



# SUMMER TWILIGHT SERIES

## Officials and Competitors

EVENT GUIDE, RULES & COURSE LAYOUT





## Revisions

Rev	Revised by	Description	Approved by	Date
6.10	Mark Shakles	New rules and scoring systems	PBCLSA Exec	Feb 2009
7.20	Mark Shakles	Draft issue following PBCLSA discussion on rule changes.	n/a	March 2010
7.30	Mark Shakles	Point 14:- Club Coloured Hats <ul style="list-style-type: none"> <li>Amended to clarify that club coloured hats must be worn at all times during all events.</li> </ul>	PBCLSA Exec	May 2010
7.40	Mark Shakles	Point 10:- Registration – <ul style="list-style-type: none"> <li>General: amended to clarify responsibilities and times to be complete registration by.</li> <li>Competitor’s responsibilities made clearer.</li> </ul> Point 16b: Starter Role <ul style="list-style-type: none"> <li>Clarification to ensure that only competitors that have their unique codes on the back of their hands can start the race.</li> </ul>	PBCLSA Exec PBCLSA Exec	May 2010 May 2010
8.1	Mark Shakles	Issued for 2011 series	PBCLSA Exec	May 2011
9.1	Mark Shakles	Amended following discussions at PBCLSA AGM for 2012 series.	PBCLSA Exec	May 2012
9.2	Mark Shakles	Amended grammar/spelling as suggested by Cathy Ledger	PBCLSA Exec	May 2012
9.3	Mark Shakles	Amended the role of the Scorer to include the filling in of the blank results sheet and email the results to the PBCLSA within 1 week of the hosted twilight.	PBCLSA Exec	May 2013
9.4	Mark Shakles	Updated Competitor Code Numbers to accommodate more competitors	tba	May 2014
9.5	Mark Shakles	Prepared for the 2015 season	tba	May 2015



**TABLE OF CONTENTS**

<b>Item</b>	<b>Description</b>	<b>Page No.</b>
1	Purpose of this document	Page 1
2	Aims of the Twilight Series	Page 1
3	Safety	Page 1
4	Event Role Form	Page 1
5	Club Responsibilities	Page 1
6	List of Officials	Page 2
7	Categories	Page 2
8	Scoring	Page 2
9	Codes	Page 3
10	Registration	Page 3
11	Event Codes	Page 4
12	Time Table of Events	Page 4
13	Competitor Fee	
14	How the Twilight Operates	Page 5
15	Club Colours	Page 5
16	Trophies	Page 5
17	BBQ / Refreshments	Page 5
18	Roles	
	a. Twilight Referee (x1)	Page 6
	b. Starter (x2)	Page 6
	c. Recorder (x2)	Page 6
	d. Safety Officer (x1)	Page 7
	e. Scorer (x1)	Page 7
	f. Place Judge (x6)	Page 7
	g. Runner (x2)	Page 7
	h. Safety Cover	Page 7
	i. First Aid Cover	
19	Schedule of Things to do (rough guide)	Page 9
20	Events	
	a. 1Km and 2Km Run	Page 10
	b. Beach Sprint	Page 11
	c. Beach Relay	Page 12
	d. Beach Flags	Page 13
	e. Run – Swim - Run	Page 14
	f. Ski Race	Page 15
	g. Board Race	Page 16
21	Notes	Page 17
Appendix A	Event Role Form	
Appendix B	Club Declaration Form	
Appendix C	Club Member Registration Sheets	
Appendix D	Example of Recording Sheets	



## **1. Purpose of this document**

This document has been developed to ensure that the PBCLSA, The Host Club, Officials, Safety Crew, competing clubs and their competitors have a guide as to how the twilight should be run. It also highlights the events and the rules as well as pointing out the responsibilities of each of the official role and that of the individual competitor.

## **2. Aims of the Twilight Series**

The purpose of this series is to have a fun competition based on International Life Saving (ILS) events, where clubs can encourage their members, who would not normally take part in competitions, to have a go and see how they get on. The series also allows the more experienced competitors to do battle against each other, gaining invaluable race condition style training and enabling them to learn race tactics etc.

The events are organised in the spirit of enjoyment with an edge of competitiveness built in to encourage individuals to take part and better themselves as well as building Club Spirits / Team Morale and creating inter club relationships.

Anyone wishing to compete in a highly serious and competitive nature are reminded that there are other platforms to fulfil their needs. Members of the PBCLSA are encouraged to and are most welcome to take part in these events but are reminded that: we are all neighbouring clubs and that friendship and relationships are more important than the odd point here or there.

## **3. Safety**

As a matter of safety everyone, entering the water in any swimming event (for example the run-swim-run) must wear a Latex or Silicone type swimming hat, to protect from the cold, plus their club coloured cap to identify the swimmer in the water. see item 15 – page 5.

Competitors who are not wearing a Latex or Silicon Type Swimming under their club coloured cap hat at the start of a swimming event will be turned away from the start line. If this is missed then and they manage to compete then they will not score points for that event.

***“NO LATEX or SILICON TYPE SWIM HAT = NO PARTICIPATION”***

## **4. Event Role Form (Appendix A)**

It is the responsibility of each host club to ensure that the Event Role Form (See Appendix B) is filled in and submitted to the PBCLSA no later that one week prior to the event. The Event Form lists the persons that will fulfil the roles on the night of the twilight. The PBCLSA will complete the form with the names of allocated officials, publish for all and return to the Host Club to implement.

## **5. Club Responsibilities (Appendix B)**

It is the responsibility of each club to ensure that any of its members wishing to participate in any event in any of the twilight summer series are:

- A) Proficient in the use of the equipment that they will use in their chosen events.
- B) Are suitably fit enough to enable them to complete an event without injury or risk of harm.
- C) Are suitably well enough to participate in their chosen events.
- D) That they fully understand and adhere to the rules mentioned within this document.



## 6. List of Officials

The Host Club are required to supply a minimum of 10 people for the roles indicated in blue below, plus adequate safety cover and first aid cover. Note this is the minimum required, experience has shown that more makes life easier. The PBCLSA will supply names of people to fill the roles indicated by PBCLSA (shown in red).

1 x Twilight Referee	PBCLSA (Host Club)
2 x Starters	PBCLSA
2 x Recorders	PBCLSA
1 x Safety Officer	Host Club
1 x Scorer	Host Club
6 x Place Judges	Host Club
2 x Runners	Host Club
Safety Cover & F/A Cover	Host Club

## 7. Categories

The following categories are available for members to compete in along with the age group restrictions. Age groups are defined by the age of the competitor on the 1<sup>st</sup> of September of the current year of competition. For example, a competitor who 16 years old before the 1<sup>st</sup> September will compete in the Senior section.

- 1) Junior Category                      min age 12 years before 1<sup>st</sup> Sept, max age 16 after 1<sup>st</sup> Sept  
    Junior Girls  
    Junior Boys
- 2) Senior Category                     min age 16 years before 1<sup>st</sup> Sept, max age 40 after 1<sup>st</sup> Sept  
    Ladies  
    Mens
- 3) Masters Category                  min age 40 years before 1<sup>st</sup> Sept, No upper age limit  
    Female Master  
    Male Masters

## 8. Scoring

For all events the points shall be awarded as follows:

- All competitors finishing a course outside the top 21 places will be awarded 1 point.
  - Points will not be awarded for starting an event, the competitor must cross the finish line correctly to record any points.
- |                     |                     |
|---------------------|---------------------|
| 1st Place 21 points | 5th Place 17 points |
| 2nd Place 20 points | 6th Place 16 points |
| 3rd Place 19 points | 7th Place 15 points |
| 4th Place 18 points | and so on           |

It is the competitor's responsibility to ensure that they tell and show the 'Recorder', their unique code in a clear and audible manner as well as ensuring that it is written down clearly. If a code cannot be read or traced then that competitor cannot score any points

The purpose for this scoring system is to encourage competitors who might otherwise feel that it's a waste of time taking part that they can still contribute towards scoring points for their club, as well as increasing their own ranking position. It also allows members to feel that they have achieved some well earned points rather than just a participation point.



## 9. Codes

A unique 2 character identifier is allocated to each club as shown below. Each competitor from that club will have a unique 2 digit number to identify them and the category that they should be competing in. The two parts will make up the competitors individual code for the entire series. The code issued only relates the current year as it will not always be possible to retain the code for the next year. There are only 20 slots per category per club so only those who are likely to take part should register for their code in advance.

### Club Codes as follows:

BC	Branksome	PL	Poole
BM	Bournemouth	SB	Southbourne
BS	Boscombe	XC	Christchurch
BW	Boscawen	WY	Weymouth

### Category Codes

Mens	101 – 199	Junior Boys	401 – 499
Ladies	201 – 299	Female Masters	501 – 599
Junior Girls	301 – 399	Male Masters	601 – 699

### Example

3<sup>rd</sup> registered Junior Boy from RLSS Poole Lifeguards = PL403

## 10. Registration

### Pre Registration

- It is the responsibility of each club to supply a list of potential competitors and their dates of birth to the PBCLSA Prior to the 1<sup>st</sup> Twilight each year. Note the dates of birth need to be supplied otherwise their names can not be entered into the score sheet. The PBCLSA will then supply each club with a registration sheet listing their competitor's competing codes

### Registration at a Twilight Event

- It the responsibility of each club to ensure that each of their competitors is marked up with their correct unique code, in permanent marker pen on the back of one hand, prior to the start of each twilight (preferably before 18:15hrs) . The club registration sheet needs to be submitted to the scorer before the end of the evening to be collated with all the score sheets.
- Any competitors not on the registration sheet at the time of registration at a twilight event need to be added to the sheet along with their dates of birth. This list then needs to be submitted to the scorer before the end of that twilight.

### Competitors Responsibility

1. As a competitor it is your responsibility to ensure that you have registered with your club representative and ensure that you have your correct unique code marked on the back of one hand.
2. As competitors you will not be allowed to start a race without your unique code marked on the back of one of your hands. The Starters have been briefed not to hold the race for competitors to sort themselves out.
3. If, somehow, you do manage to slip through and compete without a code written clearly on the back of one of your hands, your position/place will not be recorded on the finish sheets. Therefore zero points



### 11. Event Codes

The following table lists the events that will take place at each twilight along with the individual event codes that will be used on each recording sheet

#### Event Codes

	Junior Girls	Junior Boys	Senior Ladies	Senior Men	Masters Female	Masters Male
2KM Run	JG1	JB1	L1	M1	FM1	MM1
Beach Sprint	JG2	JB2	L2	M2	FM2	MM2
Beach Relay (club)	JG3	JB3	L3	M3	FM3	MM3
Beach Flags	JG4	JB4	L4	M4	FM4	MM4
Run Swim Run	JG5	JB5	L5	M5	FM5	MM5
Ski Race	JG6	JB6	L6	M6	FM6	MM6
Board Race	JG7	JB7	L7	M7	FM7	MM7

### 12. Time Table of Events

The following table is the order of the events for each of the Twilights. The times are an approx start time for each section of the evening. However there will only be a 2 hour window of light to get through all these events so we need to keep to the times as close as possible or better them.

WET BEACH									
		Junior Boys	Men	Male Masters			Junior Girls	Ladies	Female Masters
18:30	1Km Run	JB1		MM1		1Km Run	JG1		FM1
	2KM Run		M1			2KM Run		L1	
18:50	Ski Race	JB6		MM6		Board Race	JG7		FM7
			M6					L7	
19:15	Board Race	JB7		MM7		Ski Race	JG6		FM7
			M7					L6	
19:40	Run Swim Run	JB5		MM5		Run Swim Run	JG5		FM5
			M5					L5	
DRY BEACH									
		Junior Boys	Men	Male Masters			Junior Girls	Ladies	Female Masters
20:10	Beach Sprint		M2			Beach Sprint		L2	
	Beach Relay		M3			Beach Relay		L3	
	Beach Flags	JB4		MM4		Beach Flags	JG4		FM4
20:35	Beach Sprint	JB2		MM2		Beach Sprint	JG2		FM2
	Beach Relay	JB3		MM3		Beach Relay	JG3		FM3
	Beach Flags		M4			Beach Flags		L4	
21:00	FINISH - RECOVER KIT								



### **13. Competitor Fee**

Each competitor is required to pay a one off fee irrespective of the number of Twilights or Events that he or she takes part in during the course of the season.

It is the responsibility of each club to collect the fees from their own club competing members.

The PBCLSA will invoice each club at the end of each season based on the number of competitors that are listed on the result sheet for that club.

The fee will be set by the PBCLSA committee each year prior to the start of the Summer Twilight Series

### **14. How the Twilight Operates**

The event runs by having two race beaches in operation WET Beach and DRY Beach

**All Competitors..... will start on the Wet beach and then move to the Dry beach**

The timetable/order of events is the same for each twilight and anybody wishing to have a go at an event will be required to turn up on the start line when that event has been called, pending numbers involved and equipment available. Heats may then be decided to be run.

A laminated list with the event order will be placed on a poster at the start line on each race beach for competitors to see the order of events.

### **15. Club Colours**

Club Coloured caps must be worn by all competitors on all craft and beach events as well as being worn on top of latex or silicone hats when taking part in a swim event. Note they are not a substitute for the latex or silicone style swimming cap when entering the water as a swim event, i.e. run-swim-run.

A club coloured cap is defined as a cloth style cap which can be fastened under the chin, as traditionally worn by life savers at competitions.

Whilst the wearing of club coloured quartered caps is mandatory the PBCLSA would ask that clubs encourage their members to wear club colour rash vest where possible. The wearing of these rash vests will better identify club competitors taking part and also make a more colourful event for members of the public passing by to see what is taking place.

### **16. Trophies and Certificates**

These will be presented at the end of each season and will be awarded as follows:

- A Trophy for the Club with the overall highest aggregate score.
- A Trophy for the individual competitor with the highest aggregate score in each category.
- Certificates will be presented to the top 3 individual competitors in each category

### **17. BBQ / Refreshments**

Although it is at the host club's discretion as to whether or not a BBQ /refreshments is provided, the PBCLSA committee encourage that it is not deemed as fund raising activity and that they should aim to cover costs. (i.e keep the price of the goods to a minimum to encourage competitors to participate).





## **18. Roles**

The following is a description of the roles of the persons required to run the Twilight Event. Each Person participating in any of the roles below must wear a Hi Vis Vest for easy identification.

### **a. Twilight Referee (x1)**

A senior representative from the PBCLSA who is suitable for the role, preferably from the host club.

The role is to:

- Liaise with the Safety Officer as to any concerns with regard to weather conditions that may prevent or restrict the Twilight going ahead.
- Liaise with the Safety Officer as to any concerns with regards to fading light etc,
- Ensure that event runs smoothly according to the timetables laid out below
- To be aware of the fact that we have only 2 hours to fit all the events in
- To be watching the whole event closely and acting to avoid any time delays between events etc.

### **b. Starter (x2)**

These will be senior representatives from the PBCLSA who

- Are able to organise competitors on the start line, control the start, and affect a proper safe start.
- Count the numbers of competitors on the wet start line and cross ref with the recorder to ensure that the same number have finished the race.
- Can ensure that adequate / appropriate Safety Cover is ready prior to starting any water events. If no Safety Cover is available at the time of the start, the Start is abandoned.
- Will liaise with the Place Judges and Recorders to ensure that that there are enough Place Judges to cope with the number of competitors starting the event
- Ensure that all competitors waiting to start the race have their unique competition code written on the back of their hands, if not they do not start. Do not Hold the race whilst they get their code the race will start without them.
- Can confirm that all Place Judges and Recorders are in position prior the start of any event.
- Ensure that the Order of Events Notices are in place and clearly visible on both Dry & Wet Beach.
- Are fully aware that any competitors in the Ski race (Cobra or Ski) that have rounded the Apex Turn Buoy, by the time 1st three competitors have crossed the finish line then the signal to recover them and return them to the start line is to be given. (no points will be scored as they did not finish the race.)

### **c. Recorder (x2)**

These will be senior representatives from the PBCLSA who will:

- Record the unique code and position of the finishing competitors.
- Cross ref with the starter to ensure that all starters are accounted for.
- Ensure that the Recording Sheets are filled in correctly with the Twilight Name/No, The Event Code, Heat or Final and which heat of how many, the Recording Sheet is referring to.
- Be aware of the technique used for recording the Beach Flags (i.e use the recording sheet in reverse, eg 1st out goes in 1st place slot 2nd out goes in 2nd place slot and the winner will be the last place etc
- Correctly identify competitors who have completed the ski race on a cobra ski and mark the recording sheet accordingly.
- Correctly identify clubs that have made up a Taplin Team and mark the recording sheet accordingly.
- Ensure that all Recording Sheets are handed to the Scorer before they leave the venue.



**d. Safety Officer (x1)**

This has to be a senior member of the Host Club who is well aware of any specific safety issues with regards to their own beach and any topological problems that may occur.

It is the responsibility of the Safety Officer to co-ordinate and ensure that:

- There is adequate and appropriate safety cover on the water at all times during the twilight event.
- Ensure that there is adequate F/A cover available for the duration of the twilight evening.
- Be present for the entire duration of the competition, including the setting up and taking down of the competition arenas. All emergencies and requests for medical assistance must be directed through the Safety Officer who will liaise with paramedic crews, coastguards, and patrolling lifeguards or rescue units as appropriate.

**e. Scorer (x1)**

Is the host clubs responsibility to download the Twilight Result Spreadsheet from the PBCLSA website, fill all the results in and email it to [result@pbclsa.org.uk](mailto:result@pbclsa.org.uk) within 1 week of the hosted twilight.

The Scorer's role is therefore to:

- Collect all the recording sheets and ensure that all sheets are legible and filled in correctly. If there are any queries regarding these sheets then they need to be raised to the Twilight Referee as soon as possible.
- Ensure that all registration sheets are collected from each competing club (where possible) before the end of the evening and to verify that all competitors names and their dates of birth are legible.
- To download the blank twilight result spreadsheet from the pbclsa website – [www.pbclsa.org.uk](http://www.pbclsa.org.uk).
- To enter all the results from the recording sheets into the spreadsheet.
- To email the completed results sheet to [results@pbclsa.org.uk](mailto:results@pbclsa.org.uk) within 1 week of the twilight.

**f. Place Judge (x6)**

This can be any person who is willing to hand out the finish place cards

- 4 will be allocated to the Dry Beach to judge the sprint, relays and beach flags.
- 2 will be allocated to the Wet Beach to judge all the wet finishes inc. a wet finish for the Ski Race
- Will need to work with the Recorders and Starters on each beach to ensure all competitors are correctly placed.
- Collect the place cards from the Recorder once competitors have handed them all in.

**g. Runner (x2)**

This can be any person of any age.

- They will work with the Recorder and the Scorer and ensure that finished score sheets are passed from the recorder to the Scorer in a dry and tidy fashion.

**h. Safety Cover**

The Host Club is responsible for providing adequate Safety Cover for the duration of the event.

Whether the safety Cover is provided by boat or paddle craft / boards the safety crew must be in continual liaison with the Safety Officer and the Starter on the Wet Beach. The Safety Officer's decision will override that of the Starter, however under normal operating conditions the Starter must ensure that the safety cover is present prior to any water based event starting.

The safety cover is required from 18:00hrs to assist in setting the Race Buoys to mark the course.

**i. First Aid Cover**

The Host Club shall provide suitable F/A facilities which should be readily available from the start to the finish of each Twilight.



## **19. Schedule of Things to do (rough guide)**

- 18:00**    Host Club members to arrive and get gear and buoys out.  
Water Course to be laid  
Competitors to start arriving  
Host Club to organise Officials/ Helpers for the evening twilight  
PBCLSA Nominated helpers to arrive and assist in setting up  
Safety Officer and Twilight Referee to meet and discuss format of the event  
Hand out Hi Vis Jackets to all helpers.  
Ensure all people on the Event Role Form are present.  
Clubs to carry out own member registration
- 18:20**    Registration Closes  
Start Judge to rally competitors for start of the 2Km and the 1Km run.  
Ensure recorders are ready with place cards and recording sheets
- 18:30**    Start of first event (2Km /1Km Run)  
Dry beach areas to be set for Sprints and Flags  
Ensure start / finish lines are clearly marked and visible,  
Ensure short lengths of hose pipe are available for beach flags
- 18:40**    Twilight Referee to Consult with Safety Officer to ensure that all is well and that the Twilight can go ahead.
- 18:45**    Officials /helpers to collect whistles, radios, place cards and score sheets and proceed to allotted dry / wet beach  
Competitors split into groups and proceed to their respective Beaches (Wet / Dry):
- Wet Beach      -      All Competitors
- 18:50**    Wet Beach start  
Safety Officer to ensure adequate safety cover
- 19:40**    Run swim run for everyone,  
Safety Officer to ensure adequate safety cover
- 19:50**    Dry Beach start  
Safety Officer to ensure adequate safety cover and recover wet beach course and equipment
- 21:00**    FINISH  
All equipment back to the hut and washed off,



## 20. Events

The following are guides to how to run an event and the rules that the competitors have to abide to. Some of the events may be run together to save time:-

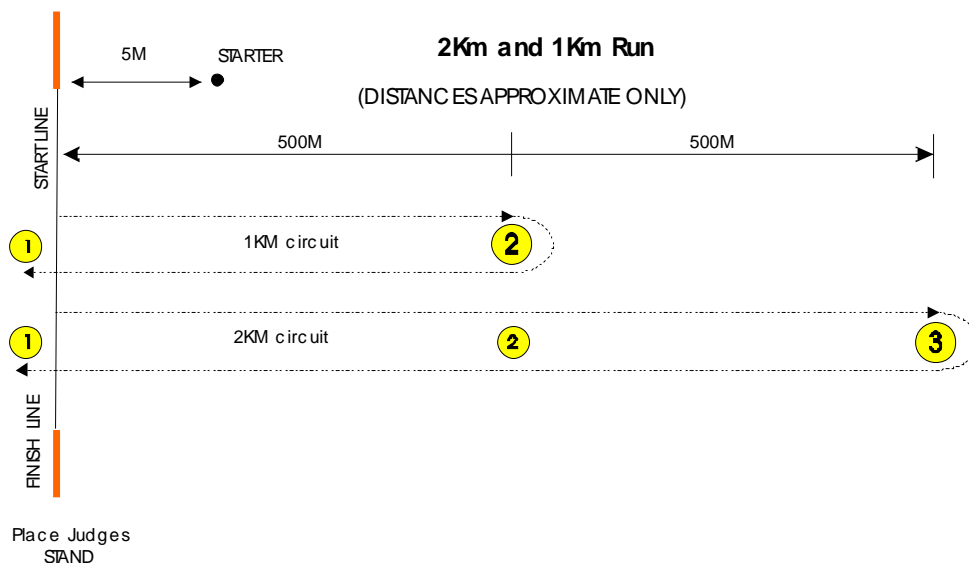
### a. 1Km Run for Juniors and Masters 2Km Run for Seniors

#### Event Set Up

- The Juniors and Masters will complete a 1 kilometre course as laid down by the Host Club.
- The Seniors will complete a 2Km course as laid down by the Host Club.
- The course for the Juniors and Masters needs to be 500m long such that they complete 2 x legs.
- The course for the Seniors can consist of either 4 x legs of the above course or 2 legs of 1 Km each.
- In each case the distances do not have to be exact but close enough to resemble the full distance.
- The Host Club will provide someone at the turn point (wearing a High Vis Vest) on each course so that runners not familiar with the area have a point to head for.
- To assist with the recording of finish places its is good practice to funnel the finishers into a single file line past the finish line and in their category, so that Competitor Codes can then be taken without confusion.

#### Rules

- The competitors need to be warned about their own safety whilst running as well as the importance of the safety of members of public walking along the race circuit.
- The Seniors will start their race 1<sup>st</sup> so as to avoid any unnecessary jostling in the first few 100m.
- The Juniors and Masters will start at the same time but after the Seniors.
- Jostling and deliberately impeding another competitor will result in disqualification.





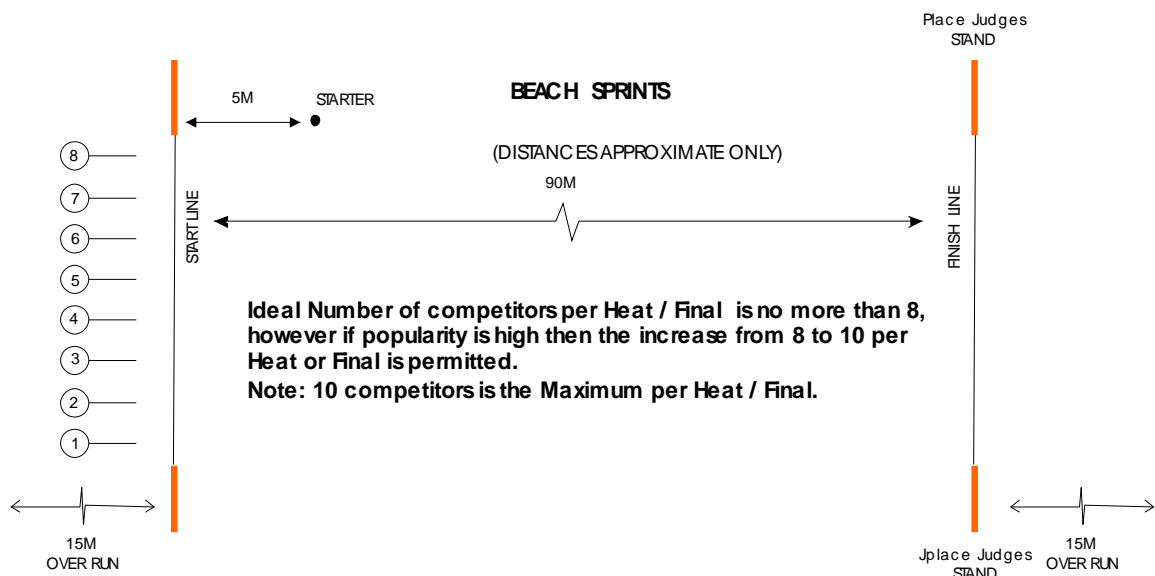
## b. Beach Sprint

### Event Set Up

- The beach sprint is run over a course laid out at approximately 90m in length.
- The Start and Finish lines need to be marked clearly so that they are visible to running competitors.
- Heats or Final should preferably consist of 8 or less competitors but should not exceed 10.
- If the Heat or Final consist of 9 or 10 competitors then a 5<sup>th</sup> Place Judge will be required
- Place Judges should not be expected to account for more than 2 runners in each race.
- The event will require the following officials
  - a. 1 x Starter
  - b. 1 x Recorder
  - c. 4 x Place Judges (minimum)

### Rules

- Competitors wishing to take part need to assemble at the start line immediately prior to their race so numbers can be counted to ascertain the number of heat and finals required
- When the place judges signal that they are ready by raising 1 arm, the starter can place the competitors under starters order.
- The start of the race will be by using the commands:-
  - a. "ON YOUR MARKS"
  - b. "GET SET"
  - c. A single whistle blow or blast of a horn.
- In the case of a false start, the start signal will be continual sounding until all have stopped
- The starter should only start the race when the place judges have signalled that they are ready
- Jostling and deliberately impeding another competitor will result in disqualification.





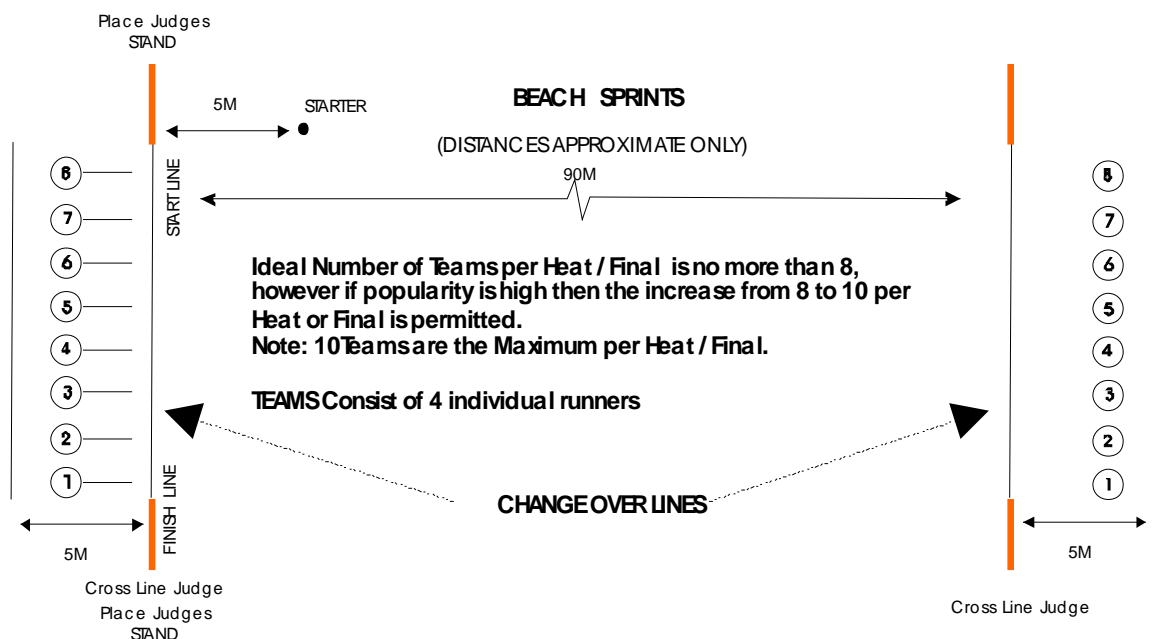
**c. Beach Relay**

**Event Set Up**

- The beach relay is run over a course laid out at approximately 90m in length.
- The Start and Finish lines need to be marked clearly so that they are visible to running competitors.
- Heats or Final should preferably consist of 8 or less teams, but should not exceed 10 teams.
- If the Heat or Final consist of 9 or 10 teams then a 5<sup>th</sup> Place Judge will be required
- Place Judges should not be expected to account for more than 2 runners in each race.
- Relay Batons will be required at the start line for each race
- The event will require the following officials
  - a. 1 x Starter
  - b. 1 x Recorder
  - c. 4 x Place Judges (minimum)

**Rules**

- Teams wishing to take part need to assemble at the start line immediately prior to their race so numbers can be counted to ascertain the number of heat and finals required
- Teams comprise of 4 for each category, they will be split so that 2 are at one end and 2 at the other.
- Changeovers must take place with the Relay Baton behind the cross line.
- When the place judges signal that they are ready by raising 1 arm, the starter can place the teams under starters order.
- The start of the race will be by using the commands:-
  - a. "ON YOUR MARKS"
  - b. "GET SET"
  - c. A single whistle blow or blast of a horn.
- In the case of a false start, the start signal will be continual sounding until all have stopped
- The starter should only start the race when the place judges have signalled that they are ready
- Jostling and deliberately impeding another competitor will result in disqualification.





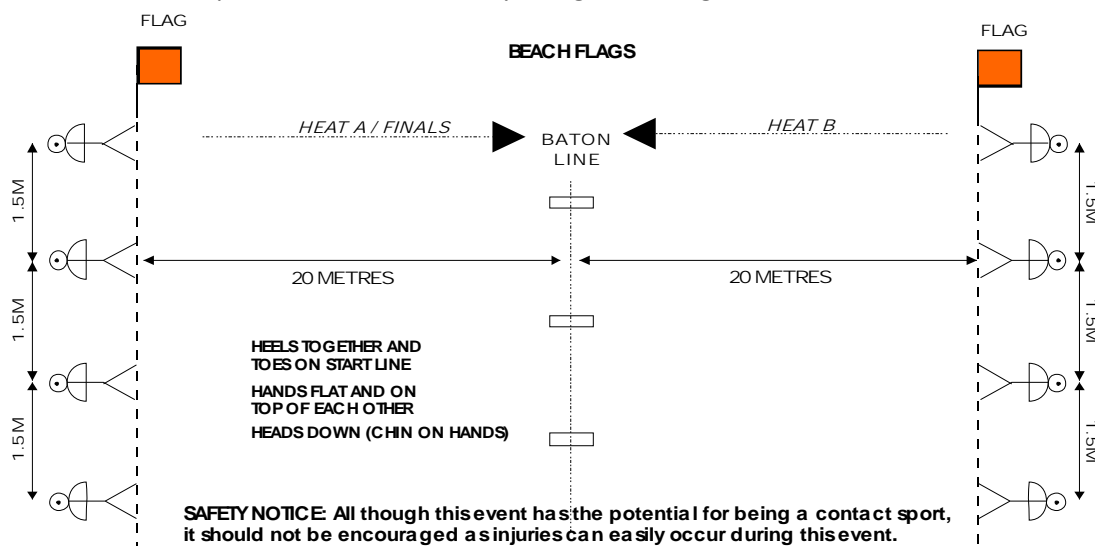
### d. Beach Flags

#### Event Set Up

- The Flag Beach is required to be set up as per the diagram below. Measurements are approximate.
- If there are a large number of entrants, run Heats and Finals
- If space is required then run 2 start lines 40m apart with 1 finish line in the middle.
- Alternate heats and directions of running.
- Keep doing this until you have 6 in each semi final, at which point you can combine the semis and make 1 final consisting of 12 competitors.
- It is not uncommon to remove two competitors at a time until the last 6 -8 left then merge to a Final and continue until 6- 8 left in the Final then reduce to removing one a time..

#### Rules

- Place cards can be used, so the competitor can draw the start position that he/she will lie down in.
- The competitors will be required to lie face down, on flat sand, facing away from the finish line and with their chests flat on the sand. Their toes must be on the start line and their hands must be directly on top of each other, directly under their chin.
- They will be spaced out approx. 1.5m apart and there will be less flags on the finish line than the number of starting competitors.
- This event has a ONE START RULE once under starters orders if any competitor is seen to twitch or move before the start signal. The competitors will be stood down and the offending competitor disqualified.
- The starter will seek confirmation from the place judge that the finish line is set and the correct number of Beach Flags (Batons) are laid and set in the correct positions.
  1. The Starter will bring everyone under Starters Order with the command "HEELS TOGETHER"
  2. The Starter will state the command "HEADS DOWN"
  3. The Starter will give a SHARP BLOW OF A WHISTLE to start competitors.
- The competitor that does not grab a flag at the finish line is out.
- The above will be repeated until there is only 1 flag remaining which the winner will be holding.



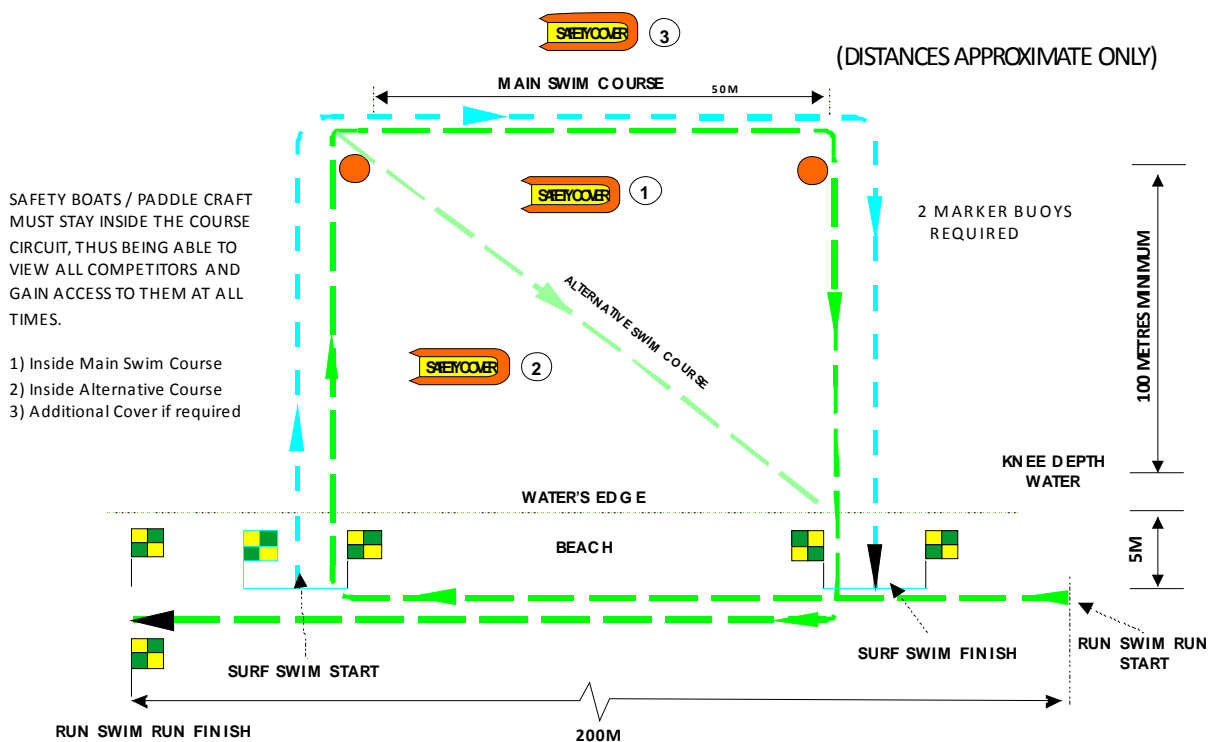
- This can be a an event where a lot of cheating can creep into play, watch out for
  1. People lying down off centre to the direction to the flags, i.e. don't have to turn so much.
  2. Building up of sand under chest and hands to get a better push start
  3. Spreading hands apart under chins so that only fingers are on top of each other etc
  4. Barging people out of the way during running.



**e. Run – Swim - Run  
Event Set Up**

- The Run-Swim-Run race should set around the course shown in the diagram below,
- It will consist of approx a 200m run, followed by a predetermined Swim Course around the two nearest buoys followed by a further approx 200m run.
- This event can be severely affected by the tidal conditions at the time and should be swum with tidal assistance to reduce time delay.
- If there are concerns over safety due to lack of remaining light /time, or due to deteriorating conditions then the alternative course will be used to reduce the amount of time taken for the race.
- If the beach is not good for running on, then a Surf Swim may be substituted for the Run Swim Run
- The alternative Swim Course will be implemented at the Starter's or Safety Officer's discretion.

**RUN - SWIM - RUN and SURF SWIM EVENTS**



**Rules**

- Swimming Caps of Latex or Silicone material MUST be worn by all competitors taking part in the Surf Swim or the Run Swim Run. They must be worn at all times during the events. Competitors not wearing a Latex or Silicone swimming cap on during or at the finish line will score zero points.
- Competitors wishing to take part need to assemble at the start line immediately prior to their race.
- When the place judges signal that they are ready by raising 1 arm, the starter can place the competitors under starters order.
- The start of the race will be by using the commands:-
  - a. "ON YOUR MARKS"
  - b. "GET SET"
  - c. A single whistle blow or blast of a horn.
- In the case of a false start, the start signal will be continual sounding until all have stopped
- The starter should only start the race when the place judges have signalled that they are ready
- Jostling and deliberately impeding another competitor will result in disqualification.

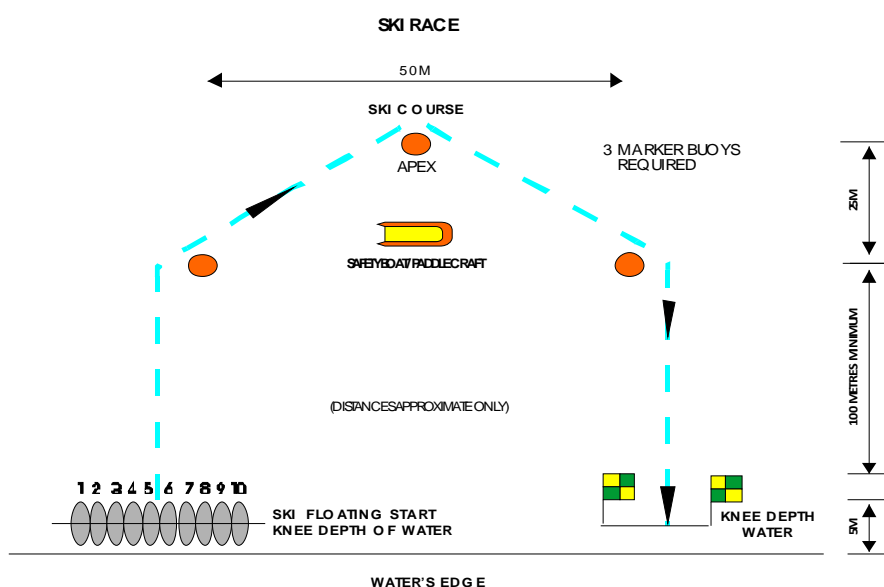




**f. Ski Race**

**Event Set Up**

- The ski race roughly follows a triangular course around the 2 nearest buoys and a further Apex buoy in the centre (see diagram).
- The finish flags should be moved to about knee / waist depth water for a “wet” finish in the water
- Place Judges will need to be in the water to issue the finish cards as the competitors cross the line.
- Safety Cover is to be positioned on the inside of the course to enable access to all competitors.
- If safety cover is required on the seaward side of the course to prevent members of public from interfering with the race then further cover should be sourced where available.



**Rules**

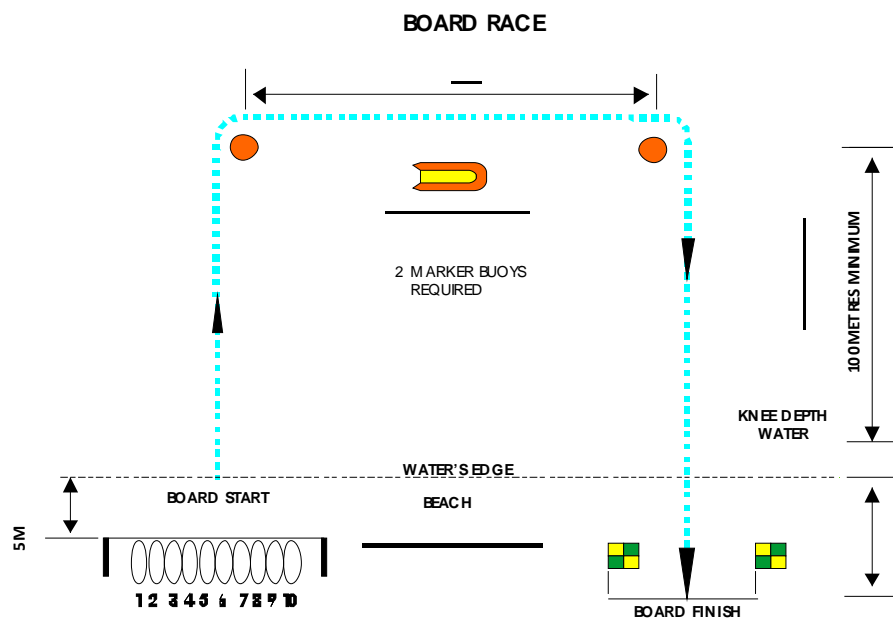
- Competitors wishing to take part need to assemble at the start line immediately prior to their race.
- When the place judges signal that they are ready by raising 1 arm, the starter can place the competitors under starters order.
- The Starter should not call the Competitors to Order unless satisfied adequate Safety Cover is present on the water.
- The paddlers should be started in about waist depth water in a lull between waves.
- The start of the race will be by using the commands:-
  - a. “ON YOUR MARKS”
  - b. “GET SET”
  - c. A single whistle blow or blast of a horn.
- In the case of a false start, the start signal will be continual sounding until all have stopped
- Jostling and deliberately impeding another competitor will result in disqualification.
- Paddlers should clear the finish line as quickly as possible to allow competitors behind them to finish safely.
- Paddlers taking part on Cobra Ski’s will earn ½ (half) of their finish position points and therefore need to be clearly identified on the Recording Sheet.
- If a paddler has not reached past the Apex buoy by the time the top 3 places have finished the heat/final then the Starter will signal to the safety Cover to recover them to the finish line to make the Ski equipment available for the next heat.



**g. Board Race**

**Event Set Up**

- The board paddle race roughly follows a square course around the two nearest buoys (see diagram).
- The finish flags should be on the beach approx 10m from the waters edge
- Safety Cover is to be positioned on the inside of the course to enable access to all competitors.
- If safety cover is required on the seaward side of the course to prevent members of public from interfering with the race then further cover should be sourced where available.
- The paddlers should be lined up on the beach with their boards, approx 5m from the water's edge.



**Rules**

- Competitors wishing to take part need to assemble at the start line immediately prior to their race.
- When the place judges signal that they are ready by raising 1 arm, the starter can place the competitors under starters order.
- The Starter should not call the Competitors to Order unless satisfied adequate Safety Cover is present on the water.
- The start of the race will be by using the commands:-
  - a. "ON YOUR MARKS"
  - b. "GET SET"
  - c. A single whistle blow or blast of a horn.
- In the case of a false start, the start signal will be continual sounding until all have stopped
- The starter should only start the race when the place judges have signalled that they are ready
- Jostling and deliberately impeding another competitor will result in disqualification.

**POOLE, BOURNEMOUTH & CHRISTCHURCH  
LIFE SAVING ASSOCIATION**

**P. B. C. L. S. A.**

**SUMMER TWILIGHT SERIES  
EVENT GUIDE, RULES & COURSE LAYOUT**



**21. Notes:-**