POINT LEO SLSC INC. SENIOR COMPETITION OPPORTUNITY

Senior competitions run for qualified active members aged 13 years and older as at 30th September. This also included Masters age groups (30+). Seniors not only train for carnivals (inter-club competition) and fitness, but also to further develop their lifesaving skills. The following table shows the events for Cadets/Seniors/Masters members of various ages and includes both individual and team events.

Beach Carnivals	U/15	U/17	U/19	Open	Over 24	Masters
Beach Sprint	✓	✓	✓	✓		✓
Beach Flags	✓	✓	✓	✓		✓
Beach relay (team 4)	✓	✓	✓	✓		✓
Belt and Reel (team 2)	✓	✓	✓	✓		
Surf Race	✓	✓	✓	✓	✓	✓
Board Race	✓	✓	✓	✓		✓
Board Rescue (team 2)	✓	✓	✓	✓		✓
Board Relay (team 3)	✓	✓	✓	✓		✓
Tube Race	✓	✓	✓	✓		✓
5 Person R & R (mixed)	✓	✓	✓	✓		
Men's Belt Race		✓	✓	✓		
Women's Belt Race				✓		
Ski		✓	✓	✓		✓
Double Ski			✓	✓		✓
Taplin Relay		✓	✓	✓		✓
Cameron Relay	✓					
Ironman & Ironwoman	✓ (no ski)	✓ (no ski)	✓	✓		✓
Surf Boats (team 4 plus sweep)			✓	✓	U23	✓
2 km Run	✓	✓	✓	✓		✓
Surfboard riding (short/long boards)	✓	✓	✓	✓		✓

Carnivals from December-March, States March, Nationals April
International competition: Australian Lifesaving Team including Wieland Shield every 2 years and VIS
Further information:
   http://www.lifesavingvictoria.com.au/resources/documents/Beach_Event_Descriptions.pdf

Lifesaving Events	U/15	U/17	U/19	Open	Over 24	Masters
Champion Lifesaver	✓	✓	✓	✓		
Patrol (teams of 4)		✓		✓		
First aid (teams of 2)	✓	✓	✓	✓		
Rescue and resuscitation (R and R)	✓	✓	✓	✓		
IRB		✓	✓	✓		

States February apart from R and R (with Senior Carnivals) and IRB (April-July)
Further information:
   www.lifesavingvictoria.com.au/resources/documents/Surf_Sports_Manual_-_Lifesaving_Events.pdf

Pool Events	U/15	U/17	U/19	Open	Over 24	Masters
Line throw	✓	✓	✓	✓		✓
200m Obstacle Swim	✓	✓	✓	✓		
100m Obstacle Swim	✓	✓		✓		
50m Manikin Carry	✓	✓	✓	✓		✓
100m Rescue Medley		✓	✓	✓		
100m Manikin Carry with Fins	✓	✓	✓	✓		✓
100m Manikin Tow with Fins	✓	✓	✓	✓		✓
200m Super Lifesaver		✓	✓	✓		
4 x 25m Manikin Relay	✓	✓	✓	✓		
4 x 50m Obstacle Relay	✓	✓	✓	✓		

Carnivals and States from June-July, Nationals August
International competition: Australian Lifesaving Team with a variety of international events
Further information:
   http://www.lifesavingvictoria.com.au/resources/documents/Pool_Event_Descriptions.pdf