

**USLA 2010 National Lifeguard Championships**  
**Huntington Beach, California**  
**Lifeguard Competition Schedule**

**Thursday – August 5, 2010**

**9:00 a.m. on – Water Course #1**

Surf Boat Race – Open Men/Women (Heats), Age Group Men/Women (Heats as needed)  
Landline Rescue Race – Open (Heats)  
Taplin Relay – Open Men/Women (Heats)

**10:00 a.m. on – Beach Course**

Beach Flags – Open Men/Women (Heats), Age Group Men/Women

**Friday – August 6, 2010**

**8:00 a.m. on – Water Courses #1 and #2**

Surf Race – Open Men/Women (Heats); Age Group Men/Women (Final)  
Board Race – Open Men/Women (Heats); Age Group Men/Women (Final)  
Rescue Race – Open Men/Women (Heats)  
Ironman – Open Men (Heats); Age Group Men (Final)  
Ironwoman – Open Women (Heats); Age Group Women (Final)  
Surf Boat Race – Age Group Men/Women (Final)

**10:00 a.m. on – Beach Course**

Beach Flags – Open Men/Women (Semifinal Heats) as needed Age Group Men/Women (Finals if needed)

**Afternoon – Water Course #1**

Landline Rescue Race – Open (Final)  
Surf Boat Race – Open Women/Men (Final)  
Surf Race – Open Women/Men (Final)  
Board Race – Open Women/Men (Final)  
Rescue Race – Open Women/Men (Final)  
Ironwoman – Open Women (Final)  
Ironman – Open Men (Final)

**2:00 pm on – Beach Course**

Beach Flags – Open Women/Men (Finals)

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NOTES

- 1) Age Groups: Men & Women: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and up
- 2) Maximum of 4 teams per Chapter for: Open Men's and Open Women's Taplin Relay, Open Landline Rescue, Open Men's & Open Women's Board Rescue, Open Men's & Open Women's Rescue Race, Open Men's & Open Women's Beach Relay
- 3) Chapter Team Captains are solely responsible for all entries from the chapter

**USLA 2010 National Lifeguard Championships**  
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**Saturday – August 7, 2010**

**8:00 a.m. on – Beach Course**

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

**8:30 a.m. on – Water Courses #1 and #2**

American Ironman – Open Men (Heats); Age Group Men (Final)  
American Ironwoman – Open Women (Heats); Age Group Women (Final)  
Surf Ski Race – Open Men/Women (Heats); Age Group Men/Women (Final)  
Run-Swim-Run – Open Men/Women (Heats); Age Group Men/Women (Final)  
Board Rescue – Open Men/Women (Heats)

**10:00 a.m. on – Beach Course**

Beach Relay – Open Men/Women (Heats)

**Afternoon – Water Course #1**

American Ironwoman – Open Women (Final)  
American Ironman – Open Men (Final)  
Surf Ski Race – Open Women/Men (Final)  
Run-Swim-Run – Open Women/Men (Final)  
Board Rescue – Open Women/Men (Final)  
Taplin Relay – Open Men/Women (Final)

**2:00 p.m. – Beach Course**

Beach Relay – Open Women/Men (Final)

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- 1) Age Groups: Men & Women: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and up
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