

# SAN CLEMENTE OCEAN FESTIVAL



CALIFORNIA WATERMAN & WATERWOMAN  
CHAMPIONSHIPS  
**July 16&17 2011**

Rules & Courses Manual

## **SATURDAY July 16**

8:00 a.m.	Event 1	<b>Biathlon</b> (1k swim, 5K Beach Run)
8:30 a.m.	Event 2	<b>10K Distance Paddle Race</b> (paddleboard- UL or stock, SUP - 12'6", 14' & UL, & surf ski/ocean kayak)
10:15 a.m.	Event 3	<b>Dash-For-Cash, \$</b> (swim sprint)
11:00 a.m.	Event 4	<b>National Doryman Assoc. 3 Lap Race #1, \$</b>
12:00 p.m.	Event 5	<b>2K Lifeguard Surf Ski Race, \$</b>
1:00 p.m.	Event 6	<b>1K Sprint Paddleboard Race (10'6"), \$</b>
2:00 p.m.	Event 7	<b>National Doryman Assoc. 3 Lap Race #2, \$</b>
3:00 p.m.	Event 8	<b>1K SUP Sprint Race (12'6" &amp; under), \$</b>
3:30 p.m.	Event 9	<b>SUP Surf Relay, \$</b> (4 person team, at least one female).
4:00 p.m.	Event 10	<b>American Ironman&amp;Ironwoman, \$</b>
4:30 p.m.	Event 11	<b>Beach Flags, \$</b> (conditions permitting)

## **SUNDAY July 17**

8:00 a.m.	Event 12	<b>5K Beach Run, \$</b>
9:00 am	Event 13	<b>Aloha Challenge Relay</b> (5 person relay - run, paddleboard, SUP, ski, swim)
10:00 a.m.	Event 14	<b>SUP 3.5 Mile Race, \$</b> (surf class under 12', 12'6, 14')
12:00 p.m.	Event 15	<b>1 Mile Ocean Swim, \$</b>
1:15 p.m.	Event 16	<b>San Clemente Waterman Challenge, \$</b> (SUP, swim & run)
2:00 p.m.	Event 17	<b>Run-Swim-Run</b>
3:00 p.m.	Event 18	<b>Splash &amp; Dash</b>

**San Clemente Ocean Festival  
CALIFORNIA WATERMAN & WATERWOMAN CHAMPIONSHIPS**

**PRIZE MONEY BREAKDOWN – SATURDAY July 16**

<b>Dash for Cash</b>	<b>Open Mens Winner \$100</b>	<b>Women's winner \$100</b>
<b>National Doryman Races #1</b>	<b>1<sup>st</sup> \$200</b>	
<b>National Doryman Races #1</b>	<b>1<sup>st</sup> \$200</b>	
<b>2K Surf Ski Race</b>	<b>Open Mens Winner \$100</b>	<b>Women's winner \$100</b>
<b>1.5k Paddleboard Race</b>	<b>Open Mens Winner \$100</b>	<b>Women's winner \$100</b>
<b>SUP Sprint</b>	<b>Open Mens Winner \$100</b>	<b>Women's winner \$100</b>
<b>SUP Relay</b>	<b>1<sup>st</sup> \$200</b>	
<b>American Ironman</b>	<b>Open Mens Winner \$100</b>	<b>Women's winner \$100</b>
<b>Beach Flags</b>	<b>Open Mens Winner \$100</b>	<b>Women's winner \$100</b>

**PRIZE MONEY BREAKDOWN – SATURDAY July 17**

<b>5k Beach Run</b>	<b>Open Mens Winner \$100</b>	<b>Women's winner \$100</b>
<b>SUP 3.5 Mile SUP Race</b>	<b>Open Mens Winner \$100</b>	<b>Women's winner \$100</b>
<b>1 Mle Ocean Swim</b>	<b>Open Mens Winner \$100</b>	<b>Women's winner \$100</b>
<b>San Clemente Waterman Challenge</b>	<b>Open Mens Winner \$100</b>	<b>Women's winner \$100</b>

**San Clemente Ocean Festival  
CALIFORNIA WATERMAN & WATERWOMAN CHAMPIONSHIPS**

**SATURDAY July 16 & SUNDAY July 17**

**PROVIDED SWIM CAPS MUST BE WORN BY ALL EVENT  
PARTICIPANTS IN OCEAN EVENTS. SWIM CAPS ARE  
HIGHLY VISIBLE AND ARE A MANDATORY SAFETY  
REQUIREMENT. ANY OCEAN EVENT PARTICIPANT  
REFUSING TO WEAR A PROVIDED SWIM CAP WILL NOT BE  
PERMITTED TO PARTICIPATE IN THE EVENT.**

**THANK YOU**

**San Clemente Ocean Festival  
CALIFORNIA WATERMAN & WATERWOMAN CHAMPIONSHIPS**

**Age Groups Men & Women – SATURDAY July 16**

For the purpose of dividing the SCOF competitors into age categories, the following breakdown shall be used.

Any age	OPEN
18 & Under	JUNIOR
40 & Over	SENIOR

Competitor **MUST CHOOSE ---- either OPEN, JUNIOR or SENIOR at time of entry...** this is your category for all the events you enter that day.

**CASH AWARDS** for race winners (men & women).

**SCOF Medals** offered 1<sup>st</sup>, 2<sup>nd</sup>&3<sup>rd</sup> in JUNIOR, OPEN & SENIOR categories.

**San Clemente Ocean Festival**  
**CALIFORNIA WATERMAN & WATERWOMAN CHAMPIONSHIPS**

**Event Administration**

**Beach Master** shall be responsible for starting races and determining finish placing.

**Beach Master** shall act as judge and referee for all relevant events.

Competitor disqualifications are at the discretion of the **Beach Master**.

Competitor complaints can be directed to the **Beach Master** for decision.

Beach Master has discretion to eject any athlete based on poor sportsmanship or harassment.

The **Beach Master** can use discretion to caucus with event coordinator and competition coordinator, watercraft operator to provide a decision for a protest.

**Equipment Specifications**

Dory – All dories shall meet the NDA's (National Dorymen Association) equipment specifications.

10K Surf Ski/Ocean Kayak Race is OPEN class.

10K Paddleboard Race – Paddleboards

-Unlimited Class (anything that floats and is hand powered).

-Stock board 12'0"

10K Stand-up surf paddle Open class (must power craft with paddle)

-Unlimited Class

-14' Class

-12'6" Class

1.5K Paddleboard Sprint Race

-10'6" Paddleboards ONLY

2K Surf Ski Race

-USLA Lifeguard specification ONLY

American Ironman&Ironwoman

-10'6" Paddleboards ONLY

International Ironman&Ironwoman

-10'6" Paddleboards

-Lifeguard specification Surf Skis. USLA.

SUP Surf Sprint: 12'6" ONLY.

SUP Surf Relay: 12'6" SUP boards ONLY.

San Clemente Waterman 12'6" SUP ONLY

Aloha Challenge 10'6" paddleboard & 12'6" SUP

**San Clemente Ocean Festival  
CALIFORNIA WATERMAN & WATERWOMAN CHAMPIONSHIPS**

**GENERAL COMPETITION REGULATIONS – SATURDAY July 16**

(IF PROVIDED) Competition Jerseys: All competitors must wear their competition jersey securely on their torso at the start, during and finish of all events.

False Starts: One false start is charged to the field, further false starts shall be charged to an individual which results in disqualification.

Event Finish: All events with the exception of surf ski end in a finish on the beach. At the finish a place stick will be given to the top 15 competitors. All competitors with place sticks shall be marshaled into a designated area to have their name, number and place recorded. Failure to comply will result in a loss of points for that event.

There is a 5-minute time limit to have names and numbers recorded. Failure to turn in placement sticks within this limit will result in a loss of points for that event.

**San Clemente Ocean Festival  
CALIFORNIA WATERMAN & WATERWOMAN CHAMPIONSHIPS**

**EVENT 1 BIATHLON (1,000 METER SWIM-5K BEACH RUN)**

Course: The course is around all buoys as directed by the starter. At no time during the race may a competitor impede another competitor. Any competitor failing to round all buoys will be disqualified from the race.

Swim (1) one complete laps around triangle course (buoys #1, 2 & 3). Exit water and run south on the beach to flag (2.5km) return and finish at finish chute.

No fins, hand paddles or wetsuits allowed.

Start: Swimmers shall start from behind a line on the beach.

Finish: Swimmers will finish in an upright position in the funnel finish set up on the beach. Any shifting or hassling for position in the funnel will result in disqualification.

**EVENT 2 10K PADDLEBOARD, SURF SKI/OCEAN KAYAK & STAND-UP SURF (SUP)  
PADDLE RACE**

Course: The course is around all buoys as directed by the starter. At no time during the race may a competitor impede another competitor. Any competitor failing to round all buoys will be disqualified from the race.

Paddlers complete two (2) laps around designated course. Exit water and finish at finish chute.

Start: Paddlers will line up between the starting line flags in knee-deep water. The paddler's body shall be behind the starting line.

Shall start the race in heats of the following order --- paddleboard, Stand-up surf paddle & surf ski/ocean kayak.

Finish: Paddlers will finish in an upright position in the funnel finish set up approximately 10 meters from the water. All competitors must cross the finish line from a seaward position. Any shifting or hassling for position in the funnel will result in disqualification.

**EVENT 3 DASH FOR CASH**

Event set-up / General Rules

Swimmers will line up on the designated starting line parallel to the shore between the two cones and/or flags. The course is approximately 400 meters. Competitors must swim around the two inside designated buoys in a direction determined by the Beachmaster. Rash guards/competition jerseys must be worn. Any competitor that impedes or fails to complete the entire course will be disqualified.

Start / Finish

Competitors will be marshaled behind the designated starting line. One false start is charged to the field; further false starts shall be charged to an individual, which results in disqualification. At the command of the starter, the competitors will swim the course as outlined by the Beachmaster.

**San Clemente Ocean Festival  
CALIFORNIA WATERMAN & WATERWOMAN CHAMPIONSHIPS**

**EVENT 3 DASH FOR CASH --- Continued**

At the finish line the event prize money will be held by an event official for the race winners to secure. There will be an Open & Women's envelope available with the cash awards.

A competitor is not finished until they have crossed the finish line and received a place stick. Competitors must not leave the finish area until their place, name and number has been recorded.

**EVENT 4&7 NATIONAL DORYMAN THREE-LAP SURF RACE**

Dories must conform to the NDA dory specifications. In the event of a capsize, it is permissible to get help in righting the dory. Broken oar replacement is the responsibility of the individual dory team members, and no outside help is allowed in replacing a broken oar. All applicable NDA rules apply.

**Start / Finish**

After the dories are lined up in their respective lanes, one member of the team must line up at the starting line. The remaining rower must be out of the dory in control of the craft. One false start is charged to the field, further false starts shall be charged to an individual, which results in disqualification of the dory team. At the starter's command, the rower at the starting line will run to the dory. The team must round all buoys three times. After the first lap, either member of the team shall exit the dory, run up the berm and cross the starting line or the imaginary extension of that line and return to row the next lap. The same rules apply for the end of the second lap. At the conclusion of the third and final lap either member of the team must exit the dory and cross the finish line. The competitors will be considered to have finished the race when they cross the finish line. Competitors must not leave the finish area until their place, name and number, has been recorded by the scorer.

**Rules of the Road / Right of Way**

In the event of two or more dories are approaching a designated buoy or turning point in close proximity of each other and within a radius of 100', the dory on the inside has the right of way unless the dory on the outside has its stern oar lock ahead of the bow of the inside dory. In all situations, slower dories must give way to faster dories during exchanges between laps. Dories that have fallen a partial lap behind and are transversing the course in the opposite direction shall give way to the dories on the lead lap. Communication between dory teams is a prerequisite for implementation of any disqualification ruling.

**San Clemente Ocean Festival**  
**CALIFORNIA WATERMAN & WATERWOMAN CHAMPIONSHIPS**

**EVENT 5      2K SURF SKI RACE – USLA LIFEGUARD SPEC ONLY FOR POINTS**

Paddlers will line up between the starting line flags in knee-deep water. The paddler's body shall be behind the starting line. One false start is charged to the field, further false starts shall be charged to an individual, which results in disqualification. At the starter's command, the competitors will paddle the course, rounding all buoys in a clockwise direction. The finish line will be two flags approximately 10 meters apart, in knee-deep water at the northern end of the course. The finish is determined by any part of the surf ski that crosses the line first with a competitor in control of the surf ski. Competitors must finish with their paddles. Competitors will be given a place stick and immediately marshaled out of the finish line to make room for more surf skis. Paddlers who do not receive a place stick must immediately bring this to the attention of the referee. Competitors must not leave the finish area until their place, name and number, has been recorded by the scorer.

**EVENT 6      1K PADDLEBOARD RACE (10'6" boards only)**

Start / Finish

Paddlers will line up between the flags on the starting line parallel to the shore with their paddleboard. The paddler's body shall be behind the starting line. One false start is charged to the field, further false starts shall be charged to an individual, which results in disqualification. At the starter's command, the competitors will run to the water and paddle the course, rounding all buoys in a clockwise direction. Competitors must cross the finish line in an upright position in control of their board. Competitors must not leave the finish area until their place, name and number, has been recorded by the scorer.

**EVENT 8      STAND-UP (SUP) PADDLEBOARD SPRINT (12'6" boards only)**

Start / Finish

Paddlers will line up between the flags on the starting line parallel to the shore with their SUP. The paddler's body shall be behind the starting line. One false start is charged to the field, further false starts shall be charged to an individual, which results in disqualification. At the starter's command, the competitors will run to the water and paddle the course, rounding all buoys in a direction determined by the Beachmaster. At the finish SUP boards can be left at the finish. Competitors must cross the finish line in an upright position in control of their PADDLE. Competitors must not leave the finish area until their place, name and number, has been recorded by the scorer.

**Event 9      SUP SURF RELAY**

Each team will have (3) relay members with at least (1) female. SUP boards must be 12'6" or less to be qualified.

Starting from the beach, team member (1) will paddle through the surf zone and paddle around the designated buoy and back through the surfline. The athlete must bring the board up to the relay exchange area where he will make the exchange with the next team member... this to be repeated until the (3) team members each compete one leg. Only one board can be used by the relay team.

The finish is on the beach.

## **EVENT 10 AMERICAN IRONMAN & IRONWOMAN**

1. Swim – Start behind a designated line on the berm. Swim the inter-most designated buoys in a clockwise direction.
2. Board – Start behind a designated line on the berm. Paddle around the middle designated buoys in a clockwise direction.
3. Dory – Start in the water at a designated area. One handler is allowed. Row around the entire course in a clockwise direction. All legs are completed in a clockwise order with a run around a designated cone in the center of the course to the starting area between each water leg. Competitors may drop their boards or leave their dories in knee deep water and continue to race. Handlers must remove boards and dories from the transition/finish area immediately without interfering with other competitors. Hindering a competitor will subject the handler's competitor to a disqualification.

### **Start / Finish**

Depending on the order of the draw, the starter will either:

1. Line up competitors for a swim start on the berm, or
2. Draw for lane assignments to start either the board or dory leg.

One false start is charged to the field, further false starts shall be charged to an individual, which results in disqualification. After the command to start has been given by the starter, competitors will complete three laps in the order drawn. The finish will be on the berm. Competitors must not leave the finish area until their place, name and number has been recorded by the scorer.

## **EVENT 11 Beach Flags (conditions permitting)**

## **EVENT 12 5K BEACH RUN**

Course: The course is around all flags as directed by the starter. At no time during the race may a competitor impede another competitor. Any competitor failing to round all flags will be disqualified from the race.

Run south on the beach to flag (2.5km) return and finish at finish chute.

Start: Runners shall start from behind a line on the beach.

Finish: Runners will finish in an upright position in the funnel finish set up on the beach. Any shifting or hassling for position in the funnel will result in disqualification.

**EVENT 13 Aloha Challenge Relay (run, paddleboard, swim, SUP)**

**EVENT 14 3.5 Mile SUP Race (Stan-Up Paddleboard)**

Course: The course is around all buoys as directed by the starter. At no time during the race may a competitor impede another competitor. Any competitor failing to round all buoys will be disqualified from the race.

Paddlers complete one (1) laps around designated course. Exit water and finish at finish chute.

Start: Paddlers will line up between the starting line flags in knee-deep water. The paddler's body shall be behind the starting line.

Finish: Paddlers will finish in an upright position with paddle in hand - in the funnel finish set up approximately 10 meters from the water. All competitors must cross the finish line from a seaward position. Any shifting or hassling for position in the funnel will result in disqualification.

**EVENT 15 ONE (1) MILE OCEAN SWIM**

Course: The course is around all buoys as directed by the starter. At no time during the race may a competitor impede another competitor. Any competitor failing to round all flags will be disqualified from the race.

Swim two (2) complete laps around triangle course (buoys #1, 2 & 3). Exit water and finish at finish chute.

No fins, hand paddles or wetsuits allowed.

Start: Swimmers shall start from behind a line on the beach.

Finish: Swimmers will finish in an upright position in the funnel finish set up approximately 10 meters from the water. All competitors must cross the finish line from a seaward position. Any shifting or hassling for position in the funnel will result in disqualification.

## **EVENT 16     SAN CLEMENTE WATERMAN (Run-Swim-SUP)**

Course: The course is around all flags as directed by the starter. At no time during the race may a competitor impede another competitor. Any competitor failing to round all flags will be disqualified from the race.

The race consists of swim, run and SUP. The starter will determine course for each leg and announce/explain course to the entrants prior to the start of the race.

To be eligible for prizes you must compete on a 12'6 SUP.

Start: Competitors shall start from behind a line on the beach.

Finish: Entrants will finish in an upright position in the funnel finish set up on the beach. Any shifting or hassling for position in the funnel will result in disqualification.

Depending on the order of the draw, the starter will either:

1. Line up competitors for a swim start on the berm, or
2. Draw for lane assignments to start either the board or swim leg.

One false start is charged to the field, further false starts shall be charged to an individual, which results in disqualification. After the command to start has been given by the starter, competitors will complete three laps in the order drawn. The finish will be on the berm. Competitors must not leave the finish area until their place, name and number has been recorded by the scorer.

## **EVENT 17     400m Run – 400m Swim – 400m Run**

Course: The course is around all buoys as directed by the starter. At no time during the race may a competitor impede another competitor. Any competitor failing to round all flags will be disqualified from the race.

Run (1) lap on the sand as directed by the starter. Then swim one (1) complete lap around buoys #1 & #3. Exit water and run around flag at north end of course to the flag at North end of the course and finish at finish chute.

No fins, hand paddles or wetsuits allowed.

Start: Racers shall start from behind a line on the beach.

Finish: Racers will finish in an upright position in the funnel finish set up approximately 10 meters from the water. All competitors must cross the finish line from a seaward position. Any shifting or hassling for position in the funnel will result in disqualification.

## **EVENT 18     SPLASH & DASH**

Course: The course is around all buoys as directed by the starter. At no time during the race may a competitor impede another competitor. Any competitor failing to round all flags will be disqualified from the race.

Swim one (1) lap around buoys #1, #2 & #3. Exit water and finish at finish chute.

No fins, hand paddles or wetsuits allowed.

Start: Swimmers shall start from behind a line on the beach.

Finish: Swimmers will finish in an upright position in the funnel finish set up approximately 10 meters from the water. All competitors must cross the finish line from a seaward position. Any shifting or hassling for position in the funnel will result in disqualification.