

2025 SALA CHAMPIONSHIPS

July 16 - 17, 2025

Jeanette's Pier, Nags Head, NC

SCHEDULE OF EVENTS

Wednesday, July 16, 2025

Tides - Low 6:02am, High 12:15pm, Low 6:37pm

8:30 AM	Registration Opens	All Competitors	
	All competitors must check in before competing		
	Registration for any competitors not preregistered		
10:00 AM	Captain's Meeting	Mandatory	Team Captain only
11:00 AM	Beach Relay	Prelims	Open Men
	Beach Relay	Prelims	Open Women
	Beach Relay	Finals	Open Men
	Beach Relay	Finals	Open Women
	90m Beach Sprint	Prelims	Open Men
	90m Beach Sprint	Prelims	Open Women
	90m Beach Sprint	Finals	Open Men
	90m Beach Sprint	Finals	Open Women
	Landline Rescue Race	Prelims	Open Men
	Landline Rescue Race	Prelims	Open Women
	Board Rescue	Prelims	Open Men
	Board Rescue	Prelims	Open Women
	Rescue Race	Prelims	Open Men
	Rescue Race	Prelims	Open Women
	Board Relay	Finals	Open Men
	Board Relay	Finals	Open Women
	International Ironman	Finals	Open Men
	International Ironwoman	Finals	Open Women
	International Ironman	Finals	Age Group Men
	International Ironwoman	Finals	Age Group Women
	Beach Flags	Prelims	Open Men/Women
	Beach Flags	Finals	Age Group Men/Women
	Beach Flags	Finals	Open Men/Women

2025 SALA Lifeguard Championships

Jeanette's Pier, Nags Head, NC

SCHEDULE OF EVENTS

Thursday, July 17, 2025

Tides - Low 6:49am, High 1:09pm, Low 7:39pm

8:00 AM	2K Beach Run	Finals	Open Men
	2K Beach Run	Finals	Open Women
	2K Beach Run	Finals	Age Group Men
	2K Beach Run	Finals	Age Group Women
	Surf Race	Finals	Open Men
	Surf Race	Finals	Open Women
	Surf Race	Finals	Age Group Men
	Surf Race	Finals	Age Group Women
	Board Race	Prelims	Open Men
	Board Race	Prelims	Open Women
	Board Race	Finals	Age Group Men
	Board Race	Finals	Age Group Women
	Surfski Race	Prelims	Open Men
	Surfski Race	Prelims	Open Women
	Surfski Race	Finals	Age Group Men
	Surfski Race	Finals	Age Group Women
	Run-Swim-Run	Finals	Open Men
	Run-Swim-Run	Finals	Open Women
	Run-Swim-Run	Finals	Age Group Men
	Run-Swim-Run	Finals	Age Group Women
Break	set up lane flags for rescue races		
	Landline Rescue Race	Finals	Open Men
	Landline Rescue Race	Finals	Open Women
	Rescue Race	Finals	Open Men
	Rescue Race	Finals	Open Women
	Board Rescue Race	Finals	Open Men
	Board Rescue Race	Finals	Open Women
	Surfski Race	Finals	Open Men
	Surfski Race	Finals	Open Women
	Board Race	Finals	Open Men
	Board Race	Finals	Open Women
Break			
	Taplin Relay	Finals	Open Men
	Taplin Relay	Finals	Open Women
7:00 PM	Awards Banquet - Jennettes Pier 7pm-10pm		