



**Persatuan
Penyelamat**
KELEMASAN MALAYSIA
Life Saving Society Malaysia

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Penaung : YAM Raja Zarith Sofiah binti Almarhum Sultan Idris Shah, D.K., S.P.M.J., S.P.C.M.
Yang Di-Pertua Seumur Hidup Kehormat : Y. Bhg. Dato' Teoh Teik Lee, D.S.P.N., D.J.N., A.M.N.

INVITATION TO

44th NATIONAL & 7th INTERNATIONAL LIFESAVING SPORTS CHALLENGE 2024

Dear Lifesavers,

The Life Saving Society of Malaysia is pleased to invite you to participate in the 44th National & 7th International Lifesaving Sports Challenge pool event.

It will be held as details follow:-

Date: 7th (Saturday) of December 2024.

Time: 9:00 AM - 5:00 PM

Venue: TAR UMT, Jalan Genting Kelang, 5200 Setapak, Kuala Lumpur.

Categories and Events are as below:

A) CATEGORIES:

i) INDIVIDUAL
U13 (under 13 years old)
U16 (under 16 years old)
OPEN (16 years old and above)
MASTERS (35 years old and above)

ii) TEAM
U13 (under 13 years old)
U16 (under 16 years old)
OPEN (16 years old and above)
MASTERS (35 years old and above)

B) EVENTS:

i) INDIVIDUAL
100m Obstacle Swim
50m Manikin Carry
100m Manikin Carry with fins
100m Manikin Tow with fins

ii) TEAM
4 X 50m Obstacle Relay
4 x 25m Manikin Carry Relay
4 x 50m Medley Relay
Line Throw (2 Persons)

C) FEES:

ONE (1) time Registration Fees of RM20/pax. (Inclusive of 1 tshirt & certificate)

i) TEAM	REGISTRATION FEES (MALAYSIA)	REGISTRATION FEES (OVERSEA)
U13	RM 200 per team	USD 50 /RM 220
U16	RM 200 per team	USD 50 /RM 220
OPEN	RM 300 per team	USD 75 /RM 330
MASTERS	RM 300 per team	USD 75 /RM 330
ii) INDIVIDUAL (Male & Female)	REGISTRATION FEES (MALAYSIA)	REGISTRATION FEES (OVERSEA)
U13	RM 15 per event	USD 5 /RM 20
U16	RM 15 per event	USD 5 /RM 20
OPEN	RM 15 per event	USD 5 /RM 20
MASTERS	RM 15 per event	USD 5 /RM 20

**Late entry will be charged*

D) PRIZES:

Medals would be awarded to Champion, 1st & 2nd runners-up for each categories & events while trophy for overall champion.

Please submit your entry form by **20th November 2024**.

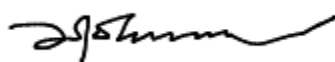
Should you need further information on the event, please contact the persons below.

Name	Position	Contact
Leong Chee Kin	Secretary	012-2913363
Ko Chun Shong	Vice Chairman	013-3885765
Lim Chee Gay	Organising Chairman	012-4812681

Kindly made payment to the “**PERSATUAN PENYELAMAT KELEMASAN KUALA LUMPUR**” **CIMB Bank** Account No.: **86-0584112-2** and notify us of the particulars of the chosen events and also the payment made (deposit slip, etc.) by email at ***lsskualalumpur@gmail.com***, or contact the above number.

Attached with this mail are the event's Rules & Regulations and Entry Forms for your perusal.

Kind Regards,



Lim Chee Gay
Chairman of Lifesaving Sports
THE LIFE SAVING SOCIETY OF MALAYSIA.

44th National & 7th International Life Saving Sports Challenge '24

General Rules & Regulations

1. Competition

- 1.1 The competition will run in accordance with “**latest**” International Life Saving Federation rules and regulations specified by organising committees.
- 1.2 Please refer to Appendix 1 for overview of events and Appendix II for its details.

2. Participants

- 2.1 Category **U13** and **U16** are under the age of 13 and 16 years old respectively as of 1st January 2024.
- 2.2 Open category is for 16 years old or above as of 1st January 2024.
- 2.3 Masters category is for 35 years old or above as of 1st January 2024.
- 2.4 Participants need to produce IC/Passport for age verification during team registration on the actual day.

3. Entries and Team Member

- 3.1 Each club/institution may send as many participants and teams as desired.
- 3.2 Team event consists of 4 members only without substitution.
- 3.3 All registered participants with RM20 fees paid will get a tshirt and certificate of participation.

4. Events

- 4.1 Events contested for Categories U13 and Masters are ONLY Individual Obstacle Swim, 4 x 50m Obstacle Swim and Line Throw (2 persons).
- 4.2 Participants are required to have the Bronze Medallion qualification in order to take part in 50m Manikin Carry, 100m Manikin Carry with fins, 100m Manikin Tow with fins, 4 x 25m Manikin Carry Relay and 4 x 50m Medley Relay.
- 4.3 Fins are NOT provided by organiser. Participants who join Manikin Tow and Medley Relay need to have their own fins.

5. Disqualification

- 5.1 Participants/Teams who are late or absent for their heat/final will be considered as a walk-over. Hence, all their other events will be forfeited.

6. Protest

- 6.1 Protest must be in writing called only by the team manager within 30 mins after an incident with a non-refundable deposit of RM200.
- 6.2 Tribunal will be led by chief referee with organising committee and 2 independent team managers for a determination in which the decision made is final.

i) INDIVIDUAL EVENTS

1. 100m Obstacle Swim

The competitor swims 100m in freestyle during which he/she swims under four (4) immersed obstacles.

2. 50m Manikin Carry

The competitor swims 25m freestyle and then dives to recover a submerged manikin to the surface within 5m of the pick-up line. The competitor then carries the manikin to the finish edge of the pool.

3. 100m Manikin Carry with Fins

The competitor swims 50m freestyle wearing fins and then dives to recover a submerged manikin to the surface within 10m of the turning edge.

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

4. 100m Manikin Tow with Fins

The competitor swims 50m 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.

ii) TEAM EVENTS

1. 4x50m Obstacle Relay

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

2. 4x25m Manikin Relay

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

3. 4x50m Medley Relay

The first competitor swims 50m freestyle without fins.

The second competitor swims 50m freestyle with fins.

The third competitor swims 50m freestyle pulling a rescue tube and after having touched the wall, passes the harness 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 50m by the fourth competitor to the finish.

4. Line Throw (2 persons)

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