



For Immediate Release...

Lifeguards from across the State to compete in the 2011 California Surf Lifesaving Championships and California Junior Lifeguard Championships in Seal Beach on July 22nd and 23rd.

SEAL BEACH (June 29, 2011). Nearly 3,000 professional and junior lifeguards will compete in the 2011 California Surf Life Saving Association Southwest Regional Lifeguard Championships on Friday, July 22 and Saturday, July 23. The two-day event will be held adjacent to the Seal Beach Pier on the north side.

The California Junior Lifeguard Regional Championship for all CSLSA affiliated Junior Lifeguard programs will be held on Friday, July 22, while the events for California Lifeguards and Lifeguard alumni aged 16-75 years will be held on Saturday, July 23. On both days, competition begins at 8 a.m.

“Seal Beach has graciously agreed to host this year’s event,” said Jay Butki, Competition Chair of the CSLSA. “It is a terrific location to again showcase the high-level of athleticism-the skill and stamina-possessed by these current and future professional lifeguards from up and down the state representing 30 Lifeguard agencies.”

From surf swims to beach runs, paddleboard and surf boat races, as well as the grueling Ironman and Ironwoman events, competitors will vie for bragging rights to be called the state’s fittest lifeguards.

The 29th annual CSLSA Regionals competition is also a preview to the annual United States Lifesaving Association National Lifeguard Championships, which will be held this year in Cape May, NJ on August 3-6, 2011. The event will crown the nation’s top male and female lifeguards.

The California Regional Championships are open to all California Lifeguards and Junior Lifeguards who are members of the United States Lifesaving Association (www.USLA.org). Non-members may contact their Lifeguard Agency Coordinator or JG program for USLA membership.

A complete list of events:

California Junior Lifeguard Regional Championship – Friday, July 22

Competition events for age divisions: C- 9-11 years old; B- 12-13 years old; A-14-15 years old; AA-16-17 years old include: Five JG Individual Events: Beach Run, Surf Race, Run-Swim-Run, Paddleboard Race, Beach Flags, and Four JG Team Events: Rescue Relay, Swim Relay, Run Relay, Paddleboard Relay

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California Surf Lifesaving Championship – Saturday July 23

Ten Lifeguard Individual Events:

2 km Beach Run- Open Men, Open Women, Masters Age Groups
Surf Race- Open Men, Open Women, Masters Age Groups
Board Race- Open Men, Open Women, Masters Age Groups
Ironman- Open Men, Masters Age Groups
Ironwoman- Open Women, Masters Age Groups
Surf Ski Race- Open Men, Open Women, Masters Age Groups
Run-Swim-Run- Open Men, Open Women, Masters Age Groups
American Ironman- Open Men, Men Masters Age Groups
American Ironwoman- Open Women, Women Masters Age Groups
Beach Flags- Open Men, Open Women, Masters Age Groups

Six Lifeguard Team Events:

Rescue Race- 4 Persons, Open Men, Open Women
Taplin Relay- 4 Persons, Open Men, Open Women
Surfboat Race- 2 Rowers, Open Men, Open Women, Masters Age Groups
Board Relay – 3 persons, Open Men, Open Women
Landline Rescue- 4 Persons, Open only
Board Rescue- 2 Persons, Open Men, Open Women

Open Age Group=Men & Women: 16-29 (+ any Masters who wish to enter)
Masters Age Group categories= Men & Women: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-70, 70+

About the CSLSA: (www.CSLSA.org)

The California Surf Lifesaving Association is a non profit (501-C3 tax exempt) organization chartered to promote beach safety awareness and professional open-water lifesaving standards. The 30 CSLSA Chapters/Agencies share the mission, goals and objectives of the CSLSA. The CSLSA (west coast region) is one of seven regions of the United States Lifesaving Association (USLA) which in turn is affiliated with the International Lifesaving Federation (ILS).

As open-water lifesavers, our mission is to promote Beach Safety awareness and Professional Lifeguard standards through public education, training programs, exchange programs, junior lifeguard programs, competition and other means. The ultimate goal is to prevent and reduce aquatic injuries, accidents and death at open-water beaches in the United States and throughout the world.

Seal Beach Marine Safety headquarters is located at: 888 Ocean Ave, Seal Beach, CA 90740

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Huntington Beach, CA 92648

2011 CSLSA Regional Championships Sponsors & Supporters:

Bud Light (Lifeguards Only) www.budlight.com

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Barefoot Wine & Bubbly <http://www.barefootwine.com/>

Axe Excite <http://www.facebook.com/axe>

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California Surf Life Saving Association

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