



**USLA MID ATLANTIC REGIONAL
LIFEGUARDING CHAMPIONSHIPS
38th Year**

**July 10, 2019 – Rehoboth Beach, DE
Baltimore Ave & Boardwalk**

**NEW ~ Competition Start Time 10:00 AM
Registration - \$30.00**

**Parking Available: 1st and 2nd Blocks of Baltimore,
Maryland, Olive & Virginia Avenues**

**Hotels: <http://www.rehoboth.com/hotels.html>
Host Hotel: Atlantic Sands Hotel**

Registration ~ Wednesday starting at 8:00 AM

Make checks payable to: **RBP Donation Fund**

Questions: 302-227-2280 ~ Capt. Kent Buckson



1 DAY
PARKING PERMIT

**USLA MID-ATLANTIC REGIONAL
LIFEGUARDING CHAMPIONSHIPS**

Rehoboth Beach, Delaware

Wednesday - JULY 10, 2019

:Parking available on the following Streets:

1st / 2nd Block - Baltimore Avenue

1st / 2nd Block - Maryland Avenue

1st / 2nd Block - Olive Avenue

1st / 2nd Block - Virginia Avenue

**DISPLAY THIS PARKING PERMIT ON THE DASHBOARD OF
VEHICLE ON THE DRIVERS SIDE ABOVE THE STEERING WHEEL!**



COMPETITOR INFORMATION

- **Competition Start Time ~ 10:00 AM**
- **First Event 2K Beach Run followed by the 4 x 100 Relay (Prelims & Finals)**
- **Beach Flags start time: 12:00 Noon ~ to follow after the 4 x 100 Relay Finals**
- **Registration available on Tuesday Evening from 4:00 PM to 6:00 PM.**
- **Registration on Wed. 8:00 AM at the Rehoboth Beach Patrol Headquarters**
- **USLA Mid Atlantic Regional Medals for 1st, 2nd & 3rd Place Finishers**
- **Host Hotel ~ Atlantic Sands Hotel & Conference Center ~ Baltimore Avenue**



Competition Start Time 10:00 AM

Order of Events

2K Beach Run
4 X 100 Soft Sand Relay
400 Meter Surf Swim
Swimmer Rescue Race
Landline Rescue Race
Rescue Board Race
Run ~ Swim ~ Run
Beach Flags ~ Starting at 12:00 PM

AFTER PARTY

5:00 PM to 9:00 PM



- Full Bar
- On the Boardwalk
- Steps away from the competition site
- Located next to the pool under the Atlantic Sands Hotel

Contact Person

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