



100 ans à sauver des vies
years of saving lives

100th Anniversary

2009 CANADIAN POOL LIFESAVING CHAMPIONSHIPS

SCHEDULE



LIFESAVING SOCIETY®
SOCIÉTÉ DE SAUVETAGE™

The Lifeguarding Experts
Les experts en surveillance aquatique



Éducation,
Loisir et Sport
Québec 



2009 CANADIAN POOL LIFESAVING CHAMPIONSHIPS

DATE : May 30-31, 2009

LOCATION : Complexe aquatique du Parc Jean-Drapeau. Subway station « Parc Jean-Drapeau ». Turn right, then take the wooden stairs and go round the fence.

COMPETITION : The competition is sanctioned by the Lifesaving Society and the *International Life Saving Federation (ILS)*. Rules from the *ILS Competition Manual (2007 Edition)* and *Communiqué – March 2009* and *Masters Communiqué – April 2009* rules will be followed.

EVENTS :

For the 2009 Canadian Pool Lifesaving Championships, the following events shall be conducted in both male and female categories:

Pool Events	Age Categories	
	16-19 years	Open
200 m Obstacle Swim	✓	✓
100 m Obstacle Swim	✓	✓
50 m Manikin Carry	✓	✓
100 m Rescue Medley	✓	✓
100 m Manikin Carry with Fins	✓	✓
100 m Manikin Tow with Fins	✓	✓
200 m Super Lifesaver	✓	✓
Line Throw	✓	✓
Lifesaving Pentathlon	✓	✓

For the Canadian Pool Lifesaving Championships, the following relay events shall be conducted in both male and female categories:

Relay Events	Age Categories	
	16 - 19 years	Open
4 x 25 m Manikin Relay	✓	✓
4 x 50 m Obstacle Relay	✓	✓
4 x 50 m Medley Relay	✓	✓

For the 2009 Canadian Pool Lifesaving Championships, the following pool events shall be conducted for Masters in both male and female categories:

Event/Age Group	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
200 m Obstacle Swim	✓	✓	✓	✓	✓			
100 m Obstacle Swim						✓	✓	✓
50 m Manikin Carry	✓	✓	✓	✓	✓	✓	60+	
100 m Manikin Carry with Fins	✓	✓	✓	✓	✓	✓	60+	
100 m Manikin Tow with Fins	✓	✓	✓	✓	✓	✓	60+	
Line Throw	✓	✓	✓	✓	✓	✓	60+	

AWARDS : Awards will be issued in accordance with the *Communiqué – March 2009* and *Masters Communiqué – April 2009*.



Schedule of Events

Friday May 29, 2009

TIME	EVENTS	
4 :00 pm to 9 :00 pm	Check-in	Sandman Hotel
5 :00 pm to 7 :00 pm	Key Officials Meeting	Olympic Stadium Tower – Cocktail Room

Saturday May 30, 2009

Complexe aquatique du Parc Jean-Drapeau

TIME	EVENTS
6 :45 am	Management Team Meeting
7 :00 am to 8 :00 am	Coaches Meeting
	Officials Meeting
	Warm – up
8 :00 am	Marshalling Begins for Heats :
8 :15 am to 1 :00 pm	HEATS
	200 m Obstacle Swim
	100 m Obstacle Swim (Masters)
	4 x 50 m Obstacle Relay
	Line Throw
	200 m Super Lifesaver
	50 m Manikin Carry
100 m Rescue Medley	
1 :00 pm to 1 :45 pm	Lunch
1 :45 pm to 2 :30 pm	Official Ceremonies
2 :30 pm to 3 :30 pm	Warm – up
	Officials Meeting
3 :30 pm	Marshalling Begins for Finals
3 :45 pm to 6 :15 pm	FINALS
	200 m Obstacles Swim
	4 x 50 m Obstacle Relay
	Line Throw
	200 m Super Lifesaver
	50 m Manikin Carry
100 m Rescue Medley	
8 :00 pm to 12 :00 am	100th Anniversary Gala – TELUS Theatre, Montreal



Sunday May 31, 2009

Complexe aquatique du Parc Jean-Drapeau

TIME	ÉVÉNEMENTS
6 :45 am	Management Team Meeting
7 :00 am to 8 :00 am	Warm - up
	Officials Meeting
8 :00 am	Marshalling Begins for Heats
8 :15 am to 12 :00 pm	HEATS
	100 m Manikin Carry with Fins
	4 x 25 m Manikin Relay
	100 m Manikin Tow with Fins
	4 x 50 m Medley Relay
12 :00 pm to 12 :45 pm	Lunch
12 :45 pm to 1 :45 pm	Warm - up
	Officials Meeting
1 :45 pm	Marshalling Begins for Finals
2 :00 pm to 6 :00 pm	FINALS
	100 m Manikin Carry with Fins
	4 x 25 m Manikin Relay
	100 m Manikin Tow with Fins
	4 x 50 m Medley Relay
7 :30 pm	CPLC Closing Reception / Medal Presentations <i>La Toundra</i> room, Parc Jean-Drapeau

* Shedule of Events could be modified without prior information/ L'horaire des épreuves pourrait être modifié sans préavis.