

SAR COMPETITION EXERCISE

SAR HEAVING LINE THROW 3

Purpose

The purpose of this event is to throw a full heaving line over a target to score. This can be done on land or on the water.

Equipment Required: Target beam with 20 ft mark and 10 foot mark
120 ft 12mm or 16mm heaving line with unweighted turks head knot on one end.
Long tape measure

Set Up

The target beam is set up parallel to the throwing position

1. 100 foot
2. 75 foot

This may be two marks on the ground.

Exercise

1. A team of 3 people will be one team.
2. The team will have 10 minutes of practice time.
3. Each team member in turn will be required to make throws at the 100 foot target, and must get the heaving line inside the 20 foot marks on the beam.
4. Each team member will be eliminated when they miss the target. The team will be eliminated when all members of the team have missed.
5. Throws will continue until all teams are eliminated but one. The judge(s) will be the sole arbiters of the score.
6. The above will be repeated with the target moved into 75 ft, and the 10 foot width of target used.