



**OCBP Rookie Tryouts**  
**Saturday June 18, 2022 @ 9AM**  
**Registration starts @ 8AM**  
**18th Street Beach**

The 2022 OCBP Rookie test will be based on 6 criteria. A 1/2 mile qualifying beach run in 3:45 or less (location subject to change based on conditions), 500m box swim, 500m box paddle, 500m erg row, and Surf dash (short sprint to a marker in the water at waist deep and back).

There will also be an interview that will take place during the erg row where candidates will be given a time slot to report to both. All events will be scored.

**9:00-9:15am      1/2 Mile Qualifying Beach Run**

The 1/2-mile beach run must be completed under 3 minutes and 45 seconds. The run will be run in heats based on the number of candidates. The candidates will run 1/4 down the beach, turn a flag from the beach side towards the ocean, then run back to the start. This is a qualifying run that must be completed under 3 minutes and 45 seconds in order to qualify to continue on with the rest of the OCBP tryouts. Candidates that do not finish under the designated time will not qualify to finish the rest of the tryouts.

**10:00 am          500m Box Swim**

The direction of the box swim will be set in the morning based on the current that morning. The box swim will be done by heats based on the number of individuals trying out. Each candidate will be given a rescue can that they must swim with for the entire course. They will start between two flags on dry sand, run out into the water, and then swim approximately 100m out to the first ball. Once they turn the first ball, they will then swim parallel to shore to the next ball, make that turn and then swim straight in towards shore. The candidates will finish between two flags on dry sand and will be given a placement stick that they will then return to the recorder.

**11:00am          500m Box Paddle**

The box paddle course is the same course as the box swim and will also have the same start and finish line. This will also be done in heats based on the number of individuals trying out and the number of boards being used. The candidates will use soft top rescue boards for the paddle. The candidates must start with the boards in their arms between the starting flags and must carry the board out to the water. They will then paddle the same course and direction as the box swim. When they finish, competitors must carry their boards across the finish line where they will be given a placement stick that they must return to the recorder.

## OCBP Rookie Tryouts



### 12:00 **Surf Dash (2 timed races)**

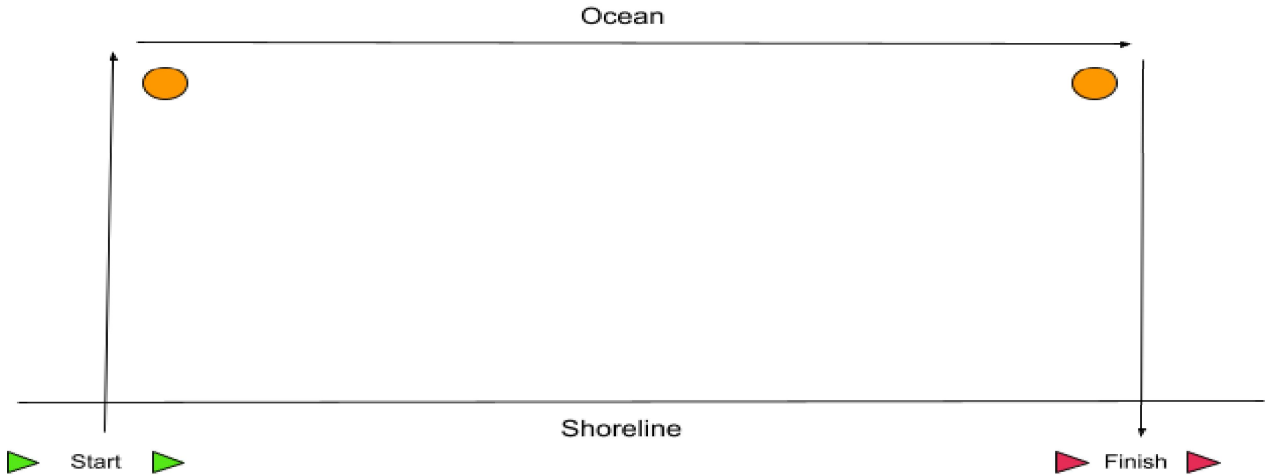
Each candidate will be assigned to a lane from lane 1 through 8. Starting at their designated lane pole on dry sand, they will run out and surf dash to their assigned pole in waist deep water. Each candidate must make a visible hand touch to their pole in order to run/swim back in. There will be 2-3 line judges in the water. They must run back to their pole in their lane and may finish between their pole and the one north or south of them. Their time stops when their chest crosses the plane between their poles. Each candidate will have 2 tries or 2 timed races and both times will be recorded. In order to accommodate possible depth differences or currents, candidates that ran their first race in lane 1 will switch with lane 4, lane 2 will switch with lane 3. The candidate's top time will be used.

### **Lunch Break: 12:30 to 1:30**

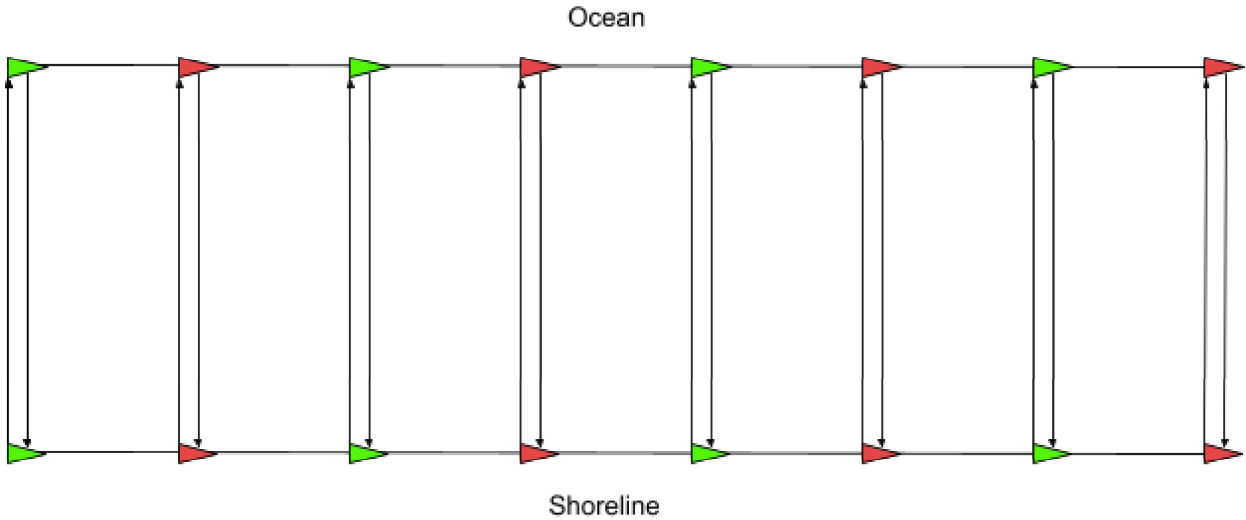
### 1:30 - **500m Erg Row/Interview**

The row will be done on a Concept 2 rowing ergometer at the Community Center on 17th and Haven. The row will be done for time on an individual basis and will be recorded by the timer. During this time, candidates will also complete an interview after their erg test is completed.

**500m Box Swim and Paddle**



**Surf Dash**



**1/2 Mile Run**

