



City of Capitola Recreation Department
Capitola Junior Lifeguards
Little Guards Competition
Tuesday, June 25, 2024
9 am - 3 pm

Welcome to the Capitola Junior Lifeguard Little Guard Competition! The competition is set up for maximum participation and fun for all Little Guards.

The competition will start at 10:00 a.m. Teams should show up at 9:00 a.m., the instructor meeting will take place at 9:30 a.m. We have scheduled an hour for each event, so it should not be rushed, but it is important that instructors have their Guards at the venues on time. The venues will be in the same place for all the divisions.

The events scheduled for the day are as follows:

Beach Flags

(Unlimited)

Run-Swim-Run

(Unlimited)

Rambo

(Unlimited 8 person coed teams, 4 boys and girls)

Toots

(Unlimited)

A schedule of events is included in the packet, along with a scoring chart - we think you will like it, our kids do.

The Little Guard Competition and the Junior Guard Competition will be scored as two separate events.

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.

Little Guard Schedule

Time	6 Years	7 Year Olds	8 Year Olds
10:00 AM	R-S-R	R-S-R	R-S-R
11:00 AM	Flags	Toots	Rambo Relay/Shuttle
12:00 AM	LUNCH	LUNCH	LUNCH
1:00 PM	Toots	Rambo Relay/Shuttle	Flags
2:00 PM	Rambo Relay/Shuttle	Flags	Toots