

2008 USLA NATIONAL LIFEGUARD CHAMPIONSHIPS

<< JUNIOR LIFEGUARD COMPETITION SCHEDULE >>

Thursday, August 7, 2008

7:00 am Assembly on Beach

8:00 am Race Start

RED COURSE	GREEN COURSE	BLUE COURSE
<u>"A" & "AA" Course</u>	<u>"B" Course</u>	<u>"C" Course</u>
"A", "AA" Beach Run	"B" Beach Run	"C" Beach Run
"A", "AA" Board Race	"B" Surf Race	"C" Run Swim Run
"A", "AA" Run Swim Run	"B" Board Race	"C" Surf Race
"A", "AA" Surf Race	"B" Rescue Race	"C" Beach Flags
LUNCH 12 "NOON"	LUNCH 12 "NOON"	LUNCH 12 "NOON"
"A", "AA" Swim Relay	"B" Iron Guard	"C" Rescue Race
"A", "AA" Rescue Race	"B" Swim Relay	"C" Board Race
"A", "AA" Iron Guard	"B" Run Swim Run	"C" Swim Relay
A", "AA" Beach Flags	"B" Beach Flags	"C" Iron Guard

Race schedule is subject to change at the officials' discretion due to safety concerns or ocean conditions. Please be attentive to all announcements.