

Announcing

The 2022 South Atlantic Lifesaving Championships & The Inaugural Virginia Beach Junior Lifeguard Invitational



Presented By



Regional Lifeguard Championships

Tuesday, July 12

10^{am}—Registration Check In
(VB Surf & Rescue Museum)
12^{pm}—Captain's Meeting
12:30^{pm}—Events Start

Wednesday, July 13

8^{am}— Day Two Events Start
7:30^{pm}—Beach Flag Finals

Junior Lifeguard Invitational

Wednesday, July 13

3^{pm}—Registration Check In
(VB Surf & Rescue Museum)
5^{pm}—Beach Flag Prelims
7:30^{pm}—Beach Flag Finals

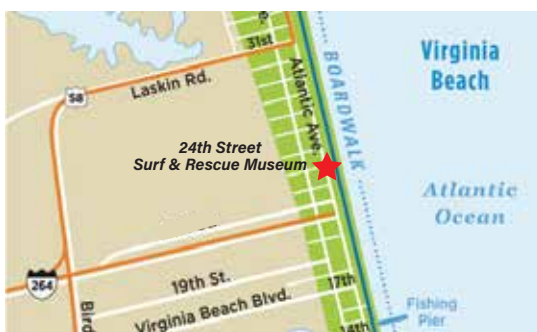
Thursday, July 14

9^{am}— Competition Begins

*All competitors must be current USLA Members. Only SALA Competitors can score at Regionals. Registrations handled by Ralph Wagner; bp101@hargray.com

*Open to any USLA approved registered junior guards. Beach Flag Finals will run concurrently with SALA LG Finals under the lights. Invitational Events will be announced soon. Age Divisions will mirror USLA U19 A(14-15) B(12-13) C(9-11)

Contact vbla@outlook.com or visit the VBLA website at <https://www.vblaguards.org/events>.



Discounted Accommodations

Holiday Inn Oceanside @ 21st Street
Holiday Inn Express @ 26th Street
Ramada Plaza by Wyndham @ 28th Street
Oceanfront Inn @ 29th Street