th=3, 9th=2, 10th=1). Relays are worth triple the points

Please come prepared with at least one instructor in each age group to volunteer at each event.

Event Rules and Information

Surf Balls

- When laying down, competitors fingers must be overlapping and must be touching.
- Competitors must be no closer than elbow to elbow
- The start of the heat will begin with the call of “competitors ready”
- Any motion after “heads down” and before the whistle will charge that particular field with a false start. Any false starts thereafter, in that round will result in disqualification (DQ).
- Any action (grabbing, pushing, and shoving) that impedes the progress another competitor will result in a DQ.
- The top 6 competitors will draw sticks for position on the line.

Run Relay

- Competitor’s feet must be behind the line at the start.
- If a competitor knocks over a cone, the same competitor must stand it back up.
- Each competitor must turn right shoulder around the cone; left shoulder will result in a DQ.
- Going around another team’s cone will result in a DQ.
- The last runner for each team must wear a beanie and be the only one wearing a beanie.
- Competitors may not dive across the finish line.

Paddle Relay

- Two lines drawn in the sand will designate the handoff zone. The nose of the paddleboard must cross the line closest to the water before the next competitor may cross the line to complete the handoff.
- The last competitor must cross the line with the board to complete the race.
- Competitors may not stand up on the board at any point in the race.
- Board Specifications: AA/A Group – 10’6” hard board, B Group and C Group - 9’ soft boards.

All events

- **All competitors are expected to compete with good sportsmanship. The cutting of any course or fouling of any other competitors will result in a DQ at the discretion of the Lifeguard running the event.**

The starter/head judge for the division will make all rule interpretations. Any instructor who has questions regarding a call must contact the starter/head judge immediately. Before the start of each event, one instructor from each agency will meet with the starter to clarify rules, course and address any concerns.

Junior Guard Event Timeline

Time	C's (Green Flag)	B's (Red Flag)	A's (Yellow Flag)	AA's (Blue Flag)
10:00	Run Swim Run	Challenge Run	Surf Balls	Paddle Relay
11:00	Paddle Relay	Surf Balls	Run Swim Run	Rescue Relay
12:00	Surf Balls	Paddle Relay	Rescue Relay	Challenge Run
1:00	Lunch (Instructor Event TBA)	Lunch (Instructor Event TBA)	Lunch (Instructor Event TBA)	Lunch (Instructor Event TBA)
2:00	Rescue Relay	Run Swim Run	Challenge Run	Surf Balls
3:00	Challenge Run	Rescue Relay	Paddle Relay	Run Swim Run

Little Guard Event Timeline

Time	6 year olds (Yellow Flag)	7 year olds (Red Flag)	8 year olds (Green Flag)
10:00	Run-Swim-Run	Surf Balls	Challenge Run
11:00	Boogie Board Relay	Run-Swim-Run	Distance Run
12:00	Distance Run	Boogie Board Relay	Run-Swim-Run
1:00	Challenge Run Relay	Distance Run	Surf Balls
2:00	Surf Balls	Challenge Run Relay	Boogie Board Relay