



2025 CSLSA REGIONAL JUNIOR LIFEGUARD CHAMPIONSHIPS DOCKWEILER STATE BEACH



	U-19	TIMES FOR A,B,C VENUE	A DIV	B DIV	C DIV
9:00AM	2K BEACH RUN	9:00AM	2K BEACH RUN	1.5K BEACH RUN	1K BEACH RUN
TBD	SURF SKI	9:40AM	RUN-SWIM-RUN	SURF SWIM	BOARD RELAY
TBD	SURF SWIM	10:30AM	BOARD RACE	RUN RELAY	SURF SWIM
TBD	IRONMAN/IRONWOMAN	11:20AM	SURF SWIM	RESCUE RACE	BEACH FLAGS / IRONGUARD
TBD	BEACH FLAGS	12:20PM	BOARD RELAY	BOARD RACE	SURF TEAMS RELAY
TBD	RUN-SWIM-RUN	1:10PM	BEACH FLAGS / IRONGUARD	SURF TEAMS RELAY	BOARD RACE
TBD	BOARD RACE	2:00PM	SURF TEAMS RELAY	BEACH FLAGS / IRONGUARD	RUN RELAY
TBD	SURF TEAMS	3:00PM	RUN RELAY	BOARD RELAY	RUN-SWIM-RUN
TBD	BOARD RESCUE RACE	3:40PM	RESCUE RACE	RUN-SWIM-RUN	RESCUE RACE
TBD	RESCUE RACE				
TBD	BEACH SPRINT				
BEACH FLAGS WILL RUN CONCURRENTLY WITH THE "A", "B", "C" DIVISION IRONGUARD EVENTS					