

The BECK'S BEER
2005 USLA Southeast Regional
Lifeguard Championships Schedule of Events

Cocoa Beach Pier, Brevard County, Florida
Wednesday, July 20 through Friday, July 22, 2005

Wed, July 20,

11am-12pm Chiefs Meeting in Atlantic Ocean Grill
12pm-1pm Lunch served for Chiefs and Officials in AOG
6pm-2am Jamaican Me Crazy Welcome Party: Oh Shucks Seafood Bar
Live entertainment with "Deja". Food and drink specials

Thurs, July 21st, 2005

7:30am - 8:45am Check-in & Registration at Oh Shucks Seafood Bar
9:00am - 10:00am 350-Meter Surf Swim
10:00am - 11:00am 600-Meter Rescue Board Race
11:00am - 12:00pm Surf Rescue
12:00pm- 1:00pm Surfboat Race
1:00pm - 2:00pm Lunch served to all competitors/officials in Oh Shucks
2:00pm - 3:30pm American Ironman/Ironwoman
3:30pm - 4:30pm Beach Flags

Friday, July 22nd, 2005

7:30am – 8:45am Check-in & Registration in Oh Shucks
9:00am – 10:00am 2K Beach Run
10:00am –11:30am 700-Meter Surf Ski
11:30am –12:30pm Landline Rescue Race
12:30pm-1:30pm Lunch served to all competitors/officials in Oh
Shucks
1:30pm – 2:30pm Rescue Board Rescue Race
2:30pm – 3:30pm Run – Swim – Run
3:30pm – 5:00pm International Ironman / Ironwoman
5:00pm – 6:00pm 4 x 100 Meter Run Relay
7:00pm –11:00pm Official Party & Awards Ceremony in Shucks.
Live entertainment with Derek and The Slammers.

Thank you to the Official Pier Event Sponsors:

The Cocoa Beach Pier, The City of Cocoa Beach, Brevard County
Ocean Rescue, Beck's Beer, Captain Morgan Rum, Coca- Cola, Panama
Jack, Jose Cuervo, Cool Runnins, Sysco Foods and Absolut Vodka.