

Nova Scotia Lifesaving Series 2006-07



LIFESAVING SOCIETY

Canada's Lifeguarding Experts



What: A five Round Lifesaving Sport Competition Series for Nova Scotia's Pool Lifeguards. Each competition will feature four or five International Lifesaving Pool Events. Competitors who are 14 years and older and hold a LSS Bronze Medallion or higher are eligible. Start a Club or join a Club!!

When:

Sunday, December 10, 2006: 9am-1pm at Northcliffe Pool

Sunday, January 14, 2007: 9am – 1pm at East Hants Pool

Sunday, Feb 25, 2007: 9am-1pm at Dartmouth Sportsplex

Saturday, March 24, 2007: 5pm-9pm at Acadia University Pool

Saturday, April 14, 2007: 5-9 pm at Dalplex Pool Long Course

Series Format: There will be five competitions leading to a provincial champion. The Lifesaving Series Champion will be the team with the most points throughout the Series.

For More Information: Go To
www.lifesavingsociety.ns.ca Enter and Click on
Competition/NS Lifesaving Series, or email
paul.deon@nsls.ns.ca or call Paul D'Eon at (902) 477-6155
One-two hour Sport Clinic are available.

Events For Nova Scotia Lifesaving Series 2006-07

| Event | Round 1 Sun, Dec 10 8:30am-1:00 pm Northcliffe Pool | Round 2 Sun, Jan. 14 8:30-1:00 East Hants Pool | Round 3 Sun., Feb. 25 8:30-1:00 Dartmouth Sportsplex | Round 4 Sat., March 24 5:00pm-9:00 Acadia University Pool | Round 5 Sat. April 14 Championship 5:00-9:00 Dalplex Pool LONG COURSE |
|-------------------------------|--|--|--|---|---|
| Obstacle Swim: 200 m. * | | X | | | |
| Obstacle Swim: 100 m. * | | | | | X |
| Obstacle Swim: 50 m. * | | X | | | |
| Super Lifesaver: 200 m. | | | X | | X |
| Manikin Carry 50 m. | X | | | X | |
| Carry With Fins: 50 m. | | | X | X | X |
| Carry With Fins: 100m | X | | | | |
| Tow With Fins: 50 m. | X | | X | | |
| Tow With Fins: 100 m. | | X | | X | |
| Relay Events | | | | | |
| Line Throw | X | | X | X | X |
| Manikin Relay 4 x 25 m. | X | X | X | X | X |
| Obstacle Relay 4 x 25 m. * | | X | | | |
| Obstacle Relay 4 x 50m * | | | | | X |
| Medley Relay 4 x 25 m | X | | X | | |
| Medley Relay 4 x 50 m. | | X | | X | |

