



**South Jersey Lifeguard Chiefs' Association  
Schedule of Lifeguard Races for the Summer of 2019**

Date	Race/Location	Time
Monday, July 1	SuperAthalon, Cape May	6:30 pm
Monday, July 8	Cape May County Championships, Wildwood Crest	6:30 pm
Friday, July 5	Captain Michael D. McGrath Longport Memorials, Longport	6:30 pm
Wednesday, July 10	Longport Women's Race	6:30 pm
Friday, July 12	Chief Bill Kuhn Lifeguard Invitational, Brigantine	6:15 pm
Friday, July 12	Beschen-Callahan Memorial Races, North Wildwood	6:00 pm
Saturday, July 13	Ocean City Masters Swim, Ocean City	10:00 am
Friday, July 19	Atlantic City Lifeguard Classic, Atlantic City	6:30 pm
Saturday, July 20	Sea Isle City 1 Mile Ocean Swim. Sea Isle	11:00 am
Sunday, July 21	South Jersey Pool Championships, Ocean City	7:00 pm
Tuesday, July 23	Tri-Resorts Championships, Upper Township	6:15 pm
Thursday, July 25	Ocean City Women's Race	6:15 pm
Friday, July 26	Dutch Hoffman Memorials, Wildwood	6:30 pm
Saturday, July 27	Captain Turner Memorial Swim	6:30 pm
Sunday, July 28	David J Kerr Memorials, Avalon	6:15 pm
Monday, July 29	MS Six-Mile Bay Race, Upper Township	6:00 pm
Wednesday, July 31	Cape May Point Women's Lifeguard Challenge, Cape May Point	6:30 pm
Friday, August 2	Margate Memorials, Margate	6:30 pm
Saturday, August 3	Sea Isle City 10 Mile Island Run, Sea Isle	5:30 pm
Saturday, August 3	Pier to Pier 1 Mile Ocean Swim, Wildwood	6:30 pm
Monday, August 6	4 <sup>th</sup> South Jersey Paddleboard Championship, Brigantine	6:00 pm
Wednesday, August 7	Murph Mile, Cape May	6:30 pm
<b>Wednesday, August 7</b>	<b>Bill Howarth Women's Lifeguard Invitational, Ventnor</b>	<b>6:30 pm</b>
Friday, August 9	South Jersey Championships, Longport	6:30 pm
Wednesday, August 13	Around the Island Row, North Wildwood	7:00 am
<b>Friday, August 16</b>	<b>Goudy Memorial Rescue Races</b>	<b>6:30 pm</b>
Thursday, August 22	Hammer Row, Longport	6:15 pm

For additional information, refer to – [www.sjlca.com](http://www.sjlca.com) - the official website of the South Jersey Lifeguard Chiefs' Association