



Southeast Region

2019 JAMES P. "MAC" MCCARTHY MEMORIAL REGIONAL JUNIOR LIFEGUARD SURF LIFESAVING CHAMPIONSHIPS

Hosted by Lake Worth Ocean Rescue
10 S. Ocean Shore Blvd, Lake Worth Beach, FL 33460

Saturday, July 13th
Schedule of Events

Coaches Meeting 8:30 AM

1. Surfski (U19) F/M
2. Beach Flags (C,B,A,U19) F/M
3. Beach Run (C-1km, B-1.5km, A-2km, U19 2km) F/M
4. Surf Race (C,B,A,U19) F/M
5. Paddleboard Race (C,B,A,U19) F/M
6. Ironguard (C,B,A,U19 Run-Swim-Paddle) F/M
7. *Ironman/Ironwoman (U19) Run-Swim-Paddle-Surfski) F/M
8. Run-Swim-Run (C,B,A,U19) F/M
9. Rescue Race (C,B,A,U19 - 2 person team, fins optional)
10. Swim Relay (C,B,A,U19 - 5 competitors, minimum 2 females)
11. Host Event Run Relay (C,B,A,U19 - 5 competitors, minimum 2 females)

*The U19 Ironguard will be combined with the Ironman/Ironwoman by adding the surfski leg to the end of the Ironguard race then awarded as 2 events. Competitors will need a designated handler for the surfski leg that will collect their "place stick" as they pass through the finish of the Ironguard into the ski leg of the Ironman/Ironwoman.

- 10'6" competition paddleboards are for A & U19 events.
- Schedule is subject to change.
- Competition beanies required.
- Cancellations may be possible.

JUNIOR LIFEGUARD COMPETITORS MUST BE USLA MEMBERS TO PARTICIPATE