



INTERNAL MEMO - 89

TO : To All Members (including National Lifesaving Pool members)

FROM : Secretary General, President and the Superintendent of Competition of SLLS

DATE : 16th May 2025

COPIED : National Selection Committee, Ministry of Sports, Sri Lanka, Five-member Special Lifesaving Sports Competition Supervisory Committee (Appointed by the International Life Saving Federation - ILS)

SUBJECT : Final Selection Trials for the upcoming Commonwealth Lifesaving Championships 2025

Official Communication

This memo serves as official communication from the **National Lifesaving Selection Committee**, following the issuance of **Memo No. 88**, dated **12th May 2025**, regarding the **final selection trials** for the upcoming **Commonwealth Lifesaving Championships 2025**, scheduled to be held in the **United Kingdom**.

Following the successful completion of the national training sessions and in consideration of the competitive performances observed, the Committee has determined the necessity of conducting a **final team selection trial** to ensure that the **most deserving and capable athletes** are selected to represent Sri Lanka on the international stage. Accordingly, the **Final Selection Trial** will be held on:

Date: Friday, 30th May 2025

Time: From 2:00 PM onwards

Venue: Sri Jayawardenapura Swimming Pool Complex, Gangodawila, Nugegoda

All shortlisted **National Pool Members** are **required to attend**. Please note that **participation is compulsory** and **no alternate date** will be provided for this selection trial.

Final Selection Events for the Sri Lanka Lifesaving Team

1. **Selection No. 1** – 200m Super Life Saver (Women)
2. **Selection No. 2** – 200m Super Life Saver (Men)
3. **Selection No. 3** – 100m Manikin Tow with Fins (Women)
4. **Selection No. 4** – 100m Manikin Tow with Fins (Men)
5. **Selection No. 5** – 12.5m Line Throw (Women)
6. **Selection No. 6** – 12.5m Line Throw (Men)
7. **Selection No. 7** – 100m Manikin Carry with Fins (Women)
8. **Selection No. 8** – 100m Manikin Carry with Fins (Men)
9. **Selection No. 9** – 50m Manikin Carry (Women)
10. **Selection No. 10** – 50m Manikin Carry (Men)



Selection Criteria for the Sri Lanka Lifesaving Team (Women – 5 members /Men – 5 members):

1. One (1) athlete from the **12.5m Line Throw** event will be automatically selected for each 5-member national team. Each athlete will be given **three (3) attempts** to record their best time.
 - If they fail to perform in 3 attempts, throw-outs would continue until a successful throw.
 - Cutoff timing of the line throw event is 15 Seconds (throws timed over 15 seconds will not be considered for selection)
2. The **remaining four (4) athletes** will be selected based on their **overall performance** across the following four events:
 1. 200m Super Lifesaver
 2. 100m Manikin Carry with Fins
 3. 100m Manikin Tow with fins
 4. 50m Manikin Carry
3. Selection Scores for the above events:

1st place	20	2nd place	18	3rd place	16	4th place	14
5th place	12	6th place	10	7th place	8	8th place	6

4. If the line throw athlete selected from the 12.5m Line Throw event, also rank among the **top four performers** in the above (4) events, the **next best-performing athlete** (5th place) in that particular event, will be considered to complete **each 5-member men's and women's National team**.
5. In the event of a **tie in total points** across the four (4) events (among two or three athletes), a **50m Freestyle swim-off** will be conducted. The **fastest swimmer(s)** from the swim-off will be selected to complete the remaining athlete slots on **each final 5-member men's and women's team**.

Special Note: The results of the **50m Freestyle swim-off** will also be considered when determining **athlete eligibility** for the **4 x 50m Rescue Medley Relay** at the **Commonwealth Lifesaving Championships**.

As per the Special Directive of the National Lifesaving Selection Committee:

We confirm that all previous training performances will not be considered for this final selection. The final team for the championship will be selected exclusively based on athlete performance during the upcoming final selection trial.

We look forward to your **best efforts, discipline, and commitment** during this crucial phase of the selection process. Let us unite in purpose and excellence to **proudly represent Sri Lanka on the Commonwealth stage**.

This memo serves as the **official confirmation of the final selection trial arrangements** for the upcoming **Commonwealth Lifesaving Championship 2025**.

For any clarifications or inquiries, please contact the **Secretary General of SLLS**.

