



**City of Capitola Recreation Department
Capitola Junior Lifeguard Challenge
Wednesday, June 26, 2022
9:00 am – 4:00 pm**

Welcome to the Capitola Junior Lifeguard Challenge! The competition will begin promptly at 10:00 am. It is suggested the teams arrive by 9:00 am to set up. An instructor meeting will take place at the scoring tent at 9:30. We have scheduled one hour per event so things should not be rushed, but it is important that instructors have their guards at the venues on time.

The locations of each event will remain the same for all divisions, but the course may be adjusted.

Events for the day are as follows:

EVENT
REQUIREMENTS
LOCATION

1. Beach Flags unlimited
Main Beach Flags Arena
2. Run-Swim-Run unlimited

North Beach

3. Distance Swim unlimited

Buoy #2 (Middle of beach)

4. Paddle Relay
5 boys, 5 girls

Buoy #3 (closest to wharf)

5. Rescue Relay

3-6 person coed* teams

Buoy #1 (Closest to Jetty)

6. Rambo Relay

5-6 person coed* teams

Between LG Tower #6 & Lagoon

* COED: At least two members of each gender on a team

A head official will be stationed at each event and parent volunteers will be on hand to assist with scoring. Instructors for each age group will meet with the head official before each event to review the course and regulations. If you have instructors or youth aids available to assist with an event please let the head official know and they will instruct them on where they can be the most effective.

Special note regarding parking: Traffic through the Esplanade is very congested, and the Capitola Police Department *will* ticket cars that block the flow of traffic. The best place to park is in one of the large parking lots behind Capitola City Hall, at 420 Capitola Avenue. It is a very short walk from the parking lot to the beach. For unloading only: follow Monterey Ave through the Village toward Esplanade Park and take the right-hand fork to the unloading area.

Schedule of Events

TIME	AA's	A's	B's	C's
10:00 AM	RAMBO	DISTANCE SWIM	R-S-R	FLAGS
11:00 AM	DISTANCE SWIM	RESCUE RELAY	PADDLE REALY	R-S-R
NOON	PADDLE RELAY	R-S-R	FLAGS	RESCUE RELAY
1 PM	R-S-R	PADDLE RELAY	DISTANCE SWIM	RAMBO
2 PM	RESCUE RELAY	FLAGS	RAMBO	DISTANCE SWIM
3 PM	FLAGS	RAMBO	RESCUE RELAY	PADDLE RELAY