



Vermont & The New Hampshire Valley

Are your guards the best in Vermont and the New Hampshire Valley?

Find out at the 2010 Annual Lifeguard Competition!

Thursday, August 5, 2010 from 5:30 p.m. – 8:30 p.m.
St. Albans City Pool, St. Albans, Vermont



Create a team to compete, train and come to win.

- Distance swim
- Victim Rescue
- Backboarding
- CPR & First Aid
- Team Relay
- And more . . .

See how you compare!

- \$100.00 team registration fee
- 4 person minimum per team
- 6 person maximum per team
- Proof of training for team members
- Each team member competes in at least one event
- More than one team per site is encouraged

Payment method:

Cash

Check

Credit Card (we will call)

Workplace Name: _____

Contact Person: _____

Address: _____

Phone: _____

Team Name: _____

Team Captain: _____

Second: _____

Third: _____

Fourth: _____

Fifth: _____

Sixth: _____

Contact: Eric Cochran at (802) 660-9130, ext. 113 or ecochran@nvtredcross.org
**Please return this registration by July 21, 2010 to: American Red Cross,
29 Mansfield Ave., Burlington, VT 05401**