

# LIFEGUARD TRYOUTS



**Saturday, March 31**

And

**Saturday, April 7**

**Aliso Beach, Laguna Beach**

**7:30AM**

(Free Parking Available on Pacific Coast Hwy. Meet at the tent set up in the parking lot)

## **TRYOUT INFO:**

- Participants must be at least 16 years of age by June 1<sup>st</sup>, 2018
- Participants under 18 years of age must be accompanied by a parent/guardian at the tryout for the duration of the entire event
- The tryout event consists of a combined 500m swim, ¼ mile run, 500m swim, ¼ mile run. The first 500m swim must be completed in 10 minutes or less, and the entire event must be completed in 25 minutes
- No wetsuits allowed
- Important paperwork and registration must be completed before tryout, access online at [www.OCLG.org](http://www.OCLG.org)
- Visit us at [www.OCLG.org](http://www.OCLG.org) and follow the employment link for more info and paperwork
- Questions? Email us at [info@oclg.org](mailto:info@oclg.org) or call (949) 276-5050



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