

Hello everyone!

This is a formal invitation to the Pismo Beach Local Competition on **Friday, July 21st, 2023** at Pismo Beach.

I will be sending out the *Events Schedule* and *Rules of Events* on Monday, July 10th.

Event Timeline

The competition starts at 9am and is scheduled to end around 1:30 or 2pm. **There will be an instructor meeting at the Ocean View Sea Wall at 8:45am.**

Parking

Can drop off and drive through at Ocean View Ave. Park at Addie Street parking lot, the pier parking lot or any legal street parking.

Event Details

Paddle Relay:

Each agency may enter 5 girls and 5 boys. May enter 2 unofficial teams.

Running Relay:

Each agency may have one official team of 6 girls and 6 boys. May enter 2 unofficial teams.

Beach Flags:

Each agency may enter 15 boys and 15 girls.

Distance Paddle:

Each agency may enter 5 boys and 5 girls.

Distance Run and Run-Swim-Run:

All JG's are welcome to enter.

Awards

We will be handing out ribbons up to third place this year.

We are stoked to have you all join us for a day of fun!

Please let us know if you have any questions!

Thank you,
Rachel Gruetzmacher
Pismo Beach Jr. Lifeguards