



Southeast Region

Hosted by Flagler Beach Ocean Rescue

2015 JAMES P. "MAC" MCCARTHY MEMORIAL REGIONAL SURF LIFESAVING CHAMPIONSHIPS

PROFESSIONAL: THURSDAY & FRIDAY, JULY 16 & 17

JUNIOR: SATURDAY, JULY 18

105 South 2nd Street, Flagler Beach, FL 32136 | cityofflaglerbeach.com

\$20 entry fee per competitor

SCHEDULE OF EVENTS

All times are approximate. Age group heats will be run together barring equipment conflicts. Schedule is subject to weather conditions. Cancellations may be possible.

THURSDAY, JULY 16

8:00-9:00	Sign-In & Registration	
9:00-10:00	Surf Swim	Open (M/W), All Age Groups (M/W)
10:00-11:00	Paddle "Rescue Board Race"	Open (M/W), All Age Groups (M/W)
11:00-12:15	Surf Rescue	* Open (M/W) 4 Person Team ** All Age Groups (M/W) 2 Person Team
		* New Skool ** Old Skool
12:15-1:30	International Ironman & Ironwoman	Open (M/W), All Age Groups (M/W)
Lunch Break		
2:30- 3:15	Landline Rescue	Open (M/W) Only
3:15-4:00	Surfski	Open (M/W), All Age Groups (M/W)
4:00-5:30	Beach Flags	Open (M/W) Only
5:30-6:30	Taplin Relay	Open (M/W) Only

FRIDAY, JULY 17

8:00-9:00	Sign-In & Registration	
9:00-9:45	Singles Row	Open (M/W) Only
9:45-11:00	Surf Boat Race	Open (M/W), All Age Groups (M/W)
11:00-12:00	Run-Swim-Run	Open (M/W), All Age Groups (M/W)
12:00-1:00	Board Rescue (Paddle Pickup)	Open (M/W) Only
Lunch Break		
2:00-2:45	2k Beach Run	Open (M/W), All Age Groups (M/W)
2:45-4:00	4 X 100 Relay	Open (M/W) Only
4:00-5:30	American Ironman	Open (M/W), All Age Groups (M/W)

SATURDAY, JULY 18

There is no scheduled lunch break. Please plan accordingly.

7:00-8:30	Sign-In & Registration	
	Beach Flags	C, B, A, and AA
	Surf Rescue Relay Race	C, B, A, and AA
	Distance Run	C=1 k / .65-Miles; B=1.5 k / 1-Mile; A & AA= 2 k / 1.25-Miles
	Distance Swim	C=250m; B=300m; A & AA=360m
	Run-Swim-Run	C, B, A, and AA
	Paddleboard Race	C, B, A, and AA
	Swim Relay Race	C, B, A, and AA
	Junior Iron Guard Race	C, B, A, and AA

All Lifeguard & Junior Lifeguard competitors must be USLA members to participate.