

Nova Scotia Lifesaving Sport Schedule Oct. 1, 2017- Sept 30, 2018



LIFESAVING SOCIETY
The Lifeguarding Experts

Date	Location	Time	Events	Other
			Youth Distances Adjusted using Alberta Manual	
Saturday, November 18	Cole Harbor Place	7:00pm-9:00 pm	Obstacle Swim Obstacle Relay Line Throw Manikin Carry 4x25 Man Relay Manikin Tow Fins	Youth
Saturday, December 9	Lunenburg County Lifestyle Centre	5:00pm-9:00 pm	50 m Man. Carry 4X25 Man Carry 100m Man Carry Fins 100m Man Tow Fins 200m Super Lifesaver	Youth Juniors/Seniors
Saturday, January 13	Rath Eastlink Wilson Aquatic Centre Truro	5:00pm-9:00 pm	200m Obs Swim 4X50m Obs Relay 12.5 M Line Throw 50m Man. Carry 4x25m Man Carry 100 M an Carry with Fins	Youth Juniors/Seniors
Sunday, February 18	Canada Games Centre Halifax	1:00pm-5:00 pm	4x50 Obs Relay 12.5 m Line Throw 50 m Man Carry 4x50 Medley Relay 100m Tow With Fins	Youth Juniors/Seniors
Saturday, March 10	Centennial Pool Halifax	5:00pm-9:00 pm	100 Man Carry 4X25 Man Carry 100 Man Tow Fins 100m Rescue ed 200m SprLifesaver	Youth Juniors/Seniors
Saturday, April 21	HRM Wave Pool	2:00-6:00pm	Emerg Response WS, F. Aid, PA	Juniors/Seniors
Saturday, May 5	Maritime Pool LSS Sport Champ. Charlottetown PEI	1:00-6:00pm TBC	TBC	Juniors/Seniors

Nova Scotia Lifesaving Sport Schedule Summer 2018



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Date	Location	Time	Events	Other
Thursday, July 12	Rainbow Haven	5:00pm-8:00pm	Beach Flags Beach Sprints Beach Relay	Junior/Seniors Youth
July 21	Birch Cove Beach	10:00-2:00pm TBC	Beach Sprints Board Race Swim Race Beach Run Wading Relay	Youth
Wednesday, July 25	Point Michaud	1:00pm-5:00pm	Beach Run Board Race Board Race Tube Rescue Wading Relay	Juniors/Seniors
Saturday, August 4	Martinique Maritime Surf Lifesaving Championship	11:00pm-5:00pm	Surf Ski Race Surf Race Board Rescue Board Race Ocean Race	Juniors/Seniors
Sunday, August 5	Martinique Maritime Lifeguard Challenge	11:00pm -3:00pm	3 x Ocean with middle one "M" Course	Juniors/Seniors
Saturday, August 11	Rissers Beach NS Junior Lifeguard Games	10am-4pm	Tube Swim Board Race Wading Relay Beach Flags Beach Sprints	Youth
Monday, August 13	Parlee Beach	9am-5pm TBC	TBC	**Juniors/Senior** 14+
August 24-26	Lac Simon PQ CSLC	9-5 daily TBC	See Canadian Rulebook	Juniors/Seniors