





International Military Sports Council  
 11<sup>th</sup> World Military Lifesaving Championship  
 July 6<sup>th</sup> - 14<sup>th</sup>, 2020  
 Amsterdam, The Netherlands



<b>Female Pool Relays</b>					
	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Entry Time
4 x 50 Obstacle Relay					
Line throw					
4 x 50 Manikin Relay					
4 x 50 Medly Relay					

<b>Male Pool Relays</b>					
	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Entry Time
4 x 50 Obstacle Relay					
Line throw					
4 x 50 Manikin Relay					
4 x 50 Medly Relay					

<b>Mixed Relay</b>					
	Swimmer 1 Male	Swimmer 2 Male	Swimmer 3 Female	Swimmer 4 Female	Entry Time
4 x 50 Mixed Pool Lifesaver Relay					





International Military Sports Council  
 11<sup>th</sup> World Military Lifesaving Championship  
 July 6<sup>th</sup> - 14<sup>th</sup>, 2020  
 Amsterdam, The Netherlands



<b>Female Ocean Relays</b>				
	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4
Board Rescue Race				
Beach Relay				
Ocean Relay				
Rescue Tube Rescue				

<b>Male Ocean Relays</b>				
	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4
Board Rescue Race				
Beach Relay				
Ocean Relay				
Rescue Tube Rescue				

<b>Mixed Ocean Relay</b>				
	Swimmer 1 Male	Swimmer 2 Male	Swimmer 3 Female	Swimmer 4 Female
Mixed Ocean Lifesaver Relay				