INTERNATIONAL LIFE SAVING (ILS)

SPORT COMMISSION TECHNICAL BULLETIN # 5

MASTERS 100m OBSTACLE RACE - WORLD RECORD RECOGNITION

This Bulletin clarifies the arrangements for the recognition of Masters 30-34, 35-39, 40-44, 45-49, and 50 - 54 year age group World Records for the Obstacle Race over the new distance of 100m.

The new distance of 100m replaces the 200m distance for these age categories that were conducted at past ILS Lifesaving World Championships (LWC). The 100m distance will apply to all Masters age categories at the upcoming LWC2026 being conducted in South Africa.

It is clarified that:

- The first recognition of World records for the Masters 30-34, 35-39, 40-44, 45-49, and 50-54 year age groups (5 in total) for the new 100m distance shall be the fastest men and women's times recorded at LWC2026 in these events.

- Any 100m times for these events submitted before the conduct of LWC2026 **will not** be recognised as ILS World Records.
  Note: This decision is consistent with what occurred when the Youth Age categories were initially introduced at the ILS LWCs (i.e., the best times at the end of LWC became the first ILS Youth World Records).

- Any World Record times set in sanctioned ILS competition for the Masters 200M distance will continue to be recognised (as they currently are for all Masters age Groups).

- The ILS Rule Book at S2- 5(C) specifies that ILS will not accept any World Record applications for 100M Obstacles events in the Open and Youth categories. At the current time this remains unchanged.

For the full list of current ILS World records please refer here.

The ILS Competition Rule Book and the LWC2026 Handbook may be found on the ILS website at:

https://www.ilsf.org/lifesaving-sport/rules.

Should further information be required please direct your enquiry to the Secretary of the ILS Sport Commission at sport@ilsf.org.

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