

## LIFESAVING

### Welcome to EMG 2008!

The European Masters Games (EMG) 2008 will be taking place in the summer of 2008 in the Swedish city of Malmö. During the week sportsmen and sportswomen will meet each other in competitions, where enthusiasm, passion and joy are as important as results. Here, active athletes older than 35 will get the chance to compete with like-minded people from all parts of Europe. With more than 10 000 participants divided amongst well over 25 sports and about 100 disciplines this happening, similar to the Olympic Games, will not leave any part of Malmö untouched.

The experience of EMG 2008 will include challenging competitions and attractive entertainment events as well as the chance to meet people from other European countries who share similar attitudes to a life-long sporting lifestyle.

Therefore we proudly invite You to the masters competitions in Lifesaving during the first week of September 2008.

#### Date:

September 3<sup>rd</sup>- September 6<sup>th</sup> 2008

#### Information about the competition:

**Wednesday September 3<sup>rd</sup> , 16.00-19.00 in Burlöv swimming pool 50m indoor (warm up from 15.00)**

1. Obstacles - 200m - 30 to 54
2. Obstacles - 100m - 55 to 65 +
3. Relay - 4x50m
4. Manikin Carry - 50m - 30 to 60 +
5. Relay - 4x25m

**Thursday September 4<sup>th</sup> , 10.00-15.00 in Burlöv swimming pool 50m indoor (warm up from 09.00)**

1. Manikin tow with fins - 100m - 30 to 60 +
2. Medley Relay - 4x50m
3. Manikin carry with fins - 100m - 30 to 60 +
4. Line throw (Team Event)

In the afternoon possibilities to test the Ocean events at Ribersborg beach, Malmö.

**Friday September 5<sup>th</sup> , 10.00-13.20 + 14.00-16.55 at Ribersborgs beach, Malmö**

1. Surf Race - 30 to 65 +
2. Beach Flags - 30 to 65 +
3. Surf Team Event
4. Board Rescue (Team Event)
5. Ocean - 30 to 60 +
6. Board Relay
7. 2 Km Beach Run - 30 to 59
8. 1 Km Beach Run - 60 to 65 +

**Saturday September 6<sup>th</sup> , 10.00-12.45 + 13.30-15.40 at Ribersborgs beach, Malmö**

1. Board Race - 30 to 65 +
2. Beach Sprint - 30 to 65 +
3. Beach Relay
4. Surf Ski - 30 to 65 +
5. Ocean Relay
6. Surf Ski Relay

Keep updated on our official webpage

[www.emg2008.com](http://www.emg2008.com)

This is also the place to register

**Welcome!**

The local organizer is: Svenska Livräddningssällskapet

Webbpage: [www.sls.a.se](http://www.sls.a.se)

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