



Los Angeles County Parks and Rec.

Junior Lifeguard Competition

| Time | <u>DIVISION AA & A</u> | <u>DIVISION B</u> | <u>DIVISION C</u> |
|-------------|-----------------------------------|---------------------------|--------------------------|
| 930 | DISTANCE RUN 2 MILES | DISTANCE RUN 1.5 MILES | DISTANCE RUN 1 MILE |
| 1010 | <i>BEACH FLAGS</i> | RUN RELAY | PADDLE RELAY |
| 1050 | RUN RELAY | PADDLE RELAY | BEACH FLAGS |
| 1130 | PADDLE RELAY | BEACH FLAGS | RUN RELAY |
| 1210 | DISTANCE PADDLE | RUN SWIM RUN | SWIM RELAY |
| 1250 | SWIM RELAY | DISTANCE PADDLE | RESCUE RACE |
| 1330 | RUN-SWIM-RUN | SWIM RELAY | DISTANCE PADDLE |
| 1410 | DISTANCE SWIM | RESCUE RACE | DISTANCE SWIM |
| 1450 | RESCUE RACE | DISTANCE SWIM | RUN SWIM RUN |