

Please refer to your "Junior Lifeguard 'A' Requirement" sheet to record your performance points. **YOU ARE RESPONSIBLE FOR YOUR OWN POINTS AND RECORD KEEPING.**

| <u>Event</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> | <u>Best Time</u> | <u>Points</u> |
|------------------------------|--------------------|--------------------|--------------------|--------------------|-------------------------|----------------------|
| Pier Swim | | | | | | |
| Run-Swim-Run | | | | | | |
| 2 Mile Run | | | | | | |
| Pier Paddle | | | | | | |
| Ironman | | | | | | |
| Vitamin "A" | | | | | | |
| Test Score | | | | | | |
| Simulated Rescues | | | | | | |
| Attendance | | | | | | |
| Instructor Evaluation | | | | | | |

TOTAL POINTS: _____

EXPECTED RANK: _____