

USLA 2021 NATIONAL LIFEGUARD CHAMPIONSHIPS



SCHEDULE



Tuesday, August 3, 2021

1 PM - 7 PM Jr. Guard & Lifeguard Competitor Registration & Check In
 6 PM Jr. Guard Coordinator Meeting
 7:30 PM Officials Meeting & Welcome Reception
 9:15 PM Fireworks Over the Bay

Isla Grand Beach Resort - Key Largo
 Isla Grand Beach Resort - Key Largo
 Isla Grand Beach Resort - Tower - Meeting Room
 Entertainment District - Laguna Blvd.

Wednesday, August 4, 2021

7 AM - 9 AM Jr. Guard (only) Event Registration & Check In
 9 AM Jr. Lifeguard Championships
 10 AM - 6 PM Lifeguard Registration & Check In
 12 PM Jr. Guard Lunch Pick Up
 4 PM Team Captain's Meeting
 7 PM Championship Welcome Dinner
 7 PM Free Concert
Sponsored by: Isla Grand Beach Resort

Isla Grand Beach Resort - Key Largo
 Isla Grand Beach Resort
 Isla Grand Beach Resort - Key Largo
 Isla Grand Beach Resort - Sandbar Courtyard
 Isla Grand Beach Resort - Meeting Room
 Isla Grand Beach Resort - Sandbar Courtyard
 Isla Grand Beach Resort - Sandbar Courtyard

Thursday, August 5, 2021

6 AM - 6 PM Lifeguard Registration & Check In
 7 AM Day 1 - National Lifeguard Championships
 7 PM Free Concert
Sponsored by: Isla Grand Beach Resort
 8 PM VIP & Sponsor Party
Sponsored by: L&F Distributors and Driftwood Landing
 9:15 PM Fireworks on the Beach
Sponsored by: Isla Grand Beach Resort

Isla Grand Beach Resort - Key Largo
 Isla Grand Beach Resort
 Isla Grand Beach Resort - Sandbar Courtyard
 Driftwood Landing
 Isla Grand Beach Resort

Friday, August 6, 2021

6 AM - 6 PM Lifeguard Registration Information
 7 AM Day 2 - National Lifeguard Championships
 8 PM Beach Flags Finals
Transportation available from Isla Grand to Clayton's from 7 PM - 10 PM
 10:15 PM Fireworks on the Beach

Isla Grand Beach Resort - Key Largo
 Isla Grand Beach Resort
 Clayton's Beach Bar and Grill
 Clayton's Beach Bar and Grill

Saturday, August 7, 2021

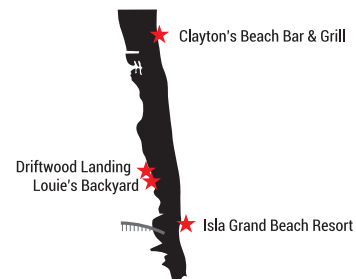
6 AM - 6 PM Lifeguard Registration Information
 7 AM Day 3 - National Lifeguard Championships
 8 PM Nationals Awards Party

Isla Grand Beach Resort - Key Largo
 Isla Grand Beach Resort
 Isla Grand Beach Resort - Sandbar Courtyard

***SCHEDULES ARE SUBJECT TO CHANGE**



Isla Grand Beach Resort - 500 Padre Blvd
 Driftwood Landing - 2401 Laguna Blvd
 Clayton's Beach Bar and Grill - 6900 Padre Blvd



JUNIOR GUARD / U19 COMPETITION SCHEDULE

WEDNESDAY, AUGUST 4, 2021

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

A Division

(A - 14 and 15 years of age)

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

B Course

(B - 12 and 13 years of age)

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

C Course

(C - 9 to 11 years of age)

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

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

WEDNESDAY

NATIONAL LIFEGUARD CHAMPIONSHIPS DAY 1

THURSDAY, AUGUST 5, 2021



COURSES

7:00 AM

Beach Flags	(Open Heats)
Beach Flags	(Age Groups)

8:00 AM

Board Relay	(Heats)
Run-Swim-Run	(Open Heats)
Run-Swim-Run	(Age Groups)
Board Race	(Open Heats)
Rescue Race	(Heats)
Board Rescue	(Heats)
Landline	(Heats)
Taplin Relay	(Heats)

Run-Swim-Run	(Finals)
Board Relay	(Finals)



COURSE

8:00 AM

Surf Boat	(Age Groups)
Surf Ski	(Age Groups)
Surf Boats	(Open Heats)
American Iron	(Age Groups)
American Iron	(Open Heats)

THURSDAY

USLA 2021 NATIONAL LIFEGUARD CHAMPIONSHIPS

NATIONAL LIFEGUARD CHAMPIONSHIPS DAY 2

FRIDAY, AUGUST 6, 2021



COURSES

7:00 AM

Run Relay	(Heats)
Run Relay	(Finals)

8:00 AM

Surf Race	(Open Heats)
Surf Race	(Age Groups)
Board Race	(Semifinals)
Board Race	(Age Groups)
Rescue Race	(Semifinals)

Surf Race	(Finals)
Board Race	(Finals)
Rescue Race	(Finals)

8:00 PM

Beach Flags	(Finals)
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COURSE

8:00 AM

Surf Ski	(Open Heats)
American Iron	(Finals)
Surf Boat	(Finals)
Surf Ski	(Finals)

FRIDAY

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

NATIONAL LIFEGUARD CHAMPIONSHIPS DAY 3

SATURDAY, AUGUST 7, 2021



COURSES

7:00 AM

2K Beach Run

8:00 AM

Ironman/Woman (Heats)

Ironman/Woman (Age Groups)

Landline (Semifinals)

Board Rescue (Semifinals)

Ironman/Woman (Finals)

Landline (Finals)

Board Rescue (Finals)

Taplin Relay (Finals)



COURSE

8:00 AM

Mixed Surf Boat Exhibition Event

SATURDAY