

USLA 2009 National Lifeguard Championships
Fort Lauderdale, Florida
Junior Lifeguard Competition Schedule

Thursday – August 6, 2009

8:00 a.m. start

Courses to be assigned onsite

Order of events for each course below

AA Division (16 and 17 years of age as of July 1 of the current year)

A Division (14 and 15 years of age as of July 1 of the current year)

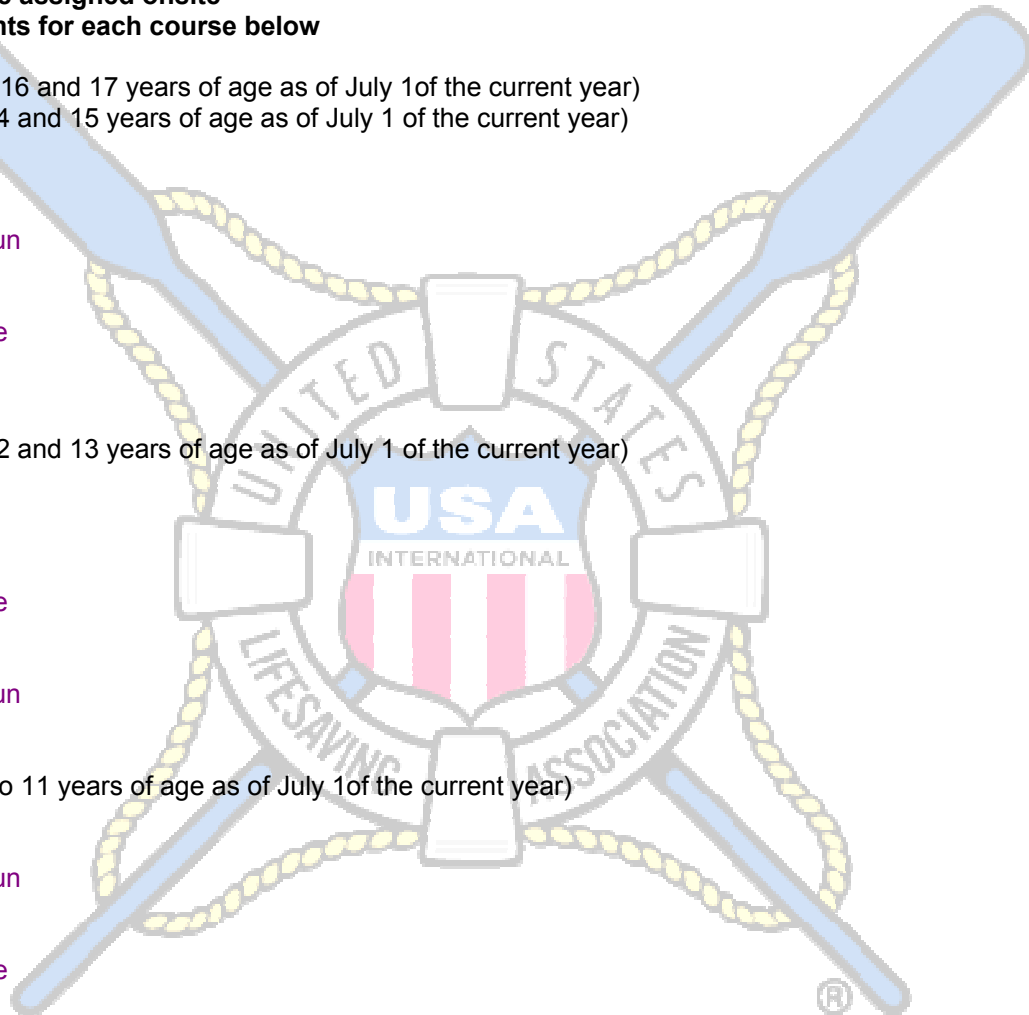
Beach run
Board race
Run swim run
Surf race
Swim relay
Rescue race
Iron guard
Beach flags

B Division (12 and 13 years of age as of July 1 of the current year)

Beach run
Surf race
Board race
Rescue race
Iron guard
Swim relay
Run swim run
Beach flags

C Course (9 to 11 years of age as of July 1 of the current year)

Beach run
Run swim run
Surf race
Beach flags
Rescue race
Board race
Swim relay
Iron guard



NOTES

- 1) Race schedule subject to change at the official's discretion due to safety concerns or ocean conditions
- 2) Please be attentive to all announcements
- 3) Groups will be called individually to lunch
- 4) Junior lifeguard coordinators or their designees are solely responsible for all entries and appropriate conduct of their juniors