



# 2024 CSLSA REGIONAL JUNIOR LIFEGUARD CHAMPIONSHIPS DOCKWEILER STATE BEACH



LOS ANGELES COUNTY  
SURF LIFE SAVING  
ASSOCIATION



	<b>U-19</b>	TIMES FOR A, B, C VENUE	<b>A DIV</b>	<b>B DIV</b>	<b>C DIV</b>
9:00AM	DISTANCE RUN	9:00AM	DISTANCE RUN	DISTANCE RUN	DISTANCE RUN
TBD	SURF SKI	9:40AM	RUN-SWIM-RUN	DISTANCE SWIM	PADDLE RELAY
TBD	DISTANCE SWIM	10:30AM	DISTANCE BOARD	RUN RELAY	DISTANCE SWIM
TBD	IRONMAN	11:20AM	DISTANCE SWIM	RESCUE RELAY	BEACH FLAGS / IRONGUARD
TBD	BEACH FLAGS	12:20PM	PADDLE RELAY	DISTANCE BOARD	SURF TEAMS RELAY
TBD	RUN-SWIM-RUN	1:10PM	BEACH FLAGS / IRONGUARD	SURF TEAMS RELAY	DISTANCE BOARD
TBD	DISTANCE BOARD	2:00PM	SURF TEAMS RELAY	BEACH FLAGS / IRONGUARD	RUN RELAY
TBD	SURF TEAMS	3:00PM	RUN RELAY	PADDLE RELAY	RUN-SWIM-RUN
TBD	BOARD RESCUE	3:40PM	RESCUE RELAY	RUN-SWIM-RUN	RESCUE RELAY
TBD	RESCUE RACE				
TBD	BEACH SPRINT				

BEACH FLAGS WILL RUN CONCURRENTLY WITH THE "A", "B", "C" DIVISION IRONGUARD EVENTS