



**COQUINA**

*Cup*

FLAGLER  
BEACH  
2018



**MAY 17-19, 2018**

---

**WWW.COQUINACUP.COM**



**#COQUINACUP**

# TABLE OF CONTENTS

Letter from the Mayor of Flagler Beach .....	2
Letter from the Chair of the Flagler County Board of County Commissioners .....	2
Site Map.....	3
Schedule of Events .....	5
Event Descriptions.....	6-7
A. Surf Race.....	6
B. Board Race.....	6
C. International Ironwoman.....	6
D. Surfski Race.....	6
E. Beach Flags.....	6
F. Co-ed Relay.....	6
G. Run - Swim - Run.....	7
H. International Ironman.....	6-7
I. Single Surfboat Race.....	7
J. Beach Run 2K.....	7
K. Beach Relay.....	7
L. Taplin Relay.....	7
M. 5K USMS/USAS Sanctioned Open Water Swim.....	7
N. 1 Mile USMS/USAS Sanctioned Open Water Swim.....	7
O. 5K Paddle (SUP and Suf Ski).....	7
P. 1 Mile Paddle (SUP and Suf Ski) Competitive.....	7
Q. 1 Mile Fun Paddle (SUP and Suf Ski).....	7
R. 1 Mile Open Water Swim.....	7
Event Sponsors.....	8

---

## LETTER FROM THE MAYOR OF FLAGLER BEACH

May 17, 2018

On behalf of the citizens of Flagler Beach, I would like to extend a warm welcome to all athletes and spectators competing and attending the Inaugural Coquina Cup held May 17-19, 2018.

Flagler Beach knows a thing or two about sporting events. We're home to the Tommy Tant Memorial Surf Classic, Red Bull Night Riders, Surfers for Autism and many other quality events. The people of Flagler Beach have shown themselves to be tremendous hosts for sporting events, volunteering at all levels. Our iconic pier, scenic A1A, and boardwalk are ideal for setting the perfect stage at your event.

Flagler Beach is a unique city with a variety of parks, accommodations and abundant dining and recreational opportunities. If you've never been to Flagler Beach, we think we'll surprise you with the vitality of our community, the breadth of entertainment and dining options we offer and the friendliness of our citizens.

From the beauty of our beach to the thriving arts and cultural community we possess, we are confident you will have not only an enjoyable visit, but a memorable event. Best of luck!

Sincerely,



Linda Provencher  
Mayor, City of Flagler Beach

# LETTER FROM THE CHAIR OF THE FLAGLER COUNTY BOARD OF COUNTY COMMISSIONERS

## WELCOME TO FLAGLER COUNTY!

This is an amazing sports destination, and we are very proud and honored to have created the Inaugural Coquina Cup on Flagler Beach.

Our County knows what it takes to host a large variety of sporting events every season, including the upcoming United States Lifesaving Association's Southeast Regional in July 2018. Our County includes outstanding venues to serve the needs of National Governing Bodies and Event Rights Holders alike. Plus, Flagler Beach has a history of hosting outstanding sports events including the Flagler Surf Series and Eastern Surfing Association contests.

While you are here, I hope you have a chance to explore and experience this great County. I understand the event will end at approximately 2:00 pm each day. What an opportunity to enjoy our over 125 miles of paved and off road trails, the Flagler Beach Historical Museum, Princess Place Preserve, the Florida Agricultural Museum, Marineland Dolphin Adventure and so many other parks and attractions.

My passion for Flagler County goes far. As Chair of the Flagler County Board of County Commissioners, I want to ensure that world-class sporting events and competition continue to be part of its future. You won't find a collection of likeminded, creative individuals anywhere else than our Tourist Development Council and staff ready to serve your needs.

Thank you for attending the Inaugural Coquina Cup. Have a terrific event, and I hope we will see you and yours in our destination in the near future.

Warmest Regards,

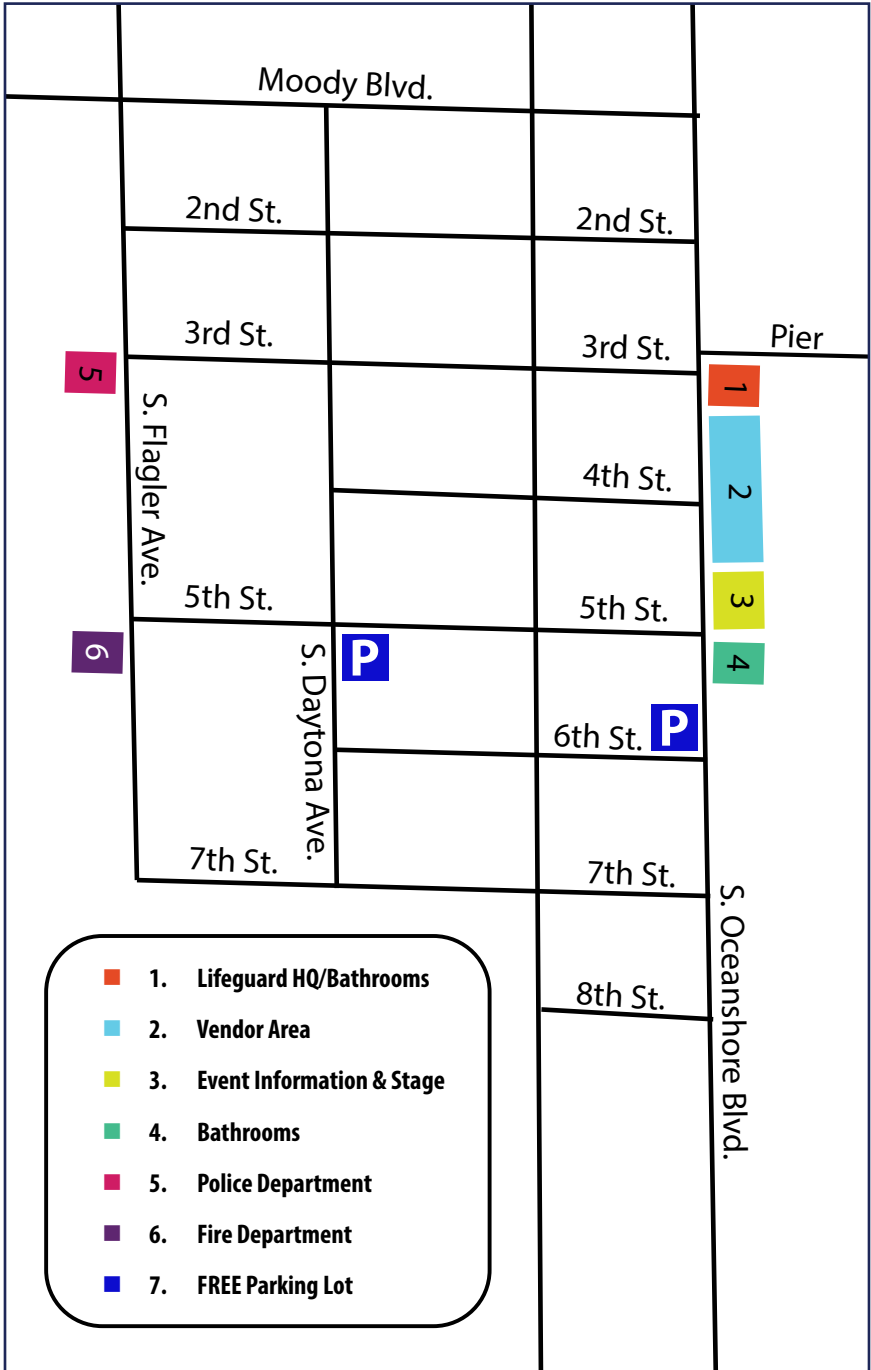


Gregory Hansen

Chair, Flagler County Board of County Commissioners  
Chair, Flagler County Tourist Development Council



# SITE MAP



- 1. Lifeguard HQ/Bathrooms
- 2. Vendor Area
- 3. Event Information & Stage
- 4. Bathrooms
- 5. Police Department
- 6. Fire Department
- 7. FREE Parking Lot

# SCHEDULE OF EVENTS

*All times are approximate. Schedule is subject to weather conditions.*

## **THURSDAY MAY 17 - LIFEGUARD SKILLS COMPETITION DAY 1**

6:30am	Registration & Packet Pick-Up Opens
7:30am	Pre-event Meeting
8:00am	Surf Race
9:00 am	Board Race
10:00 am	International IronWoman
11:00 am	SurfSki Race
12:00 pm	Beach Flags
1:00 pm	CO-ED Relay
	Award Ceremony

## **FRIDAY MAY 18 - LIFEGUARD SKILLS COMPETITION DAY 2**

6:30am	Registration & Packet Pick-Up Opens
7:30am	Pre-event Meeting
8:00am	Run Swim Run
9:00am	Board Rescue
10:00am	International IronMan
11:00am	Beach Run 2K
12:00pm	Beach Relay
1:00pm	Taplin Relay
	Award Ceremony

## **SATURDAY MAY 19 - OPEN WATER SWIMMING & PADDLEBOARD EVENTS**

6:30am	Registration & Packet Pick-Up Opens (Open Water Swimming)
7:30am	Open Water Swimming Pre-event Meeting (5K and 1 Mile)
7:45am	Race Registration & Packet Pick-Up Opens (Paddleboard)
8:00am	Open Water Swimming 5K Start (USMS Sanctioned) (2.25 hr. cut off)
8:15am	Open Water Swimming 1 Mile Start (USMS Sanctioned) (1.25 hr. cut off)
10:15am	Paddleboard Pre-Race Meeting
10:30am	5K Paddleboard Start (1.5 hour cut off)
10:45am	1 Mile Paddleboard Start (1 hour cut off) (Competitive Heat followed by Fun Heat)
12:15pm	Open Water Swim 1 Mile Open (1.25 hr. cut off) . Award Ceremony

# EVENT DESCRIPTIONS

## A. SURF RACE

With a running start into the surf from the start line on the beach, competitors swim around the 400 meter course designated by buoys, around the north end #1 White buoy of the flag line to the two black and white buoys returning to shore passing the south end of the #10 Yellow/Blue flag buoy line to finish between the finish flags on the beach.

## B. BOARD RACE

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

## C. INTERNATIONAL IRONWOMAN

Competitors cover a 1400 m (approx.) course that includes a swim leg, a board leg, a 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. The sequence of legs shall be determined by draw at the commencement of each competition. The same ballot shall determine the order of legs for the Taplin Relay. If the surf ski leg is first, competitors will start with a typical in-water start.

## D. SURFSKI RACE

Competitors steady their skis in line in knee-deep water. On the starting signal, competitors paddle their skis around the apex course marked by three red buoys and return to finish when any part of the ski crosses the in-water finish line – ridden, gripped, or carried by the competitor. Competitors may lose contact and control of their ski without necessarily being disqualified. To complete the race competitors must have (or have regained) their ski and paddle and cross the finish line from the seaward side while maintaining contact with the ski and paddle.

## E. BEACH FLAGS

From a prone starting position on the beach, competitors rise, turn and race to obtain a

beach flag buried upright in the sand 20 meters away. Since there are always fewer flags than competitors, those who fail to obtain a flag are eliminated. The heats keep going until a single champion is determined.

## F. CO-ED RELAY

Four person relay team consisting of two women and two men. With a running start into the surf from the start line on the beach, competitors swim around the 400m course designated by buoys, around the left end #1 White buoy of the flag line to the two black and white buoys returning to shore passing the right end of the #10 Yellow/Blue flag buoy line to finish between the finish flags on the beach.

## G. RUN SWIM RUN

The competitors will run parallel to the water's edge from the Start line on the north side of the course to the turning flag placed approximately 100 meters away. After rounding the turning flag competitors will run back towards the Start to the other turning flag, round that flag and enter the water.

The competitors will swim around the White swim #1 flag buoy and along the flag line to the Yellow / Blue #10 flag buoy turn and return to shore.

The competitors will run another lap around the turning flags and finish at the turning flag on the south end of the beach.

## H. BOARD RESCUE

In this event, one member of the team swims 120 meters to a designated buoy, signals, and waits to be picked up by the second member of the team on a board. They both paddle to shore and cross the finish line on the beach with the board.

## I. INTERNATIONAL IRONMAN

Competitors cover a 1400 m (approx.) course that includes a swim leg, a board leg, a 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. The sequence of legs shall be determined by draw at the com-

ment of each competition. The same ballot shall determine the order of legs for the Taplin Relay. If the surf ski leg is first, competitors will start with a typical in-water start.

### **J. BEACH RUN 2K**

Competitors race 2000 meters on the beach in two 1000 meter legs as follows: On the starting signal competitors race along the left side of the lane to round the turning pole 1000 meters away and return toward the starting pole and then race to cross the finish line.

### **K. BEACH RELAY**

Teams of four individuals compete in baton relay fashion over a 100 yard course. To start, two competitors take positions in their allotted lane at each end of the course.

After the start each competitor completes a leg of the course with a baton held in either hand and passes the baton at the conclusion of the first, second, and third legs to the next runner. The finish will be judged by any part of the torso of the 4th member of the relay team crossing the finish line.

### **L. TAPLIN RELAY**

Teams of 4 competitors (1 swimmer, 1 board paddler, 1 surf ski paddler, and 1 runner) cover the 1400 meter course in a sequence of legs determined by draw at the start of each competition.

**Swim Leg:** From a beach start, swimmers enter the water, swim around the swimming course flag buoys White #1 to Yellow/Blue #10, and return to the beach, run around the 2 beach turning flags to tag the board paddlers who are waiting with their boards, feet on, or on the shoreward side of, the start/ changeover line.

**Board Leg:** Board paddlers enter the water with their boards; pass swim buoy White flag #1 on the outside; round the 2 board course buoys; return to the beach passing swim Flag buoy Yellow/Blue #10; round the 2 turning flags, and through the start/changeover line to tag the ski paddlers, who are waiting with their surf skis and paddles in knee depth water.

**Ski Leg:** Ski paddlers paddle around the ski course buoys and return to shore to tag the runners waiting at the water's edge or in the water.

**Run Leg:** Runners then round 1 turning flag, pass the other flag on the shoreward side, and continue to the finish between the 2 finish flags.

### **M. 5M. 5K USMS SANCTIONED OPEN WATER SWIM**

This open water challenge consists of a 4 turn course that measures just over a mile. Swimmers will have a beach start, with a quick right turn and will complete 3 laps of the long rectangular course before swimming straight in for an on beach sprint finish. This course places athletes swimming parallel to the shore for the majority of the race.

### **N. 1 MILE USMS SANCTIONED OPEN WATER SWIM**

This open water challenge consists of a 4 turn course. Swimmers will have a beach start, with a quick right turn and will complete one lap of the long rectangular course before swimming straight in for a beach sprint finish.

### **O. 5K PADDLE (SUP AND SURF SKI)**

This paddle challenge consists of a 4 turn course that measures just over a mile. Paddlers will have a beach start and will complete 3 laps of the entire course before racing in for an on beach finish.

### **P. 1 MILE PADDLE (SUP AND SURF SKI) COMPETITIVE**

This paddle challenge consists of a 4 turn course that measures just over a mile. Paddlers will have a beach start and will complete 1 lap of the entire course before swimming straight in for a beach sprint finish.

### **Q. 1 MILE FUN PADDLE (SUP AND SURF SKI)**

Designed to give new paddlers the opportunity to challenge themselves in a low-stress environment and on a non-competitive scale.

### **R. 1 MILE OPEN OPEN WATER SWIM**

This 1 Mile challenge is open to all competitors with no association membership required. This swim consists of a long rectangular course with 4 turns. Swimmers will have a beach start with a quick right turn and will complete one lap of the entire course before swimming straight in for a beach sprint finish.



# EVENT SPONSORS

**Palm Coast**  
AND THE  
**FLAGLER BEACHES**



**JOLYN**



**7-ELEVEN®**