



3rd ANNUAL NORTH SHORES BEACH PATROL

SURF LIFESAVING COMPETITION

Thursday – July 17, 2025 – Start Time 6:30 PM

On the Beach (Between Holly & S. Rodney)

- **1st EVENT - 4 PERSON - RUN / SWIM / RUN RELAY**
- **2nd EVENT - 2 PERSON - 2K BEACH RUN RELAY**
- **3rd EVENT - 4 PERSON - PADDLEBOARD RELAY**
- **4th EVENT - 2 SWIMMER & 2 PADDLEBOARDER RELAY**
- **5th EVENT - 4 PERSON LANDLINE**
- **6TH EVENT - BEACH FLAGS**



Come out and cheer for the NS Lifeguards as they compete against surrounding Beach Patrols.