



2023 LIFEGUARDDEPOT.COM

CANADIAN LIFEGUARD CHALLENGE  
INFORMATION PACKAGE

**Lifeguard  
Depot.com**<sup>®</sup>

*The most demanding lifesaving sport event in Canada, the Canadian Lifeguard Challenge is a triple triathlon test of skill and endurance for the TOP 18 Women & Men in Surf Lifesaving.*

<b>Date:</b>	Sunday, August 6, 2023
<b>Location:</b>	Martinique Beach, Nova Scotia
<b>Invitational Competition</b>	<p>An invitational only competition for high performance Canadian athletes.</p> <p>To showcase the TOP Surf Lifesaving Athletes in Canada every two years.</p> <p>Co-Hosted by the Lifesaving Society Ontario &amp; Lifesaving Society Nova Scotia.</p> <p>Sponsored by LifeguardDepot.com</p> <p>Sanctioned by the Lifesaving Society Canada.</p> <p>Event rules in accordance with 2019 ILS Competition Rule Book, revised Mar 2022.</p>
<b>Program of Events</b>	<p>The Canadian Lifeguard Challenge is 3 consecutive Oceanwoman/Oceanman rounds.</p> <ul style="list-style-type: none"> <li>• Round 1 is a traditional Oceanwoman/Oceanman course. The order of legs is ski – board – swim.</li> <li>• Round 2 is an M-shaped Oceanwoman/Oceanman course. The order of legs is swim – ski – board.</li> <li>• Round 3 is a traditional Oceanwoman/Oceanman course. The order of legs is board – swim – ski.</li> </ul> <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>
<b>Eligibility to apply to Participate</b>	<p>To be eligible <b>to apply to compete</b> in the Lifeguarddepot.com Canadian Lifeguard Challenge, competitors shall:</p> <ul style="list-style-type: none"> <li>• Hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Medallion, Bronze Cross or National Lifeguard certification (any option) by August 6<sup>th</sup>, 2023.</li> <li>• Be a registered athlete with the Lifesaving Society Canada.</li> <li>• Finish in the top 16 places of the Open Division Oceanwoman/Oceanman event at the 2022 Canadian Surf Lifesaving Championship (CSLC), or</li> <li>• Finish in the top 3 places of the Youth Division (15 – 18 years) Oceanwoman/Oceanman event at the 2022 Canadian Surf Lifesaving Championship (CSLC), or</li> </ul>



**CANADIAN LIFEGUARD CHALLENGE  
INFORMATION PACKAGE**

	<ul style="list-style-type: none"> <li>• Participated as Canada’s National Team Entry for Oceanwoman, Oceanman at the 2022 World Lifesaving Championships in either Youth or National Team events, or</li> <li>• Top 5 placing at the 2019 Canadian Lifeguard Challenge, or</li> <li>• National Team Coach – Pierre Tabah Nomination</li> <li>• All applicants will receive confirmation of their application. Applying does not guarantee selection. Following a review of all applicants by the selection Committee (event director &amp; meet manager), Eligible athletes who have been selected will receive an invitation to compete in the Canadian Lifeguard Challenge to be held on August 6, 2023. Decisions by selection committee regarding invitation are final.</li> <li>• A Maximum of 18 Women and 18 Men will be selected to complete.</li> </ul>																																
<p><b>Starting Position</b></p>	<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. Start positions will be posted and handed out at check in.</p> <table border="1" data-bbox="440 1171 1461 1350"> <tr> <td data-bbox="440 1171 902 1262">Competitor’s 1st craft leg starting position</td> <td data-bbox="902 1171 964 1262">1</td> <td data-bbox="964 1171 1026 1262">2</td> <td data-bbox="1026 1171 1088 1262">3</td> <td data-bbox="1088 1171 1149 1262">4</td> <td data-bbox="1149 1171 1211 1262">5</td> <td data-bbox="1211 1171 1273 1262">6</td> <td data-bbox="1273 1171 1334 1262">7</td> <td data-bbox="1334 1171 1396 1262">8</td> <td data-bbox="1396 1171 1461 1262">...16</td> </tr> <tr> <td data-bbox="440 1262 902 1350">Competitor’s 2nd craft leg starting position</td> <td data-bbox="902 1262 964 1350">16</td> <td data-bbox="964 1262 1026 1350">15</td> <td data-bbox="1026 1262 1088 1350">14</td> <td data-bbox="1088 1262 1149 1350">13</td> <td data-bbox="1149 1262 1211 1350">12</td> <td data-bbox="1211 1262 1273 1350">11</td> <td data-bbox="1273 1262 1334 1350">10</td> <td data-bbox="1334 1262 1396 1350">9</td> <td data-bbox="1396 1262 1461 1350">...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												
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																								
<p><b>Scoring</b></p>	<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 data-bbox="440 1451 1461 1787"> <tr> <td>1<sup>st</sup> place .....</td> <td>20 points</td> <td>9<sup>th</sup> place .....</td> <td>8 points</td> </tr> <tr> <td>2<sup>nd</sup> place .....</td> <td>18 points</td> <td>10<sup>th</sup> place .....</td> <td>7 points</td> </tr> <tr> <td>3<sup>rd</sup> place .....</td> <td>16 points</td> <td>11<sup>th</sup> place .....</td> <td>6 points</td> </tr> <tr> <td>4<sup>th</sup> place .....</td> <td>14 points</td> <td>12<sup>th</sup> place .....</td> <td>5 points</td> </tr> <tr> <td>5<sup>th</sup> place .....</td> <td>13 points</td> <td>13<sup>th</sup> place .....</td> <td>4 points</td> </tr> <tr> <td>6 place .....</td> <td>12 points</td> <td>14<sup>th</sup> place .....</td> <td>3 points</td> </tr> <tr> <td>7<sup>th</sup> place .....</td> <td>11 points</td> <td>15<sup>th</sup> place .....</td> <td>2 points</td> </tr> <tr> <td>8<sup>th</sup> place .....</td> <td>10 points</td> <td>16<sup>th</sup> place .....</td> <td>1 point</td> </tr> </table> <p>Ties in overall point score shall be broken using the following system:</p>	1 <sup>st</sup> place .....	20 points	9 <sup>th</sup> place .....	8 points	2 <sup>nd</sup> place .....	18 points	10 <sup>th</sup> place .....	7 points	3 <sup>rd</sup> place .....	16 points	11 <sup>th</sup> place .....	6 points	4 <sup>th</sup> place .....	14 points	12 <sup>th</sup> place .....	5 points	5 <sup>th</sup> place .....	13 points	13 <sup>th</sup> place .....	4 points	6 place .....	12 points	14 <sup>th</sup> place .....	3 points	7 <sup>th</sup> place .....	11 points	15 <sup>th</sup> place .....	2 points	8 <sup>th</sup> place .....	10 points	16 <sup>th</sup> place .....	1 point
1 <sup>st</sup> place .....	20 points	9 <sup>th</sup> place .....	8 points																														
2 <sup>nd</sup> place .....	18 points	10 <sup>th</sup> place .....	7 points																														
3 <sup>rd</sup> place .....	16 points	11 <sup>th</sup> place .....	6 points																														
4 <sup>th</sup> place .....	14 points	12 <sup>th</sup> place .....	5 points																														
5 <sup>th</sup> place .....	13 points	13 <sup>th</sup> place .....	4 points																														
6 place .....	12 points	14 <sup>th</sup> place .....	3 points																														
7 <sup>th</sup> place .....	11 points	15 <sup>th</sup> place .....	2 points																														
8 <sup>th</sup> place .....	10 points	16 <sup>th</sup> place .....	1 point																														



**CANADIAN LIFEGUARD CHALLENGE  
INFORMATION PACKAGE**

	<ul style="list-style-type: none"> <li>• Most first-place finishes</li> <li>• Most second-place finishes</li> <li>• Most third-place finishes</li> <li>• And so on</li> </ul>																																
<b>Awards and Reception</b>	<p>Awards shall be presented at a reception following the competition. Male and female awards shall be presented to the first 16 places in the Canadian Lifeguard Challenge.</p> <table> <tr> <td>1<sup>st</sup> place .....</td> <td>\$3500</td> <td>9<sup>th</sup> place .....</td> <td>\$175</td> </tr> <tr> <td>2<sup>nd</sup> place .....</td> <td>\$1500</td> <td>10<sup>th</sup> place .....</td> <td>\$150</td> </tr> <tr> <td>3<sup>rd</sup> place .....</td> <td>\$1150</td> <td>11<sup>th</sup> place .....</td> <td>\$125</td> </tr> <tr> <td>4<sup>th</sup> place .....</td> <td>\$950</td> <td>12<sup>th</sup> place .....</td> <td>\$100</td> </tr> <tr> <td>5<sup>th</sup> place .....</td> <td>\$750</td> <td>13<sup>th</sup> place .....</td> <td>\$100</td> </tr> <tr> <td>6<sup>th</sup> place .....</td> <td>\$550</td> <td>14<sup>th</sup> place .....</td> <td>\$100</td> </tr> <tr> <td>7<sup>th</sup> place .....</td> <td>\$400</td> <td>15<sup>th</sup> place .....</td> <td>\$100</td> </tr> <tr> <td>8<sup>th</sup> place .....</td> <td>\$350</td> <td>16<sup>th</sup> place .....</td> <td>\$100</td> </tr> </table>	1 <sup>st</sup> place .....	\$3500	9 <sup>th</sup> place .....	\$175	2 <sup>nd</sup> place .....	\$1500	10 <sup>th</sup> place .....	\$150	3 <sup>rd</sup> place .....	\$1150	11 <sup>th</sup> place .....	\$125	4 <sup>th</sup> place .....	\$950	12 <sup>th</sup> place .....	\$100	5 <sup>th</sup> place .....	\$750	13 <sup>th</sup> place .....	\$100	6 <sup>th</sup> place .....	\$550	14 <sup>th</sup> place .....	\$100	7 <sup>th</sup> place .....	\$400	15 <sup>th</sup> place .....	\$100	8 <sup>th</sup> place .....	\$350	16 <sup>th</sup> place .....	\$100
1 <sup>st</sup> place .....	\$3500	9 <sup>th</sup> place .....	\$175																														
2 <sup>nd</sup> place .....	\$1500	10 <sup>th</sup> place .....	\$150																														
3 <sup>rd</sup> place .....	\$1150	11 <sup>th</sup> place .....	\$125																														
4 <sup>th</sup> place .....	\$950	12 <sup>th</sup> place .....	\$100																														
5 <sup>th</sup> place .....	\$750	13 <sup>th</sup> place .....	\$100																														
6 <sup>th</sup> place .....	\$550	14 <sup>th</sup> place .....	\$100																														
7 <sup>th</sup> place .....	\$400	15 <sup>th</sup> place .....	\$100																														
8 <sup>th</sup> place .....	\$350	16 <sup>th</sup> place .....	\$100																														
<b>Reception</b>	<p>A banquet/reception that includes a light meal will be held following the event. Each Participant plus 1 guest will receive a free entry. Additional Persons will be required to pay \$50 each.</p>																																
<b>Registration and Numbering</b>	<p>Eligible athletes will be required to submit an application form that includes recognition of the Waiver and Release rules by June 1, 2023. Invitations will be sent out by June 15<sup>th</sup>.</p> <p>Competitors are required to have their competitor number applied to their upper left and right arm and upper left and right thigh, or if wet suits are worn on Right and Left Hands.</p>																																
<b>Attire</b>	<p><u>Swim Caps</u></p> <ul style="list-style-type: none"> <li>• Lifesaving Ocean Competition Caps, securely fastened under the chin, must be worn on the competitors' heads at the start of each round.</li> <li>• Rubber or silicone caps may be worn under ocean competition caps.</li> </ul> <p><u>Vests</u></p> <ul style="list-style-type: none"> <li>• Canadian Lifeguard Challenge vests must be worn by athletes. These vests must be worn over the top of swimwear, PFDs, protective clothing and/or wet suits.</li> <li>• Vests will be provided to all athletes at check in and become the property of the athlete at the end of the competition.</li> </ul> <p><u>Wetsuits</u></p> <ul style="list-style-type: none"> <li>• Wetsuits are permitted only in water temperatures of 16°C or less.</li> </ul>																																



**CANADIAN LIFEGUARD CHALLENGE  
INFORMATION PACKAGE**

	<ul style="list-style-type: none"> <li>• Wetsuits must be worn in water temperatures 13°C or less.</li> <li>• <b>Chief Referee may permit wet suits at any time due to conditions.</b></li> </ul>
<p><b>Equipment and Handlers</b></p>	<p>Athletes must provide their own craft. (Board, Ski and Paddle)            Craft must meet ILS specifications.            Competitors must have an equipment handler who is knowledgeable in the event rules and their role as an equipment handler.            Equipment handlers must wear a Lifesaving Ocean Competition Cap matching that of their athlete. (Please bring 3-4 caps each – One cap will go to the announcer and will be returned at the end.)            Handlers will not wear a vest.            Athletes 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 athlete’s equipment is not available or not in position. Each round shall start at the predetermined, designated time.            Equipment handlers can be provided if checked off on the registration form. It will be the responsibility of the athlete to coordinate with their handler assigned.            Equipment List to Bring:</p> <ul style="list-style-type: none"> <li>• Lifesaving Ocean Competition Caps (3-4)</li> <li>• Rubber or Silicone Caps</li> <li>• Black Marker for numbering</li> <li>• Swim wear</li> <li>• Wet Suit</li> <li>• Board, Ski, Paddle</li> <li>• Goggles</li> <li>• Snacks, Water, Chair, Warm clothing</li> <li>• PFD’s, Helmets (optional)</li> </ul>
<p><b>Location</b></p>	<p>Martinique Beach, Halifax County, Nova Scotia</p>



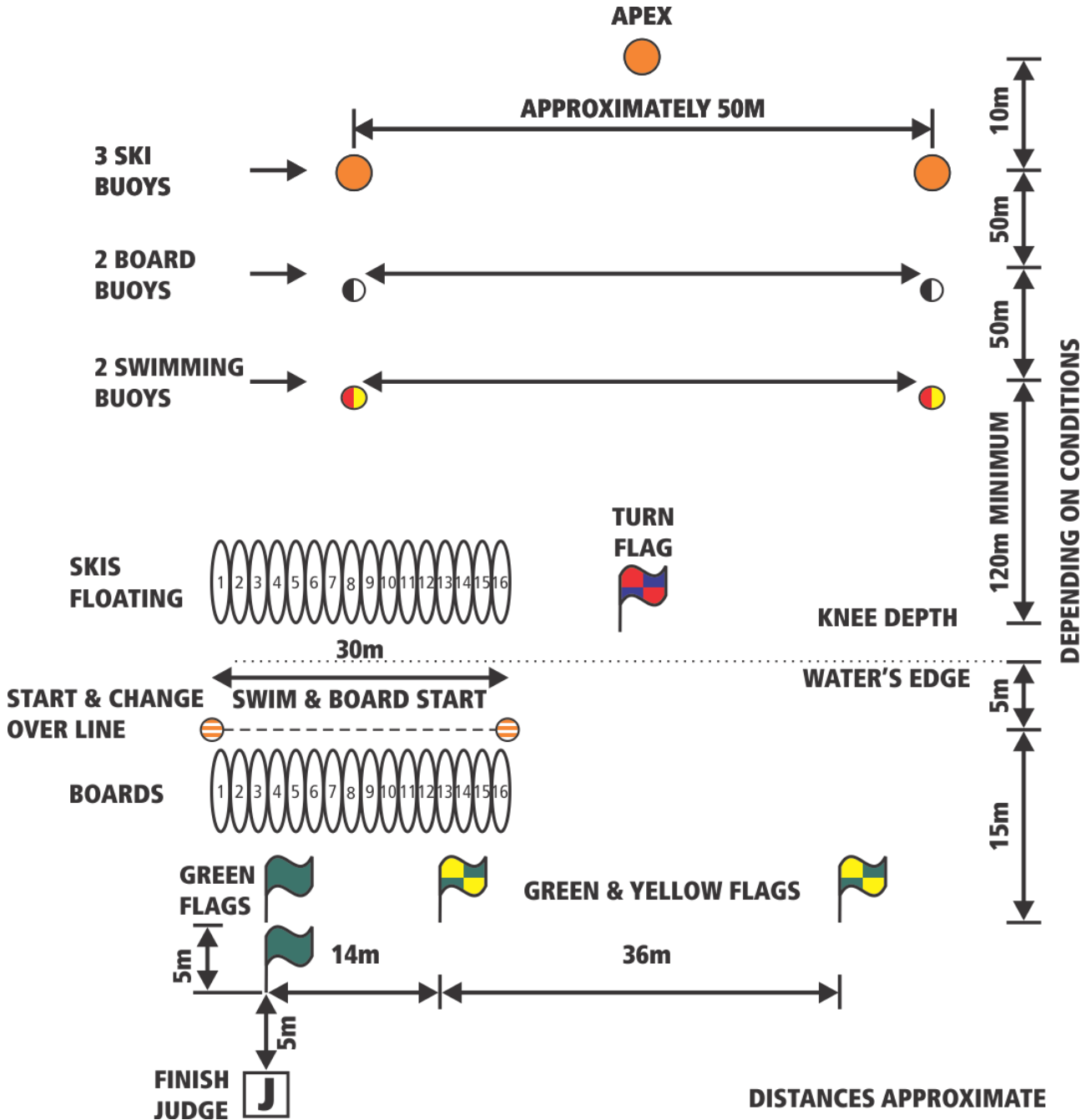
**CANADIAN LIFEGUARD CHALLENGE  
INFORMATION PACKAGE**

<p><b>Schedule</b>  (all times are ADT)</p>	<p>Sunday, August 6</p> <p>Competitor check-in ..... 8:30 a.m. Competitors’ briefing ..... 9:00 a.m. Officials briefing ..... 9:30 a.m.</p> <p>Start times are estimates and may be altered based on tide schedule and surf conditions.</p> <p>The event is composed of 3 consecutive rounds</p> <p>Oceanwoman Round 1 will start at 11:00 am Oceanman Round 1 will start at 11:20 a.m. or later <i>when the last female swimmer turns the last swim buoy.</i></p> <p>Oceanwoman Round 2 will start at 11:40 a.m. or later <i>when the last male swimmer turns the last swim buoy.</i></p> <p>Oceanman Round 2 will start at 12:00 p.m. or later <i>when the last female paddler turns the last board buoy.</i></p> <p>Oceanwoman Round 3 will start at 12:20 p.m. or later <i>when the last male paddler turns the last board buoy</i></p> <p>Oceanman Round 3 will start at 12:40 p.m. or later <i>when the last female skier turns the last ski buoy.</i></p> <p>Rounds and event completed at approximately 1:00 p.m.</p>		
	<p>Awards and reception will begin at 5:00 p.m. Location details TBD.</p>		
<p><b>Accommodation</b></p>	<p>Athletes are responsible for reserving their own accommodation.</p>		
<p><b>Meals</b></p>	<p>Competitors are responsible for their own food and hydration.</p> <p>Each athlete will receive 2 tickets for reception meals Sunday.</p>		
<p><b>For more information contact:</b></p>	<table border="0"> <tr> <td data-bbox="451 1629 954 1906"> <p>Brian Miess – Event Director Ph: 416-454-2618 Email: brianm@lifeguarding.com</p> </td> <td data-bbox="963 1629 1474 1906"> <p>Paul Deon – Meet Manager Ph: 902-477-6155 Email: paul.deon@nsls.ns.ca</p> </td> </tr> </table>	<p>Brian Miess – Event Director Ph: 416-454-2618 Email: brianm@lifeguarding.com</p>	<p>Paul Deon – Meet Manager Ph: 902-477-6155 Email: paul.deon@nsls.ns.ca</p>
<p>Brian Miess – Event Director Ph: 416-454-2618 Email: brianm@lifeguarding.com</p>	<p>Paul Deon – Meet Manager Ph: 902-477-6155 Email: paul.deon@nsls.ns.ca</p>		



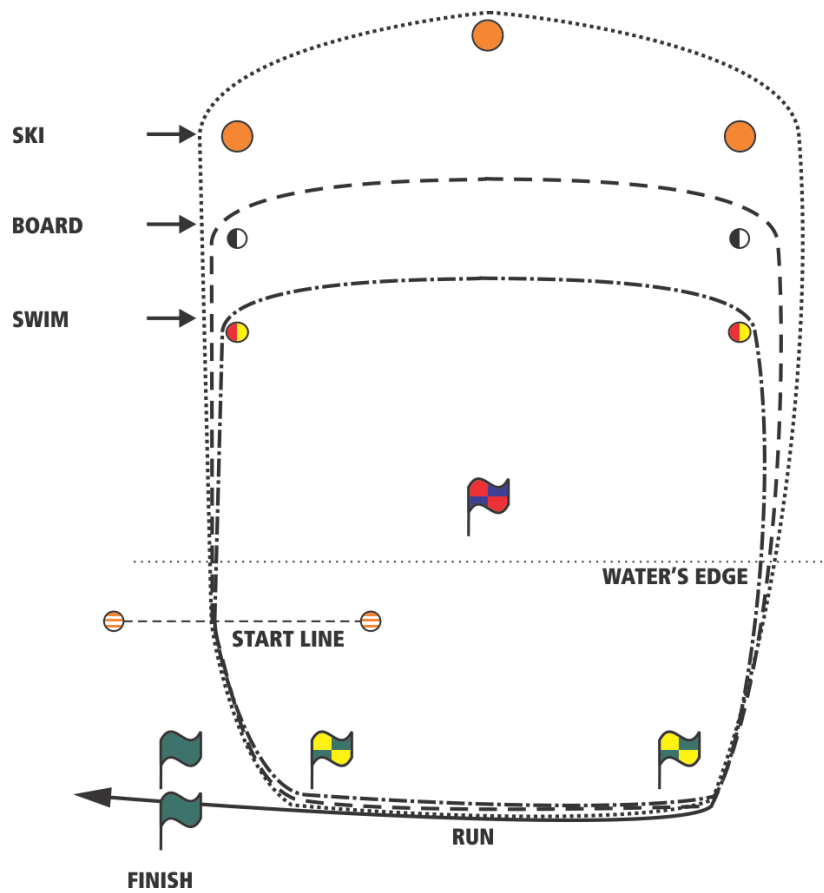
CANADIAN LIFEGUARD CHALLENGE  
INFORMATION PACKAGE

Buoys and Equipment





Course – Round 1 and Round 3



Course – Round 2

