

## Konkurranselivredning – Internasjonale øvelser

### **Basseng, individuelt:**

200 m superlifesaver  
200 m obstacle swim  
100 m rescue medley  
100 m manikin carry w/fins  
100 m manikin tow w/fins  
50 m manikin carry

### **Basseng, lagøvelser:**

SERC  
Line Throw  
4 x 25 m manikin relay  
4 x 50 m obstacle relay  
4 x 50 m medley relay  
4 x 50 m mixed lifesaver relay

### **Hav og strand, individuelt:**

Surf race  
Board race  
Ski race  
Oceanman/woman  
Beach sprint  
Beach Flags

### **Hav og strand, lagøvelser:**

Rescue Tube Rescue  
Board rescue  
Oceanman/woman relay  
Ocean mixed lifesaver relay  
4 x 90 m Beach relay