

# SAR COMPETITION EXERCISE

## SAR HEAVING LINE THROW 1

From ISAR 2005

### Purpose

The purpose of this event is to throw a 762 mm life-ring to a bulls-eye-marked floating target for high score.

**Equipment Required:** 30 " diameter (762mm) Lifebuoy with 40 ft line.  
Floating target

### Set Up

The centre of the target will be 25 feet (7.5metres) from the throwing position.

### Exercise



1. Each team member will be required to don a PFD.
2. The team will have 10 minutes of practice time.
3. Each team member will be required to make 4 throws to the target.
4. The target will have scoring rings painted on it of 30, 20, 10 and 5.
5. The thrown life-ring must be at least 2/3 into a scoring ring to get that ring's point value. The judge(s) will be the sole arbiters of the score.