

SALA Regional Lifeguard Competition
 July 13 & 14, 2011- North Myrtle Beach, SC
 SCHEDULE OF EVENTS
 Wednesday, July 13, 2011

| | | | |
|----------------|---------------------------|--|-------------------------|
| 9:00 AM | Registration Opens | | All Participants |
|----------------|---------------------------|--|-------------------------|

**All competitors check in before competing
 Registration for any competitors not preregistered**

| | | | |
|-------------|-----------------------------|------------------|--------------------------|
| Noon | Captain's Meeting | Mandatory | Team Captain only |
| | Landline Rescue Race | Prelims | Open Only |
| | Board Rescue | Prelims | Open Men |
| | Board Rescue | Prelims | Open Women |
| | Beach Relay | Prelims | Open Men |
| | Beach Relay | Prelims | Open Women |
| | Rescue Race | Prelims | Open Men |
| | Rescue Race | Prelims | Open Women |
| | Beach Flags | Prelims | Open / Age Men |
| | Beach Flags | Prelims | Open / Age Women |
| | Beach Flags | Finals | Open / Age Men |
| | Beach Flags | Finals | Open / Age Women |

Thursday, July 14, 2011

| | | | |
|----------------|------------------------------------|---------------|-------------------------|
| 8:00 AM | 2K Beach Run | Finals | Open / Age Men |
| | 2K Beach Run | Finals | Open / Age Women |
| | Surf Race | Finals | Open / Age Men |
| | Surf Race | Finals | Open / Age Women |
| | Landline Rescue Race | Finals | Open Only |
| | Board Race | Finals | Open / Age Men |
| | Board Race | Finals | Open / Age Women |
| | International Ironman/Woman | Finals | Open / Age Group |
| | Beach Relay | Finals | Open / Age Men |
| | Beach Relay | Finals | Open / Age Women |
| | Run-Swim-Run | Finals | Open / Age Men |
| | Run-Swim-Run | Finals | Open / Age Women |
| | Board Rescue Race | Finals | Open Men |
| | Board Rescue Race | Finals | Open Women |
| | Surfski Race | Finals | Open / Age Group |
| | Rescue Race | Finals | Open / Age Men |
| | Rescue Race | Finals | Open / Age Women |
| | Taplin Relay | Finals | Open Only |