



Pacific Northwest Region USLA & Nevada State Parks Present

the

2012 Pacific Northwest Lifeguard Competition Sand Harbor, Nevada
Wednesday July 25th, 2012



8:00am	Onsite Registration	
8:30am	800M Surf Ski	(OM,OW,M,MW)
8:30am	2 mile Run	(OM,OW,M,MW)
9:15am	400M Swim	(OM,OW,M,MW)
10:00am	800M Rescue Board	(OM,OW,M,MW)
10:45am	Rescue Race	(OM,OW) *2 teams per
chapter		
11:30am	4X100 Beach Relay	(OM,OW) *2 teams per
chapter		
1:00pm	Run-Swim-Paddle	(OM,OW,M,MW)
2:00pm	Rescue Board Rescue	(OM,OW) *2 teams per
chapter		
2:45pm	Landline	(O) *2 teams per chapter
3:30pm	Iron guard	(OM,OW,M,MW)
4:15pm	Beach Flags	(OM,OW,M,MW)
6:00pm	Competitor Dinner following cleanup	

Age Groups

O Open

M Open Men

W Open Women

M M Masters Men – Restricted to 30 years plus male age groups in 10 year increments. (30-39, 40-49...)

MW Masters Women - Restricted to 30 years plus female age groups in 10 year increments. (30-39, 40-49...)

All events will be finals only with the exception of Beach Flags. Masters Men and Masters Women events may be combined. Chapters are responsible for providing their own equipment, rescue cans, fins, landlines, paddleboards, surf skis and beanies. Beanies must be worn by competitors during all events except the Beach Run.