

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

**Thursday – August 5, 2010**

**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)

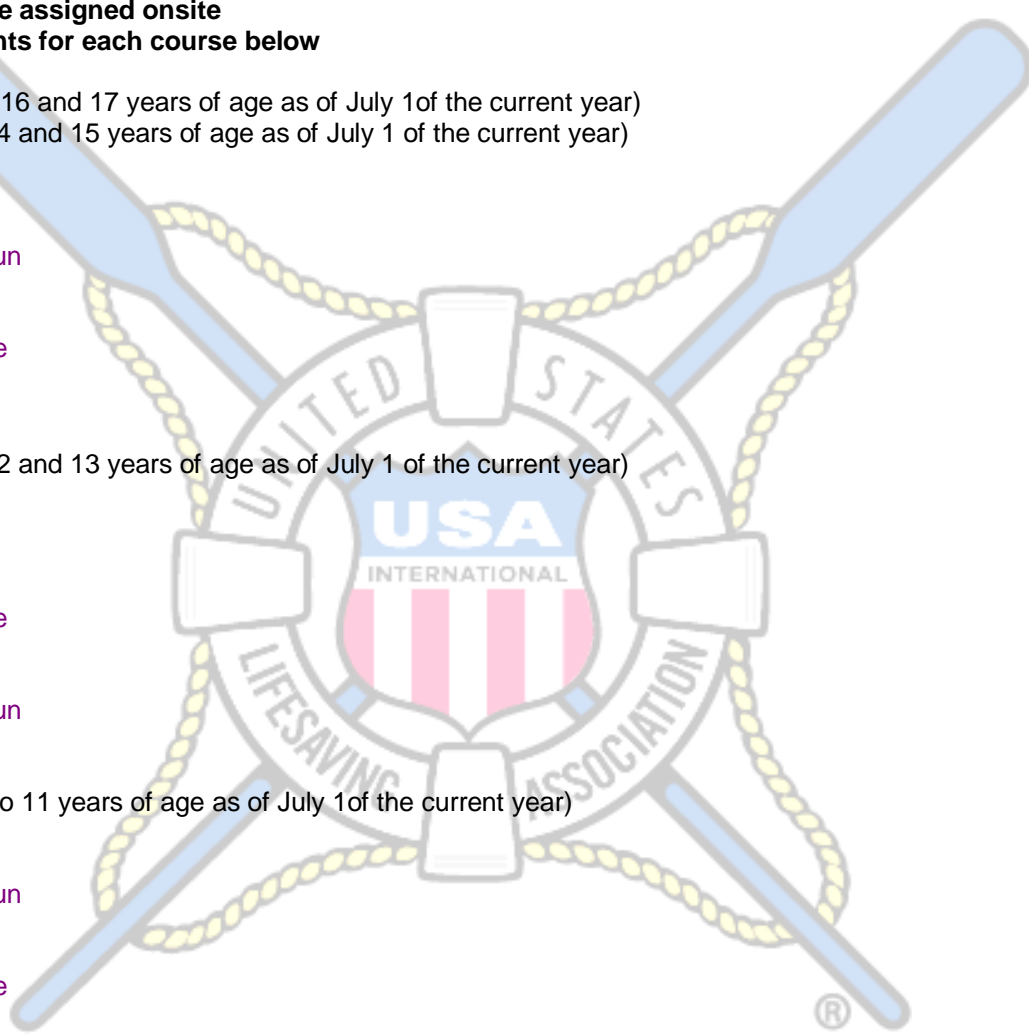
Beach run  
Board race  
Run swim run  
Surf race  
Swim relay  
Rescue race  
Iron guard  
Beach flags

**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