



- PRESS RELEASE -

City of Pompano Beach • 100 West Atlantic Boulevard • Pompano Beach, FL 33061

Press Release Date: 7/16/10

Junior Lifeguard Regional Championships
Saturday, July 24th
On the Beach – Just North of the Pier
222 North Pompano Beach Boulevard
8:00.m. to 4:00 p.m.

The City of Pompano Beach is hosting the 2010 Junior Lifeguard Regional Championships Saturday, July 24th on the Public Beach just north of the Pompano Beach Fishing Pier. The Competition was initially scheduled to take place in Destin, Florida. However, due to the oil spill and the closing of the beaches in the Panhandle area, the event has been moved to Pompano Beach.

Over 400 junior lifeguards from all over Florida will compete in lifeguard related skills. The competition will include rescue races, beach flags, swimming, and paddle board racing events. The popular event draws a huge crowd of family, friends and spectators that cheer enthusiastically for the hundreds of young competitors.

A great photo starts at 8:45 a.m. in a competition called Beach Flags, which is similar to musical chairs. In the Beach Flag Competition, junior lifeguards begin by laying down in the sand and at the sound of the whistle must jump up, turn around, run 20 yards, and dive for garden hoses (flags) which have been stuck in the sand. The competition's challenge is that there is one less flag than there are competitors. The competition ends when the last two competitors compete for the last flag.

The City of Pompano Beach has over 100 junior lifeguards in its Summer Junior Lifeguard Program which lasts six weeks from June 14th to July 23rd. The children learn lifeguard skills such as first aide, CPR, life saving techniques, swimming skills, and physical conditioning all in a responsible team atmosphere.

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