

2005 USLA National Lifeguard



CHAMPIONSHIPS

August 10 -13, Virginia Beach, VA

Presented by: **speedo** 

Adult Schedules

Thursday, August 11, 2005 Competition Begins at 10:00AM

- Landline Relay
- Surf Boat – Open Men/Women (H), Senior Men/Women (H)
- Beach Flags – Open Men/Women (H), Senior Men/Women (H)

Friday, August 12, 2005 Competition Begins at 8:00AM

- Surf Swim – Open Men/Women (H), Senior Men/Women (H), Master's Men/Women (F), Vets/Super Vets Men/Women (F)
- Rescue Board Race – Open Men/Women (H), Senior Men/Women (H), Master's Men/Women (F), Vets/Super Vets Men/Women (F)
- Surf Boat – Master's Men/Women (F), Vets/SuperVets Men/Women (F)
- Rescue Race – Open Men/Women (H), Senior Men/Women (H), Master's Men/Women (F), Vets/Super Vets Men/Women (F)
- Ironman/Ironwoman - Open Men/Women (H), Senior Men/Women (H), Master's Men/Women (F), Vets/Super Vets Men/Women (F)
- Surf Swim – Open Men/Women (F), Senior Men/Women (F)
- Rescue Board Race - Open Men/Women (F), Senior Men/Women (F)
- Rescue Race - Open Men/Women (F), Senior Men/Women (F)
- Surf Boat - Open Men/Women (F), Senior Men/Women (F)
- Ironman/Ironwoman - Open Men/Women (F), Senior Men/Women (F)
- Beach Flags - Open Men/Women (F), Senior Men/Women (F), Master's Men/Women (F), Vets/Super Vets Men/Women (F)

Saturday, August 13, 2005

Competition Begins at 8:00AM

- **Beach Run - Open Men/Women (F), Senior Men/Women (F), Master's Men/Women (F), Vets/Super Vets Men/Women (F)**
- **Surf Ski - Open Men/Women (H), Senior Men/Women (H), Master's Men/Women (F), Vets/Super Vets Men/Women (F)**
- **Run Swim Run - Open Men/Women (H), Senior Men/Women (H), Master's Men/Women (F), Vets/Super Vets Men/Women (F)**
- **Rescue Board Rescue – Open (H)**
- **Run Relay – Open Men (H), Open Women (H)**
- **Landline Relay – Open (F)**
- **American Ironwoman – Open Women (H), Senior Women (H), Master's Women (F), Vets/Super Vets Women (F)**
- **American Ironman – Open Men (H), Senior Men (H), Master's Men (F), Vets/Super Vets Men (F)**
- **Surf Ski - Open Men/Women (F), Senior Men/Women (F)**
- **Run Swim Run - Open Men/Women (F), Senior Men/Women (F)**
- **Rescue Board Rescue – Open (F)**
- **Run Relay – Open Men (F), Open Women (F)**
- **American Ironman/Ironwoman - Open Men/Women (F), Senior Men/Women (F)**

