


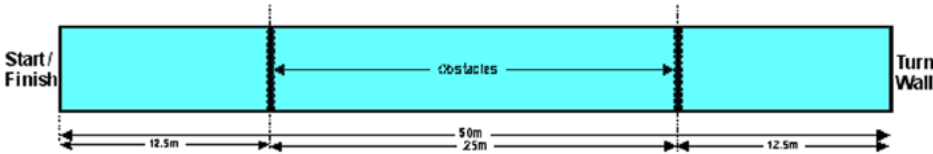

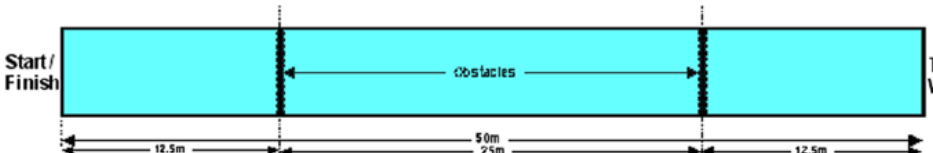

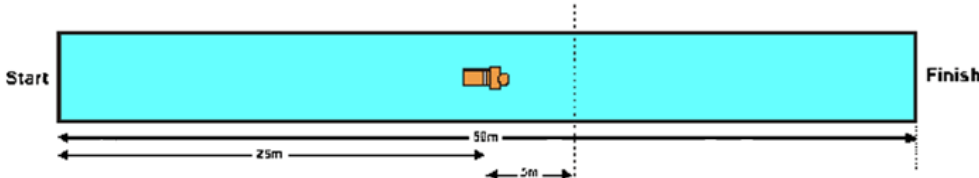

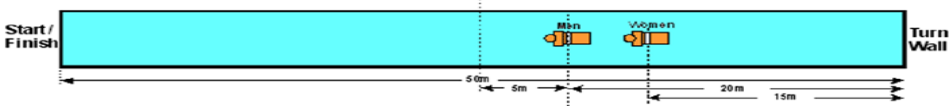
LIFESAVING SPORTS EVENTS


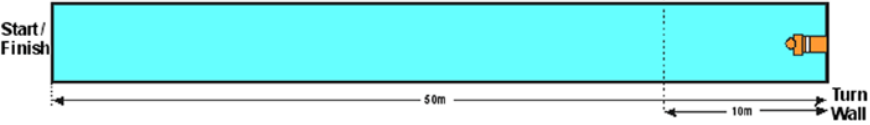

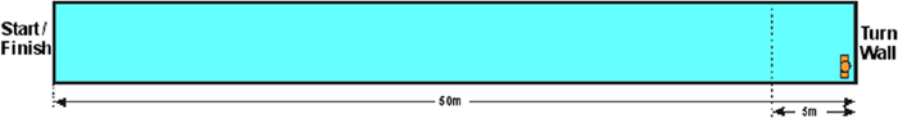

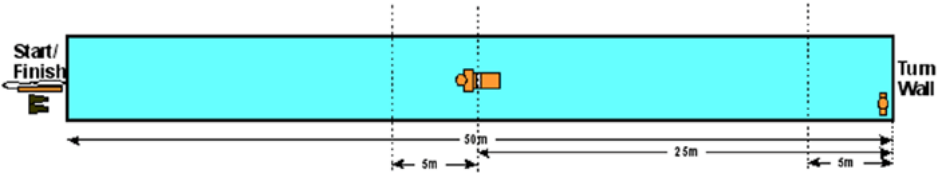

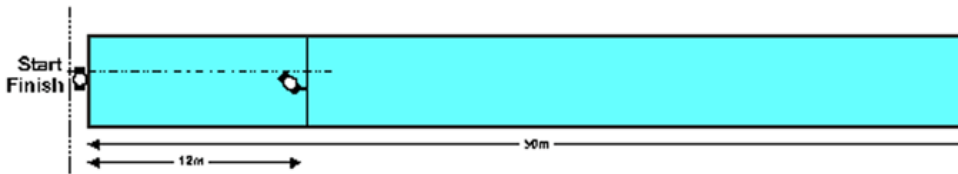

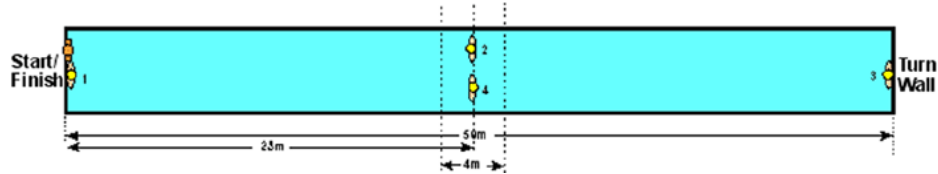
Lifesaving competitions are held in swimming pools, still water lakes, on the beach and in the surf. The combination of these events is truly a spectacle for the spectators and an example for all potential lifesavers. An introductory explanation of the different events is given hereunder.

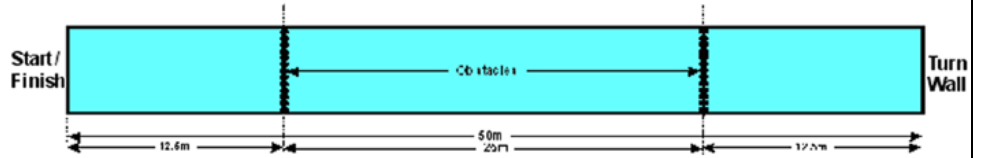
POOL / STILLWATER, BEACH AND SURF EVENTS

<u>Pool and Stillwater Events</u>	<u>Beach and Surf Events</u>	<u>Beach and Surf Events</u> Cont...
<ul style="list-style-type: none"> - 200m Obstacle Swim * - 100m Obstacle Swim * - 50 m Manikin Carry * - 100 m Rescue Medley - 100 m Manikin Carry with Fins * - 100 m Manikin Tow with Rescue Tube/Fins * - 200 m Super Lifesaver * - Line Throw * - 4x25m Manikin Relay + - 4x50 m Obstacle Relay * - 4x50 m Medley Relay * - 100 m Lifesaving by Boat - Simulated Emergency Response Competition (SERC) + 	<ul style="list-style-type: none"> - Surf Race * - Surf Teams Race * - Rescue Tube Rescue * - Rescue Tube Race - Run - Swim - Run - Beach Flags * - Beach Sprint * - Beach Run + - Beach Relay + - Surf Ski Race - Surf Ski Relay 	<ul style="list-style-type: none"> - Board Race * - Board Relay + - Board Rescue - Ironman / Ironwoman * - Taplin Relay * - Surf Boat Race - Inflatable Rescue Boat (IRB) Rescue - IRB Team Rescue - IRB Rescue Tube Rescue

POOL - STILL WATER EVENTS

<p style="text-align: center;">200 m Obstacle Swim</p> 	<p>200 m Obstacle Swim The competitor swims 200 m in freestyle during which he/she swims under eight (8) immersed obstacles.</p> 
<p style="text-align: center;">100 m Obstacle Swim (Masters)</p> 	<p>100 m Obstacle Swim (Masters) The competitor swims 100 m in freestyle during which he/she swims under four (4) immersed obstacles.</p> 
<p style="text-align: center;">50 m Manikin Carry</p> 	<p>The competitor swims 25 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pick-up line. The competitor then carries the manikin to the finish edge of the pool.</p> 
<p style="text-align: center;">100 m Rescue Medley</p> 	<p>The competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 20 m distance for men and 15m distance for women. The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance to the finish edge of the pool.</p> 

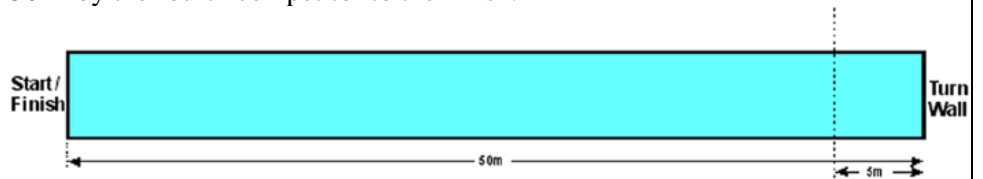
<p>100 m Manikin Carry with fins</p> 	<p>The competitor swims 50 m freestyle wearing fins and then dives to recover a submerged manikin to the surface within 10 m of the turning edge. The competitor carries the manikin to the finish edge of the pool.</p> 
<p>100 m Manikin Tow with Fins</p> 	<p>The competitor swims 50 m freestyle with fins and rescue tube. After touching the turning edge, the competitor fixes the rescue tube around a manikin floating at the surface at the edge and tows it to the finish.</p> 
<p>200 m Super Lifesaver</p> 	<p>The competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within 5 m of the pick-up line and carries it to the turning edge. After touching the wall the competitor releases the manikin. In the water, the competitor dons fins and rescue tube within 5 m of the turning edge and swims 50 m freestyle. After touching the wall the competitor fixes the rescue tube around a floating manikin within 5 m of the turning edge and tows it to touch the finish edge of the pool.</p> 
<p>Line Throw</p> 	<p>In this timed event, the competitor throws an unweighted line to a fellow team member located in the water approximately 12 m distant and pulls this "victim" back to the poolside.</p> 
<p>4x25m Manikin Relay</p> 	<p>Four competitors in turn carry a manikin approximately 25 m each.</p> 
<p>4x50 m Obstacle Relay</p>	<p>Four competitors swim 50 m freestyle each passing under two (2) obstacles.</p>



4x50 m Medley Relay



The first competitor swims 50 m freestyle without fins. The second competitor swims 50 m freestyle with fins. The third competitor swims 50 m freestyle pulling a rescue tube and after having touched the wall, passes the harness of the rescue tube to a fourth competitor who wears fins. The third competitor, playing the role of "victim," holds the rescue tube with both hands, while being towed 50 m by the fourth competitor to the finish.



100 m Lifesaving by Boat



The competitor jumps into the boat, rows to a buoy, turns around it, rows to an immersed Manikin, lifts it at the pool mirror edge and returns to the buoy using one oar, turns around it, and returns to the finish line still using only one oar.

Simulated Emergency Response Competition (SERC)



The Simulated Emergency Response Competition tests the initiative, judgment, knowledge, and abilities of 4 lifesavers who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. This competition is judged within a 2-minute time limit. All teams respond to the identical situation and are evaluated by the same judges.