



Los Angeles County Parks and Rec.

# ***Junior Lifeguard Competition***

**2023 Session 2**

Time	<u>DIVISION AA &amp; 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- SWIM- RUN 200/200/200M	<b>PADDLE RELAY</b> <b>200M</b>
1050	DISTANCE SWIM 400M	DISTANCE PADDLE 400M	RUN- SWIM- RUN 200/150/200M
1130	RESCUE RACE	<i>BEACH FLAGS</i>	<b>SWIM RELAY</b> 150M
1210	<b>SWIM RELAY</b> 240M	<b>PADDLE RELAY</b> 300M	RESCUE RACE
1250	DISTANCE PADDLE 500M	RESCUE RACE	<i>BEACH FLAGS</i>
1330	<b>RUN RELAY</b>	<b>SWIM RELAY</b> <b>200M</b>	DISTANCE SWIM 250M
1410	RUN- SWIM- RUN 200/240/200M	<b>RUN RELAY</b>	DISTANCE PADDLE 300M
1450	<b>PADDLE RELAY</b> <b>400M</b>	DISTANCE SWIM 300M	<b>RUN RELAY</b>