



FOR IMMEDIATE RELEASE:
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66th Annual Ron Trenton Memorial Lifeguard Relays

LIFEGUARDS TO COMPETE AND DEMONSTRATE WATER RESCUE SKILLS

SAN DIEGO – For the 66th consecutive year, the City of San Diego Fire-Rescue (SDFD) Lifeguard Services Division will hold the Ron Trenton Memorial Lifeguard Relays. This relay event is an exciting and highly challenging competition among SDFD lifeguards. The relays include 12 legs which demonstrate the variety of rescue techniques used in ocean rescue such as running, swimming, paddle boarding and landline rescue.

SDFD's Lifeguard Services Division is geographically divided into four districts: Southern includes Ocean Beach; central includes Mission and Pacific beaches; northern includes the La Jolla beaches; and the fourth district includes Mission Bay and the Boating Safety Unit.

“This annual event showcases the incredible level of fitness and expert skills of the City of San Diego lifeguards,” said Lifeguard Chief James Gartland. “It’s also a fitting tribute to Ron (affectionately known as ‘RT’) and something the lifeguards look forward to each year.”

The lifeguard relays inspire esprit de corps and healthy competition among the lifeguards of different districts as well as encouraging them to perfect their abilities. It’s also a great opportunity for the public to see the lifeguards performing lifesaving skills.

The event is named after veteran lifeguard and longtime northern district team captain, Ronald B. Trenton. Ron was lost at sea while piloting his private plane from Catalina Island to San Diego in 1997.

WHAT: 66th Annual Ron Trenton Memorial Lifeguard Relays

WHO: John Sandmeyer, marine safety captain, SD Fire-Rescue Lifeguard Division
Lifeguards competing in teams

WHEN: Thursday, Aug. 1, 2019, 6 p.m.

WHERE: South Mission Beach
700 N. Jetty Road
San Diego, CA 92109

VISUALS: Relays start at 6 p.m. – video of lifeguard teams competing
Interviews with lifeguards

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