

## There are the board events in competition:

### Board Race

This is an individual event where competitors paddle a board around a course approximately 250m. Divisions include Men and Women in Open, U19, U17, U15 and Masters categories.



### Board Relay

This is a team event of three paddlers each completing the board course of approximately 250m. Each team member in the first and second legs of the relay tags the next person in their team when returning to the beach. The third team member crosses the finish line. Divisions include Men and Women in Open, U19, U17, U15 and Masters categories.



### Board Rescue

Each team has two members – one swimmer and one board paddler. The swimmer or 'patient' swims to a buoy where they raise their hand to signal to their board paddler team mate to rescue them. When the board paddler reaches their swimmer the swimmer climbs onto the board and both competitors paddle the board back to the beach. Divisions include Men and Women in Open, U19, U17, U15 and Masters categories.

