



PRESS RELEASE

22nd September 2017

Dominant Clare squad to face host county test for Surf Rescue Championships at Rosstown Beach

Donegal will be looking for local advantage next weekend (23rd & 24th September 2017, Rosstown, Co. Donegal) for the annual IWS Surf Rescue Championships as Co. Clare seek to continue their dominance of the sport that has a following of 4,000 active participants around Ireland including many leading lifeguards.

Competitions feature key skills both on the ocean and beach using a blend of athleticism, swimming and rescue techniques. A counterpart championship for pool rescue is staged at the UL Sports Campus every February.

A total of 259 competitors between Senior and Masters levels - a 25% increase on the 2016 championship - will represent ten counties over the two-day event starting at 9.30am on Saturday.

The 2017 is also part of the ILSE Europa Cup featuring the best of selected national championships to determine the region's best overall athletes.

The Irish Water Safety national squad recently returned from the European Championships in Ostend with a haul of 25 medals marking one of the best ever performances for IWS competitors.

Ends

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COMPETITION DESCRIPTIONS

Water Events

Surf Race: With a running start into the surf from the start line on the beach, competitors swim around the 400 m (280 m for Masters) course designated by buoys, returning to shore to finish between the finish flags on the beach.

Ski Race: Competitors steady their surf skis in line in knee-deep water about 1.5 m apart. Competitors must obey directions from the starter or check starter concerning surf ski alignment at the start. On the starting signal, competitors paddle their surf skis around the course marked by buoys and return to finish when any part of the surf ski crosses the in-water finish line – ridden, gripped, or carried by the competitor.

Ocean Man/Woman: Competitors cover a 1.2 km course that includes a swim leg, a board leg, a surf ski leg, and a beach sprint finish. Conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surf ski races, board races, surf races, beach sprints.

Board Race: Competitors stand on or behind the start line on the beach with their boards 1.5 m apart. At the start signal, competitors enter the water, launch their boards, and paddle the course marked by the buoys, return to the beach, and run to cross the finish line.

Beach Events

20m Flags: From a prone starting position on the beach, competitors rise, turn and race approximately 20 m to obtain a baton (beach flag) seated upright in the sand with about two-thirds showing. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.

90m Sprints: Competitors take their positions in their allotted lanes. At the starting signal, competitors race the 90 m (70 m for Masters) course to the finish line. The finish is judged on the competitors' chest (only) crossing the finish line. Competitors must finish the event on their feet in an upright position.

Tube Rescue: Four competitors from each team participate in this event: a "victim," one rescue tube swimmer, and two rescuers. The victim swims approximately 120 m to a designated buoy, signals, and waits to be rescued by the rescue tube swimmer. As they return to shore, the remaining two rescuers enter the water to assist. The event finishes when the first competitor in a team crosses the finish line while in contact with the victim.