

# Christmas Carnival – Teams

**World Wave:** Competitors start out the back of the waves, a flag will be dropped, first to the finish line wins.

**Board Flags:** Competitors on Boards start from their starting positions, a flag is dropped and the race back to shore, carry boards above the wave line (marked) and then secure a points flag. 3 rounds (open, 200m badge, non 200m badge)

**Board Relay:** Multi distance – U8/non-200m badge, u10, open/200m badge

**Reverse Tube Rescue:** 2 tubes, 4 swimmers 2 patients – Carry patients to the water in tubes. Swim them out to an IRB at the cans. All get in Paddle the IRB back to shore. Both patients to run across finish line.

**IRB Canoe:** Paddle IRB out through the waves (Inside the break) round a can and back.

**Ski Relay:** Ski paddlers (2) Runners (4) – Subject to ski paddler availability

**Board Rescue Relay:** Patient runs to cans (u8 -u10) Rescuer (6ft foamie) rescues, tags next patient and repeat (8 people)

**Surf Teams Relay:** Same as Board Relay – Multi distance 2 per round (8)

**Rob the nest Flags:** In teams, one run, one flag – tag teammate for their turn. Flags have different point value.

**We will need a hull from St Kilda and Brighton please. Can collect and return.**