



**Introducing a unique Monterey Catch & Cook Competition (C3)  
that will draw on your talents from diving, to hunting, to cooking  
and conservation.**

RSVP NOW. Ticket sales are now available for cash purchase for \$40 at Bamboo Reef Dive Shop, Aquarius Dive Shop, or Monterey Bay Kayaks. All proceeds will go to Save Our Shores (SOS - <https://saveourshores.org/>) – a Monterey based, 40 year old non-profit focused on protection and conservation of our local marine environment. SOS will be coordinating a beach clean-up (with prizes!) at this family friendly event as well so we encourage you to bring your family and friends. Raffle tickets available for purchase and various prizes can be won even if you don't participate in the catch and cook portion of the event.

**C3 RULES and INFORMATION:**

The goal is to create a dish that highlights fresh caught fish that will be prepared and cooked at the event. Sides, sauces and other ingredients can be prepared beforehand and transported to event but the ocean harvested proteins (meat) must be caught via free-dive spearing after check in on the day of the event then cleaned and fully cooked by heat at the event location (no sashimi – blanching for things like ceviche is ok). Meat must be cooked in typical catch and cook style (i.e. portable propane, wood, briquette and electric portable stoves/grills only). ALL DFW REGULATIONS AND SMA/SMCA BOUNDARIES MUST BE FOLLOWED – see links

below. We strongly encourage you to do the spearfishing portion with a dive buddy and focus on safety. Food will be prepared individually – no teams.

### **MAIN PRIZES:**

- The 3 main prizes will go to the top three competitors that present the highest overall scored dish based on the below points categories. Judge panel will include professional chefs with various backgrounds and cooking disciplines. Contestant will need to prepare 3 identical plates, one for each judge. Fish must be the highlight of the dish but use of complementary invertebrates is encouraged. Each dish must include fish (i.e. not a dish with the only protein/meat being an invertebrate).

Points will be awarded for each of the below categories:

- **Fish use.** How many different parts of the fish you made use of in your dish (e.g. belly meat, head, collar, roe, fillet, cheeks, stock, etc.) – *max of 25 points*
- **Overall Presentation** of dish (contrasting colors and textures attractively or uniquely presented) – *max of 25 points*
- **Difficulty of techniques** used in preparation of your dish. – *max of 10 points*
- **Taste.** Complementary flavors, textures and precision of cooking. – *max of 40 points*

5 additional points awarded for inclusion of:

- Vermillion, Scallop, Muscles, Urchin, Monkeyfaced Eel, Halibut, Striped Sea Bass, Crab, or other invertebrate; however, they must be collected on the day of the event and **fish must be highlight of the dish.**

### **ALTERNATE PRIZES:**

*NOTE: Taking part in the cooking portion of this event is not necessary to win the below prizes.*

- 1) **Heaviest fish** gets a great prize, honorable mention and bragging rights. If an exact tie, length will determine winner.
- 2) **Most urchins removed** – If more than 1 person submits a limit of urchin, total weight will determine winner.
- 3) **Beach Clean Up** (no entry fee required if only participating in the beach clean up) - Top 3 participants with the most bags (by volume) of trash and garbage picked up on day of event at the beach (i.e. beach clean-up coordinated by SOS).

### **CHECK IN:**

- Check in for the tournament will start at 6:00 AM followed by a certified freedive instructor's safety briefing and waiver signing. After this, divers will be released to travel to a dive destination of their choosing. See link below for places you can legally spearfish and harvest invertebrates. Make sure you know DFW regulations before harvesting.
- Kayaks will be available for free (with rental agreement and refundable deposit upon return) but you are responsible for transporting, safety and rigging gear. You must contact Monterey Bay Kayak at least 48 hours in advance of event and already paid for event entry in order to get free kayak rental.

**WEIGH IN & JUDGING:**

- You must be in the weigh-in line no later than 12 PM for your catch to be eligible and your dish must be fully prepared and ready for judges and consumption by 1 PM. Raffle, prizes and announcements will also start at 1 PM.

**RAFFLE:**

- All event participants will get a raffle ticket with their entry fee and an additional raffle ticket for participating in the cooking portion of the competition. Additional raffle tickets will be available for cash purchase.

[DFW REGULATIONS LINK](#)

[MPA/SMCA MAP LINK](#)

Share this event on Facebook and Twitter. We hope you can make it! #montereycatchandcook (for fish/food/competition pics) and #trashtag (for beach clean up pics)

For questions, please contact Eric Keener [EricLKeener@gmail.com](mailto:EricLKeener@gmail.com) or Adam Helm [DiverHelm@gmail.com](mailto:DiverHelm@gmail.com)