



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 chapter	Rescue Race	(OM,OW) *2 teams per
11:30am chapter	4X100 Beach Relay	(OM,OW) *2 teams per
1:00pm	Run-Swim-Paddle	(OM,OW,M,MW)
2:00pm chapter	Rescue Board Rescue	(OM,OW) *2 teams per
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

MM 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.