

Nova Scotia Lifesaving Series 2007-08



LIFESAVING SOCIETY

Canada's Lifeguarding Experts



What: A six-Round Lifesaving Sport Competition Series for Nova Scotia's Pool Lifeguards. Each competition will feature four or five International Lifesaving Pool Events. Juniors will be included in Rounds 2 on Jan. 6 and will have a separate competition on March

When:

Sun., Dec. 9	Dalplex Pool	9:00am-1:00pm
Sunday, Jan. 6	Northcliffe Pool	8:30am-1:00pm
Sat. Feb. 2	Dartmouth Sportsplex	5:00pm-9:00pm
Sun. March 30	East Hants Pool	8:30am-1:00pm
Sat. April 19	Sackville Sports Stadium	5:30pm-9:30pm

Sat. Feb. 23 Spryfield Wave Pool Technical Only 4:30pm-9:00pm

Series Format: There will be six 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.



Health Promotion

DRAFT ONLY 2007-2008 Lifesaving Series Events

Event	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
	Sun, Dec. 9 9:00am-1:00 Dalplex Pool	Sun, Jan.6 8:30-1:00 Northcliffe Pool	Sat., Feb. 2 5:00pm-9:00 Dartmouth Sportsplex Pool	Sat, Feb 23 8:30am-1:00 Spryfield Lions Wave Pool (Tech. Only)	Sun. Mar. 30 8:30am- 1:00pm-9:00 East Hants Pool	Sat. Apr. 19 5:30pm-9:30 Sackville Sports Stadium
Obstacle Swim: 200 m. *					X	
Obstacle Swim: 100 m. *	X					
Obstacle Swim: 50 m. *		X			X	
Super Lifesaver: 200 m.		X				X
Manikin Carry 50 m.	X		X			X
Carry With Fins: 50 m.			X			
Carry With Fins: 100m	X					X
Tow With Fins: 50 m.			X			
Tow With Fins: 100 m.		X			X	
Relay Events						
Line Throw	X		X		X	
Manikin Relay 4 x 25 m.	X				X	X
Obstacle Relay 4 x 25 m. *			X			
Obstacle Relay 4 x 50m *	X	X			X	
Medley Relay 4 x 25 m	X		X			
Medley Relay 4 x 50 m.		X				X
Line Throw Relay		X				X
Simulated Emergency Events						
First Aid				X		
Emergency Situations				X		
Priority Assessment				X		