

MILES RIVER YACHT CLUB

2015 Boardman's Challenge Boardman Instructions

July 25, 2015



1. RULES: The events shall be governed by the following rules:

1.1. Mast Obstacle Course

- 1.1.1. All teams use the same supplied mast. The mast will start on saw horses.
- 1.1.2. A whistle will start the clock. Each team of **four** must walk the mast through the course clockwise. All members must walk the course.
- 1.1.3. The clock will stop when the mast is placed back on both saw horses with all **four** team members touching the mast.
- 1.1.4. Some "obstacles" cannot be broken. Breaking a window, or breaking a light will add 20 seconds to the team time per occurrence.
- 1.1.5. If a team member takes their hands off the mast, it will add 20 seconds to the team time per occurrence.
- 1.1.6. If a team member steps out of bounds, it will add 5 seconds to the team time per step.
- 1.1.7. If the mast is dropped, it will add 1 minute to the team time per occurrence.
- 1.1.8. The team with the fastest time wins.

1.2. Mast Stepper 3000 (The Herniator)

- 1.2.1. The team of **four** will stand on the MS-3K. A whistle will start the clock.
- 1.2.2. You will have 10 seconds to apply as much upwards force as possible to the mast. No mechanical devices may be used – only the strength of the team.
- 1.2.3. After 10 seconds, a whistle will sound. The highest displayed force applied to the mast will be recorded.
- 1.2.4. The team with the most force applied wins.
- 1.2.5. Teams will be allowed to practice and then each team will be allowed two timed attempts.

1.3. Board Swim

- 1.3.1. One boardman will stand at the edge of the pool in the designated lane at the deep end. One boardman will be in the water at the shallow end with one hand on the wall and one hand on the board.
- 1.3.2. A whistle will start the clock. The boardman at the deep end will dive in, swim to the board at the shallow end, tag the board, and then both boardmen must swim to the deep end with the board in tow. The boardman at the shallow end must keep a hand on the wall until the board is tagged.
- 1.3.3. The clock will stop when both boardmen touch the wall at the deep end with either boardman also touching the board.
- 1.3.4. The board cannot touch either wall. Each touch adds 20 seconds to the team time. Breaking a tile disqualifies your team from the board swim.
- 1.3.5. The team with the fastest time wins.

2. NOTICES TO COMPETITORS: Notices to competitors shall be posted on the official notice board. The official notice board is the on-line site here:

www.regattanetwork.com/event/10954

All results will be posted to this site as well.

3. CHANGES TO EVENT INSTRUCTIONS: Any change to the event instructions or schedule of events shall be posted on the official notice board before 4:30 pm. A postponement may

be necessary if the canoe racing goes long, or there is a weather problem. Any postponement will be posted on the official notice board.

SCHEDULE OF EVENTS:

	SATURDAY 7/25/15
Registration	4:30 – 5:00
Boardman's Meeting	5:00
1 st Warning Signal	5:10
Trophy Awards	ASAP after last event

4. **SCORING:** The low point scoring system of RRS Appendix A shall apply. If there is a need for a tie-breaker, an additional event referred to as the "Boardman's Wet T-Shirt Dance-off" will be added to break the tie. If a tie still persists, the tie will be broken using RSS Appendix A8.
5. **PRIZES:** Trophies will be awarded to the first, second, and third place teams. Additional trophies may be awarded.
6. **ALCOHOLIC BEVERAGES:** The Club has a liquor license and will be serving alcoholic beverages. You cannot bring your own alcoholic beverages onto Club property.
7. **DISCLAIMER OF LIABILITY:** Competitors participate in the event entirely at their own risk. The Miles River Yacht Club will not accept any liability for material damage, personal injury, or death sustained in conjunction with, prior to, during, or after the event.