



100th ANNIVERSARY

CANADIAN SURF LIFESAVING CHAMPIONSHIPS

Woodbine Beach, Toronto, Ontario

DATES

Friday, August 22 – Junior Lifeguard Games & Masters Division
 Saturday, Sunday, August 23–24 – Senior Division

PROGRAM OF EVENTS

TYR Canadian Junior Lifeguard Games – Surf

The following events shall be conducted in both male and female categories:

Individual Events	14 & 15 yr.	16 yr.
Beach Flags	20 m	
Beach Run	1500 m	
Surf Race	200 m	
Junior Ironman / Ironwoman	200 m – 800 m – 400 m	
Board Race	300 m	

Team Events	Combined Age 60 yr. or less
Cdn Taplin Relay	200 m – 800 m – 400 m – 50 m

Team composition for relays: Age-group relay events shall be conducted with 2 male and 2 female competitors. These 4-person relays are conducted as total-age events with competitors whose ages total 60 years or less. The total of the 4 competitors' ages determines the team's age group. For example, a team comprised of a 14-year-old, two 15-year-olds and a 16-year-old (= 60 years) would compete in the 60 years or less age group.

The Lifesaving Pentathlon (Junior Division): is comprised of the following 5 individual events: Beach Flags, Beach Run, Surf Race, Board Race, and Ironman / Ironwoman. The Lifesaving Pentathlon is conducted

in male and female categories. Competitors must enter and complete all 5 events.

Canadian Surf Lifesaving Championship – Masters Division

The following events shall be conducted in both male and female categories and in the following age categories: 30-34 years; 35-39 years; 40-44 years; 45-49 years; 50-54 years; 55-59 years; 60-64 years; 65 years and over.

Race Events
Beach Sprint – Men
Beach Sprint – Women
Board Race – Men
Board Race – Women
Surf Ski Race – Men
Surf Ski Race – Women
Surf Race – Men
Surf Race – Women
Oceanman
Oceanwoman

There is no Lifesaving Pentathlon in the Masters division.

Canadian Surf Lifesaving Championships – Senior Division

The following events shall be conducted:

Race Events	Maximum Entries per Team
Beach Flags – Men	6 competitors
Beach Flags – Women	6 competitors
Beach Sprint – Men	6 competitors
Beach Sprint – Women	6 competitors
Beach Run (2 km) – Men	6 competitors
Beach Run (2 km) – Women	6 competitors
Board Race – Men	6 competitors
Board Race – Women	6 competitors
Surf Ski Race – Men	6 competitors
Surf Ski Race – Women	6 competitors
Surf Race – Men	6 competitors
Surf Race – Women	6 competitors
Oceanman	6 competitors
Oceanwoman	6 competitors

Team Events	Maximum Entries per Team
Kiefer Rescue Tube Rescue – Men	1 team (4 competitors)
Kiefer Rescue Tube Rescue – Women	1 team (4 competitors)
Oceanman Relay – Men	1 team (4 competitors)
Oceanwoman Relay – Women	1 team (4 competitors)
Board Rescue – Men	2 teams (2 competitors per team)
Board Rescue – Women	2 teams (2 competitors per team)
Beach Relay – Men	1 team (4 competitors)
Beach Relay – Women	1 team (4 competitors)

The Lifesaving Pentathlon (Senior Division): is comprised of the following 5 individual events: Beach Sprint, Board Race, Ski Race, Surf Race and International Ironman / Ironwoman. The Lifesaving Pentathlon is conducted in male and female categories. Competitors must enter and complete all 5 events.

ELIGIBILITY

TYR Junior Lifeguard Games: To be eligible to compete in the TYR Canadian Junior Lifeguard Games, competitors shall:

- be Canadian citizens or landed immigrants.
- hold a Lifesaving Society award (but not the National Lifeguard certification) *or* be a member of a Junior Lifeguard Club *or* be registered in a Lifesaving Society training program.
- meet the Lifesaving Society's Canadian swim-to-survive standard (swim 50 m and tread 1 min.)
- be at least 14 years of age but less than 17 years of age as of the first day of the Games.

Age-group competitors may enter the Games as individuals or as members of a team. Competitors entered as an age-group team must be members of the same Affiliated Club or associated with the same Lifesaving Society Affiliate.

Competitors may compete for only one club or Affiliate at a time.

Division	Age
Age group	16 years
Age group	14 & 15 years

Senior and Masters Divisions: To be eligible to compete in the Canadian Surf Lifesaving Championships, competitors shall:

- Be Canadian citizens or landed immigrants.
- Hold a current Lifesaving Society Bronze Medallion, Bronze Cross or National Lifeguard certification.
- Senior competitors must be a minimum of 16 years of age as of the first day of the Canadian Surf Lifesaving Championships.
- Master competitors must be a minimum of 30 years of age as of the first day of the Canadian Surf Lifesaving Championships.
- Be a Registered Athlete (Download form at www.lifesavingsociety.com/Competition).

Competitors may compete for only one club or Affiliate Member at a time.

Competitors are allowed to enter each event only once.

TEAM COMPOSITION

Age-group and Masters Division: A team may consist of a minimum of 1 individual. There is no maximum number of competitors per team.

Senior Division: A team may consist of a minimum of 1 individual and a maximum of 6 males and a maximum of 6 females, in addition to any non-competitive management or coaching personnel. It is not mandatory to have both male and female competitors on a team. Teams may not increase the number of male or female competitors beyond 6.

ENTRY PROCEDURES

Championship registration

All teams must register prior to the championship in accordance with the procedures and deadlines established by the host organizing committee.

No entries in individual or team events shall be accepted after August 4, 2008.

Entry fees

Entry fees must be paid with the team registration.

Changes in team composition or size prior to the championship

Only the manager or coach may advise a change of team composition or size to the appropriate official of the host organising committee, no later than check-in the day before the competition. After that time, there shall be no further alteration of the team composition. Competitors who subsequently withdraw due to injury or other reason may not be replaced.

Team check-in for the Canadian Surf Lifesaving Championships is Friday August 22, 2008.

The manager or coach shall notify the championship organizers of the change in team composition in writing indicating:

- Date and time
- Name of the team
- Name of the member(s) to be withdrawn
- Name(s) and surname(s) of the competitor(s) being added

Notification must be accompanied by documentation from the team which duplicates all declarations with respect to bona fide membership, etc., contained on the original team entry and for original team members.

If team member numbers increase, all applicable entry fees must accompany the written notice.

In addition, the new competitor(s) or team management shall complete any registration documentation that the organisers may require. New competitors and team management are responsible for acquainting themselves with matters that may have previously been dealt with at team briefings, etc.

Substitutions in individual events during championships

Only the manager or coach may substitute team members in individual events with another member from the same team. Managers or coaches must notify the appropriate officials of substitution no later than 30 minutes prior to the start of the event or prior to the commencement of marshalling – whichever comes first.

Competitors who have been replaced in an event may not be re-substituted into that same event, but they may contest other events in the competition.

Substitutions in team events during championships

Substitutions are permitted in any round of team events.

Only the manager or coach may substitute members in a team event with other members of the same team. Managers or coaches must notify the appropriate officials of the substitution(s) no later than 30 minutes prior to the start of the first round of the team event or 30 minutes prior to the commencement of marshalling in subsequent rounds.

UNIFORMS AND EQUIPMENT

Uniform

Each team shall have a uniform suitable for official ceremonies and award presentations. Managers, coaches, and assistants will be encouraged to take part in the ceremonies and shall wear a uniform that complements that of the team.

Swim caps

Competitors shall wear identical team swim caps in each event. The use of such caps assists in identification of competitors and teams and in event judging.

The chin-tied caps must be worn on the competitors' heads at the start of each event.

A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event.

Footwear

Competitors shall not wear footwear in competition events unless otherwise specified in the event description.

Wetsuits

Wetsuits, or other foam type outer garments, shall be permitted in open water events only in water temperature of 18 degrees Celsius or less, or when the referee determines wind chill factors to be dangerous. Water temperature shall be taken approximately 30 cm below the surface.

Wetsuits must conform to ILS standards outlined in Section 11 – *Facility and Equipment Standards*.

SEEDING

Seeding shall be used for Canadian Surf Lifesaving Championships. Entries from the same team will be seeded in different heats if possible.

Seeding in heats

Seeding for heats shall be based on random draw.

Ties: When a tie occurs that qualifies for a final, if possible (in terms of the number of competitors) the tied competitors shall advance to the appropriate final. If there are insufficient places available in the final, a *repêchage* heat shall be conducted between the tied competitors to determine the finalists.

Seeding in semi-finals and finals

Seeding for semi-finals and finals shall be based on the result of heats.

Based on the results of heats or semi-finals, the top 16 competitors shall be assigned places in the final of the following events: Surf Race, Beach Run, Surf Ski Race, Board Race, Ironman / Ironwoman, Canadian Taplin Relay, Oceanman / Oceanwoman, Oceanman / Oceanwoman Relay.

A- and B-finals shall be conducted in the following events: Rescue Tube Rescue, Beach Flags, Beach Sprint, Beach Relay and Board Rescue. Based on the results of heats or semi-finals, the top eight competitors shall be assigned places in the A-final. The ninth through sixteenth top competitors shall be assigned places in the B-final.

Where 1 or more competitors do not marshal for or withdraw from an A-final, alternate competitors shall be called forward from the B-final, and the A-final shall be re-seeded.

Where 1 or more competitors do not marshal for or withdraw from a B-final, alternate competitors shall be called forward according to times recorded in the heats, and the B-final shall be re-seeded.

Alternates should marshal for all finals.

Draws for position

The initial draw for heats and beach positions shall be conducted by the head scorer and supplied to teams.

Draws for positions in subsequent rounds (e.g., quarter-finals, semi-finals, and finals) shall be made by competition officials.

The method used for the draws, including draws for initial heats and seeding of competitors, shall be approved by the referee.

Beach positions

For swimming, ski, board, and multi-discipline events, starting positions and lanes shall be consecutively numbered from the left (facing the water) starting with the number 1. For beach events, the number 1 position shall be nearest the water.

Competitor limits

The referee shall decide whether events shall be conducted in heats, semi-finals, or finals. The maximum number of competitors in a heat or final race shall not exceed the numbers in the following chart. Only the referee may alter the maximum number of competitors going at one time (following chart) taking into account safety and the conditions:

Surf Race	32 competitors
Kiefer Rescue Tube Rescue	9 teams of 4 competitors
Beach Flags	16 competitors
Beach Sprint	10 competitors
Beach Run – 2 km	40 competitors
Beach Relay	10 teams of 4 competitors
Surf Ski Race	16 competitors
Board Race	16 competitors
Ironman / Ironwoman	16 competitors
Board Rescue	9 teams of 2 competitors
Oceanman / Oceanwoman	16 competitors
Oceanman / Oceanwoman Relay	16 teams of 4 competitors
Canadian Taplin Relay	16 teams of 4 competitors

SCORING

Age-group division finals

Finals shall be conducted for Canadian championships. The fastest 16 competitors based on heats are assigned positions in a final of 16 competitors, or in an A- and B-final of 8 competitors each. Winners of finals shall be declared Canadian champions.

Clubs are allowed unlimited entries in events, however only the top 3 placing entries score team points.

Points in individual events: Team members competing in the following open water events – Beach Flags, Beach Run, Surf Race, Junior Ironman / Ironwoman, Board Race – shall be allocated points as per the following chart.

Individual Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Points in team events: Teams competing in the Canadian Taplin Relay shall be allocated points as per the following chart:

Team Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	40	5 th	26	9 th	16	13 th	8
2 nd	36	6 th	24	10 th	14	14 th	6
3 rd	32	7 th	22	11 th	12	15 th	4
4 th	28	8 th	20	12 th	10	16 th	2

Senior division finals

Finals shall be conducted for Canadian championships. The fastest 16 competitors based on heats are assigned positions in a final of 16 competitors, or in an A- and B-final of 8 competitors each. Winners of finals shall be declared Canadian champions.

In Canadian Surf Lifesaving Championships, points (see chart below) are allocated in the following individual events: Beach Flags, Beach Sprint, Beach Run, Board Race, Board Rescue, Surf Ski Race, Surf Race, and Oceanman / Oceanwoman.

Points in Lifesaving Pentathlon: In addition, the top 16 competitors in the Lifesaving Pentathlon earn team points as per the following chart:

Individual Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Points in team events: In the Canadian Surf Lifesaving Championship, points (see chart below) are allocated in the following team events: Rescue Tube Rescue, Oceanman / Oceanwoman Relay, and Beach Relay.

Team Events

Place	Points	Place	Points	Place	Points	Place	Points
1 st	40	5 th	26	9 th	16	13 th	8
2 nd	36	6 th	24	10 th	14	14 th	6
3 rd	32	7 th	22	11 th	12	15 th	4
4 th	28	8 th	20	12 th	10	16 th	2

Disqualification

Competitors who are disqualified from an event (whether in heats or finals) shall not earn any placing points for a team.

AWARDS

Junior division

The team with the highest overall point score shall be awarded the TYR Canadian Junior Lifeguard Games banner.

Individual awards shall be presented to the first 3 places in the final of all events at the TYR Canadian Junior Lifeguard Games. Event winners shall be recognized as Canadian Champions.

The *Lifesaving Pentathlon* award shall be presented to the female competitor and to the male competitor with the highest overall point scores in the pentathlon events.

Masters division

Individual awards shall be presented to the first 3 places in the final of all events at the Canadian Surf Lifesaving Championships. Event winners shall be recognized as Canadian Champions.

There are no team awards or Lifesaving Pentathlon in the Masters division.

Senior division

The Canadian team with the highest overall point score shall be awarded the Canadian Surf Lifesaving Championship banner and trophy.

Individual awards shall be presented to the first 3 places in the final of all events at the Canadian Surf Lifesaving Championships. Event winners shall be recognized as Canadian Champions.

The *Lifesaving Pentathlon* award shall be presented to the female competitor and to the male competitor with the highest overall point scores in the pentathlon events.

OFFICIALS

No individual who is acting as team coach, team manager or in a similar capacity is eligible to be appointed to an officials position with authority to affect an event outcome, e.g., Starter, Judge, Timer, Referee, Scorer.

LANGUAGE INTERPRETATION

French / English language interpreters shall be provided by the organizing committee at Canadian championships.

Teams who require interpretation service must make this known to organizers when registering for the championship.

Teams are encouraged to provide their own interpreters. These interpreters may not be a member of the team.

EVENTS

With the exceptions specified below, Canadian Surf Lifesaving Championships events are conducted according to the event rules found in Section 5 of the July 2007 edition of the International Life Saving Federation Competition Manual. View or download the ILS Competition Manual at www.lifesavingsociety.com. Printed, bound copies are also available for purchase.

Beach Run – Junior (Section 5.12 ILS pg 110-111)

Event description – 1500 m

Competitors race 1500 m on the beach in three 500 m legs as follows: On the starting signal, competitors race along the left side of the lane to round (clockwise or right hand in) the turning pole 500 m distant, and return 500 m toward the starting pole. Competitors round this pole (clockwise or right hand in) and then race back 500 m to cross the finish line.

Surf Race – Junior (Section 5.5 ILS pg 88)

Event description

With a running start into the surf from the start line on the beach, competitors swim around the 200 m course designated buoys, returning to shore to finish between the finish flags on the beach.

The course

The course shall be approximately 200 m for competitors from start to finish. *The swimming course* shall be marked by buoys the furthest situated approximately 75 m beyond knee-deep water.

Board Race – Junior (Section 5.16 ILS Pg 122 – 123)

Event description

At the start signal, competitors enter the water, launch their boards, and paddle the 300 m course marked by buoys, return to the beach, and run to cross the finish line.

Junior Ironman / Ironwoman

Event description

Competitors cover a course of approximately 1400 m that includes: a 200 m swim leg, an 800 m beach run, a 400 m board leg, and a beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Conditions of racing each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: board races, surf races, beach runs.

Handler: A member of the competitor's team assists the competitor with the board. With the referee's approval, a non-team member may act as handler.

Handlers shall remove the board from the competition arena upon completion of the paddle leg, and:

- wear a cap identical to that of the competitor.
- make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

The course

Buoys shall be laid out for the swim, run, and board legs as indicated in the following diagram.

Buoy distances: Swimming buoys shall be positioned at a minimum of 75 m from knee depth water.

The board leg buoys shall be positioned approximately 150 m from knee depth water. The board leg buoys should be approximately 75 m apart, with an apex buoy 16 m beyond that.

Flag layout: 4 flags located on the beach approximately 20 m from the water's edge are course turning markers. Flag #1 shall be positioned in line with swim buoy #1. Flag #2 shall be positioned in line with the swim buoy #9. Flag #3 shall be positioned 5m to the right of Flag #2. Flag #4 shall be positioned 450 m to the right of the Flag #2 (facing the seaward side).

Two Finish Flags (5 m apart) are positioned at right angles to the water's edge and approximately 50 m from Flag #2.

Start and changeover line: The start and changeover line shall be approximately 30 m in length, centred on the swimming buoy #1 approximately 5 m from the water's edge, and marked by a pole at either end.

Swim course: Competitors swim from the start and changeover line, around the swim course buoys, return to the beach between Flag #2 and Flag #3.

Beach run course: From Flag #3, competitors run along the left side of the lane to round (clockwise) Flag #4 and run to round Flag #1 (clockwise) before heading for the start / changeover line.

Board course: From the start / changeover line, competitors paddle their boards around the board course buoys, return to the beach between Flag #2 and Flag #3.

Sprint/Finish: Competitors round Flag #2 and race to finish between the 2 finish flags.

Equipment: Boards See Section 11 – Facility and Equipment Standards. Team members shall place gear adjacent to the respective starting areas for the craft.

Equipment removal: To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed. Team members and/or handlers shall be permitted to assist in replacing the damaged craft, but only to the extent of placing other craft at the start and changeover line.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Disqualification

In addition to the General Rules in Section 3 and those outlined in the ILS section 5.1 through 5.3, the following behaviour shall result in disqualification:

i) Failure to complete the course as defined and described.

Control of craft: Competitors must be in control of the board up to and including the last course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy in control of the craft and complete the course.

Junior Canadian Taplin Relay

Event description

Teams of 4 competitors (1 swimmer, 1 beach runner, 1 board paddler, and 1 sprinter) cover the course as detailed in the Junior Ironman / Ironwoman. The sequence of legs shall be swim-run-board-sprint.

Swim leg: From a beach start, competitors enter the water to swim around the swim course buoys and return to the beach to tag runners

waiting on the shoreward side of the start/changeover line.

Run leg: Runners round Flag #3, run along the left side of the lane to round (clockwise) Flag #4 and return to the start line rounding Flag #1 (clockwise) to tag board paddlers waiting on the shoreward side of the changeover line.

Board leg: Competitors enter the water with their boards, paddle around the board course buoys, and return to the beach to tag beach sprinters waiting on the shoreward side of the changeover line.

Sprint leg: Competitors round Flag #2 and race to finish between the 2 finish flags.

FOR MORE INFORMATION

Lorraine Wilson-Saliba
Lifesaving Sport Director
Phone: 416-490-8844 Fax: 416-490-8766
E-mail: lorrainew@lifeguarding.com

LIFESAVING SOCIETY & CANADIAN CHAMPIONSHIPS

The Lifesaving Society represents Canada internationally as an active member of the Royal Life Saving Society and the International Lifesaving Federation. The Lifesaving Society is the Canadian governing body for lifesaving sport – a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

As the Canadian sport governing body, the Lifesaving Society establishes rules for the purpose of ensuring a safe and fair system, within which age group, senior, and masters lifesaving competitions may be regulated and conducted.

Race event rules established by the Lifesaving Society are modeled after those established by ILS. Rules for simulated emergency response events reflect the long-standing history and rich Canadian tradition in these events.

The Lifesaving Society recognizes four distinct Canadian championships:

- Emergency response championship
- Pool championship
- Open water championship
- Surf championship

Each year, there shall be three championships: one of surf or open water; pool; and emergency response.

The Lifesaving Society shall hold a surf championship at least once every two years in the year prior to the World Championships.

The annual emergency response championship and the annual pool championship may be hosted separately (i.e., different hosts in different cities at different times).