



**AUGUST 6 - 9, 2024**  
**SOUTH PADRE ISLAND, TX**



**PRESENTED BY**  
**VISIT SOUTH PADRE ISLAND**



# JUNIOR GUARD / U19 COMPETITION SCHEDULE

**TUESDAY, AUGUST 6, 2024**

USLA Junior Guard programs are one of the most important public education programs and recruiting tools for USLA Chapters. Junior guard programs are meant to provide an active and safe ocean environment for participants to build self-esteem, learn to work as a team, and gain valuable knowledge of the ocean and its hazards. Many of the JGs at the National Lifeguard Championships and more back home are future lifesavers ready to take the stand when eligible.

Race schedule subject to change at official's discretion due to safety concerns, logistics, or weather and ocean conditions.

Junior Lifeguard Coordinators are responsible for all entries and conduct of their Junior Lifeguards.

## 9:00 AM - Event Starts

(Order of events for each age group below)

### USLA COURSE - U19 Division

(U19 = JG or LG 16, 17, 18 years of age)

1. 2K Beach Run
2. Run-Swim-Run
3. Surf Ski
4. Run-Swim-Run
5. Board Race
6. Rescue Race
7. Beach Flags
8. Ironman/Woman
9. Board Rescue
10. 90m Beach Sprint

### A Course

(A - 14 and 15 years of age)

1. 2K Beach Run
2. Board Race
3. Run-Swim-Run
4. Beach Flags
5. Board Relay
6. Ironguard
7. Rescue Race
8. Surf Teams

### B Course

(B - 12 and 13 years of age)

1. 1.5K Beach Run
2. Surf Race
3. Board Relay
4. Rescue Race
5. Beach Flags
6. Board Race
7. Run-Swim-Run
8. Ironguard
9. Surf Teams

### C Course

(C - 9 to 11 years of age)

(B - 12 and 13 years of age)

1. 1.5K Beach Run
2. Beach Flags
3. Board Relay
4. Run-Swim-Run
5. Ironguard
6. Surf Race
7. Board Race
8. Rescue Race
9. Surf Teams

*Schedule subject to change based on conditions, courses, and time constraints*

**TUESDAY**

# NATIONAL LIFEGUARD CHAMPIONSHIPS DAY 1

WEDNESDAY, AUGUST 7, 2024

## FLAG PIT COURSE

### 7:00 AM

Beach Flags

Open Men's & Women's (Heats)

### POST TAPLIN HEATS

Beach Flags

Open Men's & Women's (Semis)

Beach Flags

Age Group (Finals)



## BOAT COURSE

### 8:00 AM

Surf Boat

Age Group (Finals)

Surfski

Age Group (Finals)

Surf Boat

Open Heats

American Iron

Age Group (Finals)

American Iron

Open Heats



## COURSE



## COURSE

### 9:00 AM

Board Relay

Open Men's & Women's (Heats)

Run-Swim-Run

Open Men's & Women's (Heats)

Run-Swim-Run

Age Group Men's & Women's (Heats)

Board Race

Open Men's & Women's (Heats)

Rescue Race

Open Men's & Women's (Heats)

Board Rescue

Open Men's & Women's (Heats)

Taplin Relay

Open Men's & Women's (Heats)

### OPEN FINALS

Run-Swim-Run

Open Men's & Women's (Finals)

Board Relay

Open Men's & Women's (Finals)

WEDNESDAY

*Schedule subject to change based on  
conditions, courses, and time constraints*

# NATIONAL LIFEGUARD CHAMPIONSHIPS DAY 2

THURSDAY, AUGUST 8, 2024

THURSDAY

## FLAG PIT COURSE

**7:00 AM**

Beach Relay

Open Men's & Women's  
(Heats / Semis / Finals)

**8:00 PM - OPEN FINALS**

Beach Flags

Open Men's & Women's (Finals)



## BOAT COURSE

**8:00 AM**

Singles Row

Open Men's & Women's (Heats)

Surf Ski

Open Men's & Women's (Heats)

Surf Ski

Open Men's & Women's (Semis)

**OPEN FINALS**

Surf Boat

Open Men's & Women's (Finals)

American Iron

Open Men's & Women's (Finals)

Singles Row

Open Men's & Women's (Finals)



## COURSE

**8:00 PM**

Surf Race

Open Men's & Women's (Heats)

Surf Race

Age Group Men's & Women's

Board Race

Open Men's & Women's (Semis)

Board Race

Age Group Men's & Women's (Finals)

Rescue Race

Open Men's & Women's (Heats)

**OPEN FINALS**

Surf Race

Open Men's & Women's (Finals)

Board Race

Open Men's & Women's (Finals)

Rescue Race

Open Men's & Women's (Finals)



## COURSE

*Schedule subject to change based on  
conditions, courses, and time constraints*



# NATIONAL LIFEGUARD CHAMPIONSHIPS DAY 3

FRIDAY, AUGUST 9, 2024

## FLAG PIT COURSE

7:00 AM

90m Beach Sprint

Open Men's & Women's  
(Heats / Semis / Finals)

OPEN FINALS

90m Beach Sprint

Open Men's & Women's (Finals)



## BOAT COURSE

9:00 AM

Mix Doubles

Open (Heats)

OPEN FINALS

Mix Doubles

Open (Finals)



## COURSE



## COURSE

8:00 AM

2K Beach Run

Age Group Men's & Women's

Landline

Open Men's & Women's (Heats)

Iron

Open Men's & Women's (Heats)

Iron

Age Group Men's & Women's (Finals)

Board Rescue

Open Men's & Women's (Semis)

OPEN FINALS

Surf Ski

Open Men's & Women's (Finals)

Iron

Open Men's & Women's (Finals)

Landline

Open Men's & Women's (Finals)

Board Rescue

Open Men's & Women's (Finals)

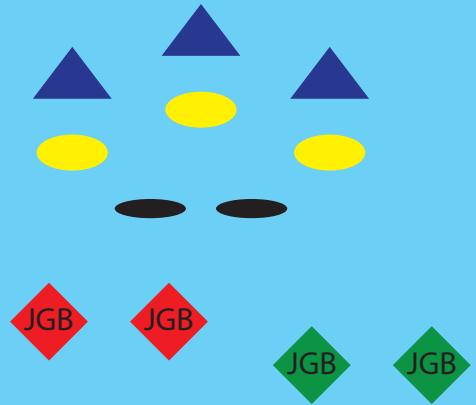
Taplin Relay

Open Men's & Women's (Finals)

FRIDAY

*Schedule subject to change based on  
conditions, courses, and time constraints*

# Gulf of Mexico



STAGING AREA

BOAT STORAGE

FLAG  
PIT #3

FLAG  
PIT #2

EQUIPMENT  
STORAGE

FLAG  
PIT #1

EQUIPMENT  
STORAGE

VENDORS

VENDORS

BOARD  
STORAGE

ISLA GRAND

REGISTRATION

## Beach

