



### **2023 Lifeguarddepot.com Canadian Lifeguard Challenge**

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

## **Description**

The Canadian Lifeguard Challenge (CLC) is composed of 3 consecutive Oceanman / Oceanwoman events:

- Round 1: ski – board – swim legs over the traditional Oceanman / Oceanwoman course.
- Round 2: swim – ski – board legs over an M-shaped course.
- Round 3: board – swim – ski legs over the traditional Oceanman / Oceanwoman course.

The CLC is scored on the basis of total points accumulated from each of the 3 rounds.

## **Date and location**

August 6, 2023. Martinique Beach, Nova Scotia.

## **Competitors**

18 of Canada's best male and female surf lifesaving athletes will be invited to compete against each other to earn the right to be the TOP Surf lifesaver in Canada. This is an invitation only event and eligibility are outlined in the information package. All athletes who want to compete must apply by June 1<sup>st</sup>, 2023 using the application form.

## **Awards**

Cash awards for the top-16 placing male and top-16 placing female competitors including

1<sup>st</sup> place \$3,500

2<sup>nd</sup> place \$1,500

3<sup>rd</sup> place \$1,150

## **Sponsors**

**LifeguardDepot.com    Nova Scotia Lifeguard Service**

*Co-hosted by the Lifesaving Society Ontario & Lifesaving Society Nova Scotia and sanctioned by the Lifesaving Society Canada.*

