

**Date: 31. of August 2019**

**from 08:00 till ca 20:00**

**Wislepark, Sportzentrum Worb AG**

**Sportweg 10, 3076 Worb**

**Switzerland**

### **Single Events**

- 100m Manikin Tow with Fins**
- 100m Manikin Carry with Fins**
- 100m Rescue Medley**
- 50m Manikin Carry**
- 200m Obstacle**
- 200m Superlifesaver**

### **Team Relays**

- 4x50m Obstacle**
- 4x50m Medley Relay**
- 4x25m Manikin Relay**
- 4x50m Pool Lifesaver Relay**
- 12.5m Line Throw**



**SLRG BERN**

**31. of August 2019**  
**Wislepark Sportzentrum Worb**

**SLRG BERN**

**International Lifesaving Competition Bern**

**ILCB**

**by SLRG Bern**