

Low Tide 08:37 am +2.3
High Tide 03:53 pm +4.5

COMPETITION SCHEDULE

Low Tide 09:49 am +2.6
High Tide 04:57 pm +4.7

WEDNESDAY, AUGUST 10TH

National Junior Lifeguard Championships

Ocean Water Course 1 (9:00 am starts)

U19 Division (U19=16, 17, 18 years of age)

1. Beach Run
2. Run-Swim-Run
3. Rescue Race
4. Board Race
5. Beach Flags
6. Surf Race
7. Ironman/woman
8. Swim Relay
9. Surf Ski

Ocean Water Course 2 (9:00 am starts)

A Division (A=14 and 15 years of age)

1. Beach Run
2. Run-Swim-Run
3. Rescue Race
4. Beach Flags
5. Surf Race
6. Board Race
7. Ironguard
8. Swim Relay

Ocean Water Course B (9:00 am starts)

B Division (B=12 and 13 years of age)

1. Beach Run
2. Surf Race
3. Board Race
4. Rescue Race
5. Beach Flags
6. Run-Swim-Run
7. Ironguard
8. Swim Relay

Ocean Water Course C (9:00 am starts)

C Division (C=9, 10, 11 years of age)

1. Beach Run
2. Run Swim Run
3. Beach Flags
4. Surf Race
5. Board Race
6. Rescue Race
7. Ironguard
8. Swim Relay

THURSDAY, AUGUST 11TH

National Lifeguard Championships

Ocean Water Course 1 & 2 (8:00 am starts)

Board Race	Open Men / Women (Heats)
Surf Boat Race	Open Men / Women (Heats) Age Group Men / Women (Final)
Landline Rescue	Open (Heats)
Taplin Relay	Open Men / Women (Heats)
Rescue Race	Open Men / Women (Heats)
Board Rescue	Open Men / Women (Heats)
Surfski Race	Age Group Men / Women (Final)
American Ironman	Age Group Men (Final)
American Ironwoman	Age Group Women (Final)

Beach Course (2:00 pm starts)

Beach Flags	Open Men / Women (Heats) Age Group Men / Women (Finals)
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High Tide 07:04 am +3.2

Low Tide 11:12 am +2.7

High Tide 05:53 pm +5.0

COMPETITION SCHEDULE

High Tide 07:51 am +3.5

Low Tide 12:16 pm +2.6

High Tide 06:39 pm +5.3

FRIDAY, AUGUST 12TH

National Lifeguard Championships

Ocean Water Course 1 & 2 (8:00 am starts)

Surf Race *Open Men / Women (Heats)*
Age Group Men / Women (Final)

Board Race *Open Men / Women (Quarter Final Heats)*
Age Group Men / Women (Final)

Rescue Race *Open Men / Women (Quarter Final Heats)*

Ironman *Open Men (Heats)*
Age Group Men (Finals)

Ironwoman *Open Women (Heats)*
Age Group Women (Finals)

Beach Course (2:00 am starts)

Beach Flags *Open Men / Women (Quarterfinal Heats)*

Ocean Water Course 1 (afternoon)

Surf Race *Open Women / Men (Finals)*

Board Race *Open Women / Men (Finals)*

Rescue Race *Open Women / Men (Finals)*

Surf Boat Race *Open Men / Women (Finals)*

Ironwoman *Open Women (Finals)*

Ironman *Open Men (Finals)*

Beach Course (6:00 pm starts)

Beach Flags *Open Women / Men (Finals)*



SATURDAY, AUGUST 13TH

National Lifeguard Championships

Beach Course (8:00 am starts)

2 km Beach Run *Open Men / Women (Final)*
Age Group Men / Women (Final)

Water Course 1 & 2 (8:30 am starts)

American Ironman *Open Men (Heats)*

American Ironwoman *Open Women (Heats)*

Run-Swim-Run *Open Men / Women (Heats)*
Age Group Men / Women (Final)

Surfski Race *Open Men / Women (Heats)*

Board Rescue *Open Men / Women (Quarterfinals)*

Beach Course (10:00 am starts)

Beach Relay *Open Men / Women (Heats)*

Water Course 1 (Afternoon Open Event Finals)

Landline Rescue Race *(Finals)*

American Ironwoman *Open Women (Finals)*

American Ironman *Open Men (Finals)*

Run-Swim-Run *Open Women / Men (Finals)*

Surfski Race *Open Women / Men (Finals)*

Board Rescue *Open Women / Men (Finals)*

Taplin Relay *Open Women / Men (Finals)*

Beach Course (3:00 pm starts)

Beach Relay *Open Women / Men (Finals)*

Awards Presentation & Competitor Dinner:

*Good Stuff Restaurant – behind the competition site,
6:30 to 9:00pm*