



**Lifeguard
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2025 LifeguardDepot.com Canadian Lifeguard Challenge

The most demanding surf lifesaving sport event in Canada, the Canadian Lifeguard Challenge is a triple triathlon test of skill and endurance.

Description

The Canadian Lifeguard Challenge (CLC) is composed of 3 consecutive Oceanman / Oceanwoman events:

- Round 1: ski – board – swim legs over an M-shaped course.
- Round 2: swim – ski – board legs over an M-shaped course.
- Round 3: board – swim – ski legs over an M-shaped course.

The CLC is scored on the basis of total points accumulated from each of the 3 rounds.

Date and location

August 3, 2025. Martinique Beach, Nova Scotia.

Competitors

18 of Canada's best male and female surf lifesaving athletes will be invited to compete against each other to earn the right to be the TOP Surf Lifesaver in Canada. This is an invitation only event and eligibility are outlined in the application package. All athletes who want to compete must apply by June 1st, 2025 using the application form.

Awards

Cash awards for the top-16 placing male and top-16 placing female competitors including:

1st place \$3,000

2nd place \$1,500

3rd place \$1,150

Sponsors

LifeguardDepot.com Nova Scotia Lifeguard Service

Co-hosted by the Lifesaving Society Ontario & Lifesaving Society Nova Scotia and sanctioned by the Lifesaving Society Canada.

