

2016 Carpinteria Competition

Friday July 15th

Schedule of Events:

6:00 am – Carp Instructors meet at Ash beach

7:00 am – Carp Instructors set up beach

8:00 am - (volunteers welcome to come help set up) ☺

8:00 am – **ALL Carp JG's Arrive in FULL uniform at Holly Beach at Carpinteria EZ-Up**

8:30 am – Group stretch and pep-talk

***** Volunteers if you could arrive at 8:00am as well, or sooner, that would be great!**

8:30 am – Instructor and volunteer meeting at Holly

9:00 am – Competition starts, everyone heads down to boat launch area at Ash beach for the Distance Paddle. (The day should end around 3:30pm after the award ceremony)

A, B, and C Scheduled Events start after the Distance Paddle

A 's – 17-14 yr.	B 's – 13-12 yr.	C 's – 11-9 yr.
9:00am = Distance Paddle @ Ash	9:00am = Distance Paddle @ Ash	9:00am = Distance Paddle @ Ash
Long Run	R-S-R	Run Relay
Long Swim	Beach Flags	Taplin Relay
Run-Relay	Long Swim	R-S-R
R-S-R	Run Relay	Paddle Relay
Paddle Relay	Taplin Relay	Beach Flags
Beach Flags	Long Run	Long Swim
Taplin Relay	Paddle Relay	Long Run

ATTENTION

*** At the Comp please make sure you have the following:

- Lots of **WATER!**
- Snacks (power bars, granola bars, ETC...)
- Sunscreen
- JG hat
- Towels
- Money if you would like to purchase Carp Comp T-shirts and food

Parking:

* Best places to park would be on the side streets just off of Sandyland Rd, if you do park next to the beach or beside the park watch out for 90 min parking they are very strict!