

2nd Annual Mike Hudson Memorial Relays

Date: **Monday, August 5th**

Time: 6:00 PM

Location: Sea Bright Public Beach

The Sea Bright Ocean Rescue Lifeguards would like to invite you to the 2nd Annual Mike Hudson Memorial Relays. Rosters are due at or before 5:30 pm on the day of the tournament. In the interest of fairness, please enter only lifeguards that are employed by and work at your club or beach. **Please inform us if you will be in attendance by Monday, July 29th** by contacting Sea Bright Ocean Rescue Captain Forsman (sborcaptain@gmail.com 848-466-6142). The Captain's meeting will take place promptly at 5:45 pm at the north side of the Sea Bright Public Beach. For further assistance and questions please do not hesitate to contact Captain Forsman. Thank you in advance for your participation.

Invited Teams

- 1) Chapel Beach Club
- 2) Sea Bright Private Beach Club
- 3) Surfrider Beach Club
- 4) Sands Beach Club
- 5) Ship Ahoy Beach Club
- 6) Monmouth Beach Bathing Pavilion
- 7) Monmouth Beach Bath and Tennis Club
- 8) Sandy Hook Beach Patrol
- 9) Donovan's Reef Lifeguards
- 10) Edgewater Beach and Cabana Club
- 11) Driftwood Beach Club
- 12) Allenhurst Lifeguards

Events

Paddle Relay: 6 paddlers, 2 must be female

Swim Relay: 4 swimmers, 1 must be female

Medley Relay: 1 runner - must be female, 2 swimmers, 1 paddler, 1 kayaker

Run Relay: 6 runners, 2 must be female

Beach Flags: 1 male and 1 female from each beach

General Rules

Competitors may compete in up to 3 events if necessary, but not more than 1 leg of a single event. Host Sea Bright Ocean Rescue reserves the right to make accommodations for smaller teams.

Rescue Paddle Boards (10'6" Competition paddle boards are NOT allowed)

Ocean Kayak Scrambler Lifeguard kayaks

Scoring: 1st = 8 pts; 2nd = 6 pts, 3rd = 4 pts, 4th = 3 pts, 5th = 2 pts, 6th = 1 pt

Course

The course will be a buoy box. The first buoy box will be where the swim events take place and the second buoy box will be where the paddle events take place. The swim box will be roughly 200 meters and the paddle box will be roughly 400 meters.

Event Description

1) Swim Relay: 4 swimmers, 1 must be female. *Any order of male and female*. 2 swimmers will stage at the start/finish flag and 2 swimmers will stage at the exchange flag. Each leg will be around the first buoy box. Each swimmer will swim the first buoy box and tag the next swimmer at either the start/ finish flag or the exchange flag. Final swimmer must run through the flag for scoring. Swimmers must hand tag behind the start/finish flag or exchange flag on exchanges.

2) Paddle Relay: 6 competitors, 2 must be female. *Any order of male and female*. 3 competitors will stage at the start/finish flag and 3 competitors will stage at the exchange flag. Each leg will be around the second larger buoy box. The 1st competitor will start at the start/finish flag and paddle the second buoy box and then exchange with the 2nd paddler at the exchange flag. This will be repeated for all 6 paddlers. The board can be exchanged any way and must be brought across the finish line for scoring.

3) Medley Relay: 5 competitors, 1 runner - must be female, 2 swimmers, 1 paddler, 1 kayaker. The 2nd swimmer, and kayaker will have to be at the appropriate exchange flag before the start of the race. The run course will be briefed at the Captain's meeting. 1 swimmer will be staged at the start/finish flag and the second swimmer will be staged at the exchange flag. The first swimmer will swim the first swim box and tag the second swimmer at the exchange flag where they will also swim the first swim box. The second swimmer will tag the paddler at the start/finish flag and they will paddle the second paddle box. The paddler will tag the kayaker at the exchange flag and they will paddle the second paddle box. The kayaker does not need to cross the finish line with the kayak for scoring (can be left at the water line and run through the finish).

4) Run Relay: 6x 100 meter run relay, 6 competitors, first 2 legs must be female. Lanes will be drawn before the race. Teams will be given a baton that will be exchanged with each leg. 3 competitors will start on the start/finish line and three competitors will start on the other side. The final runner's body must cross the line for scoring.

5) Beach Flags: 1 female and 1 male from each beach or club will compete. Single elimination each round. Lanes will be drawn before the event. Rules will also be explained before the event.

2nd Annual Mike Hudson Memorial Relays Roster 2024

Team: _____ Captain: _____

Event Competitors

#1 Swim Relay (4 swimmers 1 must be female)

1. _____

2. _____

3. _____

4. _____

#2 Paddle Relay (6 Paddlers 2 must be female in any leg)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

#3 Medley Relay (5 competitors, run leg must be female)

1. Run_____

2. Swim_____

3. Swim_____

4. Paddle_____

5. Kayak_____

#4 Run Relay (6 competitors, first 2 legs must be female)

1.(female)_____

2.(female)_____

3._____

4._____

5._____

6._____

#5 Beach Flags (1 male and 1 female)

1.(female)_____

2.(male)_____