

LIFESAVING SOCIETY



LIFESAVING SPORT

## Sunset Competition Info Pack

Date: Saturday July 13 and Sunday July 14, 2024

Time: 8:00 am–4:00 pm (Saturday)  
9:00 am–1:00 pm (Sunday)

Location: Port Elgin Main Beach (100 Green Street) – Saturday  
Southampton Beach (1 Chantry View Drive) – Sunday

Competition: The competition and events will be sanctioned by the Lifesaving Society. The competition will be using the *ILS Competition Manual* for all Senior events. For Junior events, we will be using the *Ontario Competition Manual*.

Eligibility: Senior competitors (14 years of age and up) shall hold a lifesaving award and be a member of a lifesaving club in good standing with the Lifesaving Society.

Junior competitors (7 to 13 years of age) shall be a member of a lifesaving club in good standing with the Lifesaving Society.

Age Groups: 7 to 9, 10 & 11, 12 & 13, Open (14 years of age and up)

Events: *Saturday*  
Surf Swim (Junior & Senior)  
Surf Ski Race (Senior)  
Board Race (Junior & Senior)  
Ocean Man / Ocean Woman Relay (Senior)  
Board Relay (Junior)  
Board Rescue (1 Junior & 1 Senior)  
Rescue Tube Race (2 Junior & 2 Senior)

*Sunday*  
Beach Run (Junior & Senior)  
Beach Sprints (Junior & Senior)  
Beach Flags (Junior & Senior)  
Beach Relay (2 Junior & Senior)

For those with not enough members to complete a relay team, we will be mixing and matching with other clubs so we can get as many people as possible competing in the relays.

Deadline: Registration must be received by **Monday July 8, 2024**.

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- Fee: Cost is \$35.00 per athlete
- Registration: Please have all athletes register online on the Town of Saugeen Shores online registration system [here](#). Senior Athletes will need to enter their Athlete ID.
- Points: Points will be awarded to the top 16 athletes in each individual event. Relays will be exhibition and will be any combination of individuals and clubs in order to give as many people an opportunity to participate in the event.
- Awards: Prizes will be awarded to the top three male and female overall individual point scorers.

### Schedule of Events

Depending on number of athletes in age groups, boys and girls and/or age groups will be combined.

#### Saturday

- 7:00–8:00 am Warm up  
7:30–7:45 am Official Briefing  
7:45–8:00 am Coaches Briefing
- 8:00 am–12:00 pm Surf Swim (Senior)  
Surf Swim (Junior)  
Surf Ski Race (Senior)  
Board Race (Junior)  
Board Race (Senior)  
Ocean Man / Ocean Woman Relay (Senior)
- 12:00–1:00 pm Lunch
- 1:00–4:00 pm Board Relay (Junior)  
Board Rescue (1 Junior & 1 Senior)  
Rescue Tube Race (2 Junior & 2 Senior)
- 9:30–10:00 pm Bruce Power Beach Party Fireworks (weather permitting)

#### Sunday

- 8:00–9:00 am Warm up  
8:30–8:45 am Official Briefing  
8:45–9:00 am Coaches Briefing
- 9:00–1:00 pm Beach Run (Junior)  
Beach Run (Senior)  
Beach Flags (Junior)  
Beach Flags (Senior)  
70m Beach Sprints (Junior)  
90m Beach Sprints (Senior)  
Beach Relay (2 Junior & 2 Senior)
- 1:00 pm Awards