



Lifesaving Club of Markham March Madness Junior Invitational

Date: Saturday March 2, 2024

Location: Markham Pan Am Centre – 16 Main Street Unionville, Markham, ON, L3R 2E4

Competition: The competition is sanctioned by the Lifesaving Society. Event rules will be in the accordance with the most current versions of the rule books, manuals and any supplementary event information found on www.lifesavingsociety.com.

All events are timed finals. Age groups and genders of similar distance may be combined.

Event Contact Information Meet Manager & Meet Referee - Jeff McCurdy
Contact information – LCM@markham.ca

Participant Safety The Lifesaving Club of Markham and the City of Markham believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Individuals are responsible to ensure all facility rules and requirements are followed.

Eligibility:

- Junior Competitors
 - Hold a Lifesaving Society award or be a member of a Lifesaving Club or be registered in a Lifesaving Society training program
 - Meet the Lifesaving Society's Canadian Swim-to-Survive® standard (roll entry, tread water for 1 min. and swim 50m)
 - Be at least 7 years of age but less than 17 years of age by March 2, 2023

Age Groups Junior's: 7-9 yrs, 10 & 11 yrs., 12 & 13 yrs., 14 & 15 yrs, 16 yrs

Program of Events:

	Junior Divisions				
Events	7-9	10-11	12-13	14-15	16
Lifesaving Medley	100m	100m	100m	100m	100m
Manikin Carry	50m Empty Manikin	50m Empty Manikin	50m Half Full Manikin	50m Half Full Manikin	50m Half Full Manikin
Manikin Tow With Fins	50m Empty Manikin	50m Empty Manikin	100m Half- Full Manikin	100m Half-Full Manikin	100m Half-Full Manikin
	Divisions				
Team Events	44 yr. or Less		64 yr. or Less		
Manikin Relay	100m		100m		
Junior Medley Relay	100m		200m		

Entry fee: LCM Members - \$13.59+hst per Competitor
 All Other Athletes - \$43.52+hst per Competitor
 Fee per competitor. Includes unlimited individual and team event entries.

Registration: Registration will be completed online individually through the cities new registration system:
<https://www.markham.ca/registernow>
<https://cityofmarkham.perfectmind.com/>
 Participants are able to create their own account online. If you require assistance, please call 905-477-5530.

Course Code Information:

- Juniors 12-16 Morning Session
 - LCM Members – 41026
 - External Clubs – 41034
- Juniors 11 & Under Afternoon Session
 - LCM Members – 41028
 - External Clubs - 41040

When registering please enter the name of Lifesaving Club, Coach Name and Coach E-mail address you are competing with when prompted.
 LCM Members use LCM@markham.ca For coach e-mail

Registration Deadline – Thursday February 22, 2024 at 4:00pm
 Clubs will be contacted with Entry Form for seed times.

Equipment: Competitors are required to provide their own caps and fins. All other competition equipment will be supplied.

- Facility info: The facility is a 10 lane 50m pool with a constant 2.5m bottom with a temperature of 80F. All events will run in 25m short course format with one end of the pool dedicated to competition and the other end of the pool for continuous warm up and cool down swimming.
- The water level at the bulkhead from the starting walls are higher than most pool edges, educate swimmers to swim to the sides of the pool to climb out upon the completion of events. Swimmers may start from the starting block, deck or in water.
- There will be no spectators on the pool deck. All spectators must watch from the pool viewing gallery.
- Electronic timing will be used for the event. An electronic audible starting device will be used. Results on the video board at the completion of the event are not official. Official results will be compiled post event and sent out to Clubs.
- Onsite parking is free. Parking is located to the south and south west of the facility.
- Emergencies: City of Markham Aquatics staff will be responsible for all emergencies. Please report any injuries to staff immediately.
- The nearest hospital is Markham Stouffville Hospital located at - 381 Church St, Markham, ON L3P 7P3.
- Volunteers: Volunteers will be required for timing, equipment and runners. Volunteers can sign up at <https://forms.gle/PuaoNnZhaeyr7uw29>

Event Schedule

Session 1 - 12-16 Years

- 8:15am – Officials Meeting & Volunteer check-in
- 8:15am – Access to pool deck
- 8:30am-9:15am – Warm ups
- 9:30am – Session Start
 - Lifesaving Medley
 - Manikin Carry
 - Manikin Relay
 - Tow with Fins
 - Junior Medley Relay

Session 2 – 11 & under

- 2:00pm – Officials Meeting & Volunteer check-in
- 2:00pm-2:45pm – Warm ups
- 3:00pm – Session Start
 - Lifesaving Medley
 - Manikin Carry
 - Manikin Relay
 - Tow with Fins
 - Junior Medley Relay