



Los Angeles County Parks and Rec.

Junior Lifeguard Competition

Time Age Group	DIVISION AA & A	DIVISION B	DIVISION C
	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	SWIM RELAY 240M	<i>BEACH FLAGS</i>	<i>BEACH FLAGS</i>
1050	<i>BEACH FLAGS</i>	PADDLE RELAY 300M	SWIM RELAY 150M
1130	DISTANCE PADDLE 500M	RUN- SWIM- RUN 200/200/200M	RUN RELAY
1210	RUN RELAY	DISTANCE PADDLE 400M	RUN- SWIM- RUN 200/150/200M
1250	RUN- SWIM- RUN 200/240/200M	RUN RELAY	DISTANCE PADDLE 300M
1330	RESCUE RACE	DISTANCE SWIM 300M	PADDLE RELAY 200M
1410	DISTANCE SWIM 400M	RESCUE RACE	DISTANCE SWIM 250M
1450	PADDLE RELAY 400M	SWIM RELAY 200M	RESCUE RACE