

Pool Individual Event Descriptions

Ages 6-11 will only compete in 50m events

Ages 12-13 will compete in 50m-100m events

Ages 14-15 have the option to stay with the 12-13 group or swim up

Ages 16+ will compete in 50m-200m events

50m Obstacle Swim

The competitor swims 50 m in freestyle during which they swim under two (2) immersed obstacles.

100m Obstacle Swim

The competitor swims 100 m in freestyle during which they swim under four (4) immersed obstacles.

200m Obstacle Swim

The competitor swims 200 m in freestyle during which they swim under eight (8) immersed obstacles.

50m/100m Manikin Carry

The competitor swims 25 m freestyle and then picks up a floating manikin (or dives to recover a submerged manikin). The competitor then carries the manikin to the finish edge of the pool.

50m Manikin Carry with Fins

The competitor swims 50 m freestyle wearing fins and picks up a floating manikin (or dives to recover a submerged manikin to the surface within 10 m of the turning edge).

The competitor carries the manikin to the finish edge of the pool.

100m Manikin Tow with Fins

The competitor swims 25m/75 m freestyle with fins and rescue tube.

After touching the turning edge, the competitor fixes the rescue tube around a manikin floating at the surface at the edge and tows it to the finish.

These two events are for 14+ only

100m Rescue Medley

The competitor swims 50 m freestyle to turn and swim underwater to a submerged manikin located at a 17.5m distance away from the 50m touch wall.

The competitor surfaces the manikin within the 5 m pick-up line and then carries it the remaining distance to the finish edge of the pool.

200m Super Lifesaver

The competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within 5 m of the pick-up line and carries it to the turning edge. After touching the wall the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube within 5 m of the turning edge and swims 50 m freestyle.

After touching the wall the competitor fixes the rescue tube around a floating manikin within 5 m of the turning edge and tows it to touch the finish edge of the pool.

Pool Relay Event Descriptions

Line Throw

In this timed event, the competitor throws an unweighted line to a fellow team member located in the water approximately 6-12 m out and pulls this “victim” back to the poolside.

4x25m Manikin Relay

Four competitors in turn carry a manikin approximately 25 m each.

4x50m Obstacle Relay

Four competitors swim 50 m freestyle each passing under two (2) obstacles.

4x50m Medley Relay

The first competitor swims 50 m freestyle without fins.

The second competitor swims 50 m freestyle with fins.

The third competitor swims 50 m freestyle pulling a rescue tube and after having touched the wall, passes the rope of the rescue tube to a fourth competitor who wears fins.

The third competitor, playing the role of “victim,” holds the rescue tube with both hands, while being towed 50 m by the fourth competitor to the finish.

SERC (Simulated Emergency Response Competition)

The Simulated Emergency Response Competition may be held in indoor and outdoor swimming pools or open water aquatic environments. The event may also be conducted in non-aquatic environments.

- The SERC tests the initiative, judgment, knowledge, and abilities of four lifesavers who, acting as a team – under the direction of a team leader – apply lifesaving skills in a simulated emergency situation unknown to them prior to the start.
- This competition is judged within a two-minute time limit. All teams respond to the same scenario and are evaluated by the same Judges. Every effort will be made to ensure that the scenario is executed in the same manner for every team.
- The Simulated Emergency Response Competition shall be conducted without male and female categories. Teams may consist of any combination of males or females.