



Los Angeles County Parks and Rec.

Junior Lifeguard Competition

Time Age Group	<u>DIVISION AA & A</u>	<u>DIVISION B</u>	<u>DIVISION C</u>
	Ages 17 - 16 Ages 15 - 14	Ages 13 - 12	Ages 11 - 9
930	DISTANCE RUN (2 MILES)	DISTANCE RUN (1.5 MILES)	DISTANCE RUN (1 MILE)
1010	BEACH FLAGS	RUN- SWIM- RUN 200/200/200M	PADDLE RELAY 200M
1050	DISTANCE SWIM 400M	DISTANCE PADDLE 400M	RUN- SWIM- RUN 200/150/200M
1130	RESCUE RACE	BEACH FLAGS	SWIM RELAY 150M
1210	SWIM RELAY 240M	PADDLE RELAY 300M	RESCUE RACE
1250	DISTANCE PADDLE 500M	RESCUE RACE	BEACH FLAGS
1330	RUN RELAY	SWIM RELAY 200M	DISTANCE SWIM 250M
1410	RUN- SWIM- RUN 200/240/200M	RUN RELAY	DISTANCE PADDLE 300M
1450	PADDLE RELAY 400M	DISTANCE SWIM 300M	RUN RELAY