

2010 Carpinteria Competition

Friday July 16th

Schedule of Events:

7:00 am – Carp Instructors meet at Ash beach @ 7:00 am (volunteers welcome to come help set up) ☺

8:30 am – ALL Carp JG's Arrive in FULL uniform at Holly Beach at Carpinteria EZ-Up

8:45 am – Group stretch and pep-talk

***** Volunteers if you could arrive at 8:45 am as well, or sooner, that would be great!**

9:00 am – Instructor and volunteer meeting at Holly

9:30 am – Competition starts, everyone heads down to boat launch area at Ash beach for the Distance Paddle. (The day should end around 3:30 pm 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.
9:30am = Distance Paddle @ Ash	9:30am = Distance Paddle @ Ash	9:30am = Distance Paddle @ Ash
Long Run	R-S-R	Run Relay
Long Swim	Beach Flags	R-S-R
Run-Relay	Long Swim	Paddle Relay
Run-Swim-Run (R-S-R)	Run Relay	Beach Flags
Paddle Relay	Long Run	Long Swim
Beach Flags	Paddle Relay	Long Run

ATTENTION

******* There is no concession stand at the Comp so 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

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!