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### My Favorite Competition

My favorite junior lifeguard competition was the Mid-Atlantic Regionals in Asbury Park, New Jersey this summer. The competition was so much fun to compete in. Hanging out with friends, the great weather, and the thrill of going in the ocean all made it fantastic. Those things are all it takes to have the best time in the world.

Nothing is better than having a friend at the beach with you. Friends make everything better. Competing on the beach all day with my friends and then hanging out on the boardwalk and playing in the arcade with them was just great. Friends are the first reason this was the best competition.

The weather can change everything. It can make competitions bad or good but during this competition there was great weather. The temperature was perfect, not too hot and not too cold. The air heated the water and the sun was shining bright in the sky. It was a perfect beach day.

The thrill of going in the water was amazing. When you dove in the water rushed over your head and cooled you down with its refreshing cool temperature. I couldn't wait until the swimming events because I knew that every stroke I took would be refreshing and pushing me on to win. The best part was enjoying the water with my friends in between events and after the competition.

At the end of the day I knew this was my favorite competition. The things that made it the best were my friends, the weather, and the thrill of going in the ocean. Like I said already, these things are all that it takes to have the best time in the world.