



2019
CANADIAN LIFEGUARD CHALLENGE
INFORMATION PACKAGE

The most demanding lifesaving sport event in Canada, the Canadian Lifeguard Challenge is a triple triathlon test of skill and endurance.

Date:	Sunday, August 4, 2019
Location:	Martinique Beach, Nova Scotia
Invitational Competition	<p>An invitational competition for high performance athletes.</p> <p>To increase participation at the Canadian Surf Lifesaving Championships.</p> <p>Hosted by the Lifesaving Society Nova Scotia.</p> <p>Sanctioned by the Lifesaving Society Canada.</p> <p>Event rules in accordance with Section 4 of the 2015 – 2019 ILS Competition Rule Book, revised 2017.</p>
Program of Events	<p>The Canadian Lifeguard Challenge is 3 consecutive Oceanwoman/Oceanman rounds.</p> <ul style="list-style-type: none"> • Round 1 is a traditional Oceanwoman/Oceanman course. The order of legs is ski – board – swim. • Round 2 is an M-shaped Oceanwoman/Oceanman course. The order of legs is swim – ski – board. • Round 3 is a traditional Oceanwoman/Oceanman course. The order of legs is board – swim – ski. <p>The time between each round is predetermined. See detailed schedule for times.</p> <p>Males and females compete on the same course. The male and female Oceanman/Oceanwoman rounds shall be run consecutively. See schedule.</p>
Eligibility for an Invitation to Participate	<p>To be eligible to compete in the Canadian Lifeguard Challenge, competitors shall:</p> <ul style="list-style-type: none"> • Hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Medallion, Bronze Cross or National Lifeguard certification (any option). • Be a registered athlete with the Lifesaving Society Canada. • Finish in the top 16 places of the Open Division Oceanwoman/Oceanman event at the 2018 Canadian Surf Lifesaving Championship (CSLC), or • Finish in the top 3 places of the Youth Division (15 – 18 years) Oceanwoman/Oceanman event at the 2018 Canadian Surf Lifesaving Championship (CSLC). • Eligible athletes will receive an invitation to compete in the Canadian Lifeguard Challenge to be held on August 4, 2019.



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Starting Position	<p>For each round, starting position shall be determined by random draw. Starting positions shall be consecutively numbered from the left (facing the water) starting with the number 1. Competitors must commence craft legs from the correct allotted beach positions. The starting positions are reversed for the board and surf ski legs. For example, in a 16-competitor race in which a competitor has drawn position 1: the competitor commences the initial craft leg from position 1 but commences the other craft leg from position 16.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Competitor's 1st craft leg starting position</td> <td style="width: 3.33%;">1</td> <td style="width: 3.33%;">2</td> <td style="width: 3.33%;">3</td> <td style="width: 3.33%;">4</td> <td style="width: 3.33%;">5</td> <td style="width: 3.33%;">6</td> <td style="width: 3.33%;">7</td> <td style="width: 3.33%;">8</td> <td style="width: 3.33%;">...16</td> </tr> <tr> <td>Competitor's 2nd craft leg starting position</td> <td>16</td> <td>15</td> <td>14</td> <td>13</td> <td>12</td> <td>11</td> <td>10</td> <td>9</td> <td>...1</td> </tr> </table>	Competitor's 1st craft leg starting position	1	2	3	4	5	6	7	8	...16	Competitor's 2nd craft leg starting position	16	15	14	13	12	11	10	9	...1												
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Scoring	<p>Competitors shall be allocated the following points in each round. Final rankings shall be determined by the total points accumulated from each of the 3 rounds.</p> <table style="width: 100%;"> <tr> <td>1st place.....</td> <td>20 points</td> <td>9th place.....</td> <td>8 points</td> </tr> <tr> <td>2nd place.....</td> <td>18 points</td> <td>10th place.....</td> <td>7 points</td> </tr> <tr> <td>3rd place.....</td> <td>16 points</td> <td>11th place.....</td> <td>6 points</td> </tr> <tr> <td>4th place.....</td> <td>14 points</td> <td>12th place.....</td> <td>5 points</td> </tr> <tr> <td>5th place.....</td> <td>13 points</td> <td>13th place.....</td> <td>4 points</td> </tr> <tr> <td>6th place.....</td> <td>12 points</td> <td>14th place.....</td> <td>3 points</td> </tr> <tr> <td>7th place.....</td> <td>11 points</td> <td>15th place.....</td> <td>2 points</td> </tr> <tr> <td>8th place.....</td> <td>10 points</td> <td>16th place.....</td> <td>1 point</td> </tr> </table> <p>Ties in overall point score shall be broken using the following system:</p> <ul style="list-style-type: none"> • Most first-place finishes • Most second-place finishes • Most third-place finishes • And so on 	1 st place.....	20 points	9 th place.....	8 points	2 nd place.....	18 points	10 th place.....	7 points	3 rd place.....	16 points	11 th place.....	6 points	4 th place.....	14 points	12 th place.....	5 points	5 th place.....	13 points	13 th place.....	4 points	6 th place.....	12 points	14 th place.....	3 points	7 th place.....	11 points	15 th place.....	2 points	8 th place.....	10 points	16 th place.....	1 point
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Awards and Reception	<p>Awards shall be presented at a reception following the competition. Food will be served.</p> <p>Male and female awards shall be presented to the first 8 places in the Canadian Lifeguard Challenge.</p> <table style="width: 100%;"> <tr> <td>1st place.....</td> <td>\$5000</td> <td>5th place.....</td> <td>\$400</td> </tr> <tr> <td>2nd place.....</td> <td>\$3000</td> <td>6th place.....</td> <td>\$300</td> </tr> <tr> <td>3rd place.....</td> <td>\$1000</td> <td>7th place.....</td> <td>\$200</td> </tr> <tr> <td>4th place.....</td> <td>\$500</td> <td>8th place.....</td> <td>\$100</td> </tr> </table>	1 st place.....	\$5000	5 th place.....	\$400	2 nd place.....	\$3000	6 th place.....	\$300	3 rd place.....	\$1000	7 th place.....	\$200	4 th place.....	\$500	8 th place.....	\$100																
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<p>Registration and Numbering</p>	<p>Invited competitors will be required to submit a Registration form and the Waiver and Release form by July 15, 2019.</p> <p>Competitors are required to have their competitor number applied to their upper left and right arm and upper left and right thigh.</p>
<p>Attire</p>	<p><u>Swim Caps</u></p> <ul style="list-style-type: none"> • Caps, securely fastened under the chin, must be worn on the competitors' heads at the start of each event and round. • Rubber or silicone caps may be worn under ocean competition caps. <p><u>Vests</u></p> <ul style="list-style-type: none"> • Canadian Lifeguard Challenge vests must be worn by competitors. These vests must be worn over the top of swimwear, PFDs, protective clothing and/or wet suits. • Vests will be provided to all competitors and become the property of the competitor at the end of the competition. <p><u>Wetsuits</u></p> <ul style="list-style-type: none"> • Wetsuits are permitted only in water temperatures of 16°C or less. • Wetsuits must be worn in water temperatures 13°C or less.
<p>Equipment and Handlers</p>	<p>Competitors must provide their own craft. Craft must meet ILS specifications.</p> <p>Competitors must have an equipment handler who is knowledgeable in the event rules and their role as an equipment handler.</p> <p>Equipment handlers must wear a competition cap matching that of their competitor. Handlers need not wear a vest.</p> <p>Competitors are required to have their craft ready in the designated position prior to the start of the race. The start of each round shall not be delayed if competitors' equipment is not available or not in position. Each round shall start at the predetermined, designated time.</p>

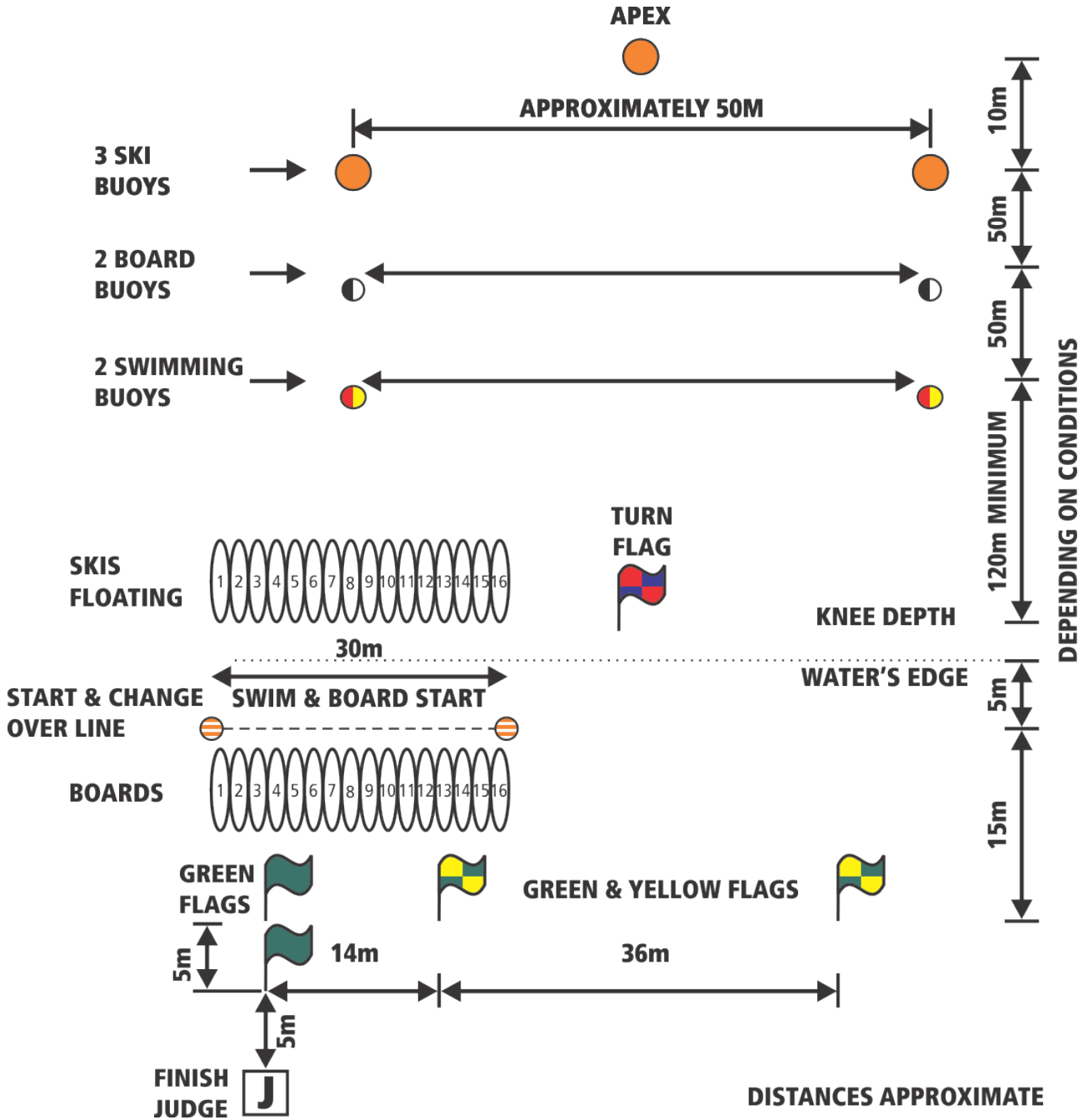


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Schedule (all times are ADT)	Saturday, August 3 Competitor check-in 7:00 – 9:00 p.m.	Hearthstone Inn, Dartmouth
	Sunday, August 4 Competitors’ briefing 10:00 a.m. Officials briefing 11:00 a.m. Start times are estimates and may be altered based on tide schedule and surf conditions. Event is composed of 3 consecutive rounds Oceanwoman Round 1 will start at 12:00 noon Oceanman Round 1 will start at..... 12:20 p.m. Oceanwoman Round 2 will start at..... 12:35 p.m. Oceanman Round 2 will start at..... 12:55 p.m. Oceanwoman Round 3 will start at 1:15 p.m. Oceanman Round 3 will start at..... 1:35 p.m. Rounds and event completed at approximately 2:00 p.m.	Martinique Beach, Halifax County, Nova Scotia
	Awards and reception 5:00 p.m.	Location TBC
Accommodation	Competitors are responsible for reserving their own accommodation. A block booking has been made for the evenings of August 3 and August 4, at the Hearthstone Inn in Dartmouth (http://www.hearthstonehospitality.ca/ 1-800-422-8025). For preferred rates, please book before July 15th and state that you are with the Lifesaving Society. Competitors will receive a \$100 accommodation subsidy.	
Meals	Competitors are responsible for their own food and hydration. Competitors will receive a \$100 meal subsidy.	
For more information contact:	Doug Ferguson Ph: 416-490-8844 Email: dougf@lifeguarding.com	Paul D’Eon Ph: 902-477-6155 Email: paul.deon@nsls.ns.ca

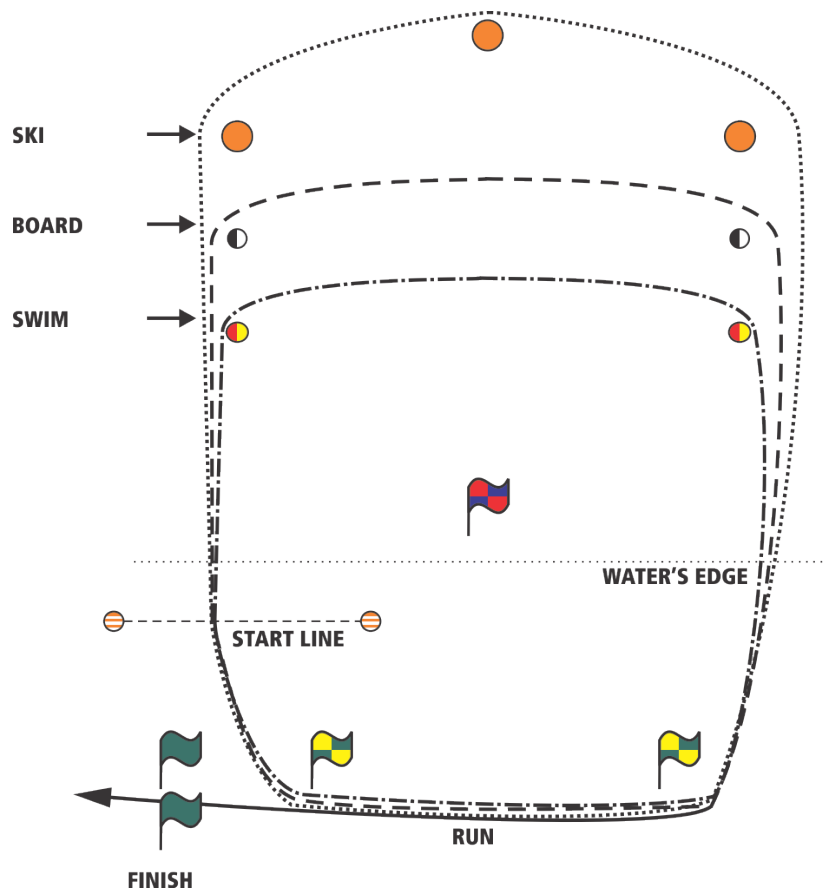


Buoys and Equipment





Course – Round 1 and Round 3



Course – Round 2

