



PRESS RELEASE

CITY OF SAN CLEMENTE

OFFICE OF THE CITY MANAGER
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FOR IMMEDIATE RELEASE
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CITY HOSTS 2023 SAN CLEMENTE OCEAN GAMES

6/26/2023...San Clemente, California... The City of San Clemente invites all swimmers, runners, Junior Lifeguards, and multi-sport athletes to compete in the San Clemente Ocean Games. The event is scheduled to take place on Saturday, July 15, 2023, beginning at 7 a.m. and will be located north of the San Clemente Pier.

This series of ocean games will be comprised of three main competitive events: Lifeguard Events, Junior Lifeguard Events, and Open Events. Registration is currently available online at www.san-clemente.org/recreation offering an early bird discount. Onsite registration will be available starting at 6 a.m. on the day of the event, without a discount, and with a cashless payment. Entry fees vary depending on the event. Registrants will receive an event T-shirt and a swim cap.

The Lifeguards Events are open to all competitors (ages 16+ years) and include ten games: Surf Race, Surf Ski Race, Rescue Relay, National Doryman Association Three Lap Race, International Ironman, Paddleboard Sprint, Paddleboard Rescue Relay, American

Ironman, and American Ironwoman. No ocean lifeguard experience is necessary to participate. Detailed information on games is available at www.san-clemente.org/events.

Junior Lifeguard Events are open to all youth, in two age groups, ages 9 to 12 and 13 to 16 years old, with ocean experience. Competitions include a Surf Race (swim), Run-Swim-Run, and Beach Flags.

Open Events are offered to all ages 15 years and older. Competitors have an option of selecting one or all three games: 5K Beach Run, Run-Swim-Run, or 1 Mile Swim. The race(s) are monitored with chip timing.

Winners may receive a medal, trophy, or cash prize. Awards ceremonies for the Junior Lifeguard and Open Events are scheduled for 1:45 p.m., and the Lifeguard Events awards will be presented at 5 p.m.

Be sure to start your morning with a hearty pancake breakfast at 7 a.m. hosted by the Orange County Professional Firefighters Association (OCPFA) on the beach near Marine Safety Headquarters. Plus, the event will also include a Water Rescue Demo performed by San Clemente Marine Safety in the afternoon.

Event volunteer opportunities are available, including course volunteers and marshals. All volunteers must register at www.san-clemente.org/recreation and attend a pre-event meeting scheduled for July 11, 2023, at the San Clemente Community Center.

Please contact San Clemente Recreation to learn about sponsorship opportunities or get more information about the event, (949) 361-8264 or (949) 429-8797.

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