



# United States Department of the Interior

NATIONAL PARK SERVICE  
Gateway National Recreation Area  
210 New York Avenue  
Fort Wadsworth, N.Y. 10305-5019

IN REPLY REFER TO:

A7615 (GATE-R&VP)

Dear Friend:

Please be advised the Surf-Lifeguard Preemployment Test is required yearly of all seeking to join the Gateway National Recreation Area surf-lifeguard staff.

To pass the endurance-run and -swim parts of the required Surf-Lifeguard Preemployment Test, you will need—at the slowest—to maintain this pace:

ENDURANCE SWIM		ENDURANCE RUN	
Distance	In Less Than	Distance	In Less Than
100 yards	1:40 min.	¼ mi.	2:00 min.
200 yards	3:20 min.	½ mi.	4:00 min.
300 yards	5:00 min.	¾ mi.	6:00 min.
400 yards	6:40 min.	1 mi.	8:00 min.
500 yards	8:20 min.	1¼ mi.	10:00 min.
600 yards	10:00 min.	1½ mi.	12:00 min

It is highly advisable for you to seek the professional opinion of a medical doctor before undertaking rigorous physical training in preparation for the required test.

We hope the above information will be helpful to you if you decide to attempt to join our surf-lifeguard staff.

Sincerely,

CARL MARTINEZ  
*Water Safety Coordinator*