

**2023 CSLSA REGIONAL
JUNIOR LIFEGUARD CHAMPIONSHIPS
NEWPORT BEACH**

	U-19	TIMES A,B,C	A DIV	B DIV	C DIV
0900AM	DISTANCE RUN	900	DISTANCE RUN	DISTANCE RUN	DISTANCE RUN
TBD	SURF SKI	940	RUN-SWIM-RUN	DISTANCE SWIM	PADDLE RELAY
TBD	DISTANCE SWIM	1030	DISTANCE BOARD	RUN RELAY	DISTANCE SWIM
TBD	IRONMAN	1120	DISTANCE SWIM	RESCUE RELAY	BEACH FLAGS
TBD	BEACH FLAGS	1220	PADDLE RELAY	DISTANCE BOARD	SURF TEAMS RELAY
TBD	RUN-SWIM-RUN	110	BEACH FLAGS	SURF TEAMS RELAY	DISTANCE BOARD
TBD	DISTANCE BOARD	200	SURF TEAMS RELAY	BEACH FLAGS	RUN RELAY
TBD	SURF TEAMS	250	RUN RELAY	PADDLE RELAY	RUN-SWIM-RUN
TBD	BOARD RESCUE	340	RESCUE RELAY	RUN-SWIM-RUN	RESCUE RELAY
TBD	RESCUE RACE				
TBD	BEACH SPRINT				