

The Michigan Chapter of the USLA and the
City of Rochester Hills Parks & Forestry Department
present the

MICHIGAN LIFEGUARD COMPETITION

A fun and challenging competition
for Pool & Beach lifeguards!



**Monday
July 13th
2009**

- *Agencies represented by the top teams in all three divisions are awarded rescue equipment prizes!*
- *Event winners will receive individual awards!*
- *The first place team in each division will be awarded a team trophy!*
- *All entrants receive a commemorative shirt!*
- *Food and refreshments are provided at the end of the event!*

- Pool & Beach lifeguards from around the state compete in a fun and challenging skills and physical ability competition.

- Events include: 350m. Swim, 700m. Rescue Board, 1 mile Run, Deep Dive to 13 feet, CPR.

- Compete in 2-person teams consisting of 2 males, 2 females or co-ed.

- Monday, July 13th, 2009. Event begins at 9:30am and ends at approximately 4pm.

- Rochester Hills' Thelma G. Spencer Park, on the east side of John R Rd., between M-59 and Auburn Rd.

- Entry fee is \$50 per team. Please mail registration by July 7th. Make checks payable to: *City of Rochester Hills* and send to: Parks Division, Lifeguard Competition, 1000 Rochester Hills Drive, Rochester Hills, MI 48309. Registration opens at 8:30am.

- For more information- Phone: 248.656.4657, email: spencerpark@rochesterhills.org, download a registration form from our website at www.rochesterhills.org/city_services/parks/parks/spencer_park.a.sp