



LIFESAVING SOCIETY®
SOCIÉTÉ DE SAUVETAGE

The Lifeguarding Experts
Les experts en surveillance aquatique

2011 Canadian Surf Lifesaving Championships

Sanctioned by the Lifesaving Society Canada and International Lifesaving Federation

AUG. 26, 27, 28, 2011

Martinique/Rainbow Haven Beaches

NOVA SCOTIA

SCHEDULE OF EVENTS

For the 2011 Canadian Surf Lifesaving Championships, the following shall be the schedule of events. The schedule is subject to change and all athletes and coaches will be notified appropriately.

Canadian Surf Lifesaving Championships 2011 Schedule

Friday, August 26, 2011 16-19, Open and Masters Divisions

Time	Activity	Location
8:00am	Captains / Coaches Briefing	Martinique Beach
8:30am	Officials Briefing	
9:30am	Board Rescue (preliminaries) Surf Race (final) Board Race (preliminaries) Surf Ski Race (preliminaries)	
12:30pm	Lunch	
1:30 pm	Opening Ceremonies	
2:00pm	Board Rescue (final) Surf Race (final if required) Board Race (final) Surf Ski Race (final)	

Saturday, August 27, 2011: 16-19, Open and Masters Divisions

Time	Activity	Location
8:00 am	Captains / Coaches Briefing	Martinique Beach
8:30 am	Officials Briefing	
9:00 am	Rescue Tube Rescue (preliminaries) 2 km Beach Run (final) International Oceanman/Oceanwoman (preliminaries)	
12:30 pm	Lunch	
1:30 pm	International Oceanman/Oceanwoman Relay (final) Rescue Tube Rescue (final) International Oceanman/Oceanwoman (final)	

Sunday, August 28, 2011 16-19, Open and Masters Divisions

Time	Activity	Location
8:00 am	Captains / Coaches Briefing	Rainbow Haven Beach
8:30 am	Officials Briefing	
9:00 am	Beach Sprint (preliminaries) Beach Flags (preliminaries) Beach Relay (preliminaries)	
12:00 pm	Lunch	
1:00 pm	Beach Sprint (final) Beach Flags (finals) Beach Relay (final)	
7:00 pm	Awards Banquet (Dinner at 7:30pm)	Quality Inn

EVENT RULES

The Canadian Surf Lifesaving Championships events are conducted according to the 2009 edition of the *International Life Saving Federation Competition Manual* and the *2010 Canadian Competition Manual Lifesaving*. Both the manuals can be viewed at

www.lifesavingsport.ca/en/rules

Normal water temperature for Martinique for this time is 15-18Celsius. In the event that the water temperature falls below 12 degrees Celsius, wet suits will be **mandatory** for all athletes in water related events.

ENTRY PROCEDURES

Championship registration

All athletes/clubs must register prior to the championships in accordance with the procedures and deadlines established by the Host Organising Committee.

No entries in individual or team events shall be accepted after August 19, 2011. Club check-in for the Canadian Surf Lifesaving Championships is Thursday, August 25, 2011 from 8:00pm-9:00pm at the Quality Inn Dartmouth.

Information on registration will be available at: www.lifesavingsport.ca

EQUIPMENT

Equipment

An equipment pool of racing boards, surf skis and paddles **may** be provided with advance notice. This may be arranged by contacting the Meet Manager via e-mail at paul.deon@nsls.ns.ca This will be done subject to availability and on a first come, first serve basis.

ACCOMODATIONS

Booking Procedure: Call or e-mail the hotel directly and ask to book rooms under the Canadian Surf Lifesaving Championship block. The rate of \$99.99 and the block of rooms will be available until August 1st, 2011. Thirty minutes to Martinique Beach. Twenty minutes to Rainbow Haven Beach.

Information: The Quality Inn Halifax/Dartmouth has free continental breakfast every morning. Rocco's Italian restaurant is located on the premises. Free Wireless internet is available in all rooms. Some cots are available, but will be reserved on a first come, first served basis.

Web site: www.micmachotel.com

Phone: 902-469-5850

Email: mg@micmachotel.com Rate for CSLC is \$99.99

FOR MORE INFORMATION Contact:

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