

**2024 ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – POOL**

**Registration Package**

*The Lifesaving Society invites you to the Ontario Junior Lifesaving Championships – Pool hosted by the City of Markham*

- DATE** Saturday and Sunday, June 22 – 23, 2024
- LOCATION** City of Markham – Markham Pan Am Centre, 16 Main Street Unionville, Markham, ON, L3R 2E4. 905-475-4730. See [www.markhampanamcentre.ca](http://www.markhampanamcentre.ca) for more information.
- COMPETITION** The competition is sanctioned by the Lifesaving Society. Event rules will be in the accordance with the 2023 Edition of the *ILS Competition Rule Book*, the 2024 Edition of the *Ontario Competition Manual* and any 2024 Communiqués. See [www.lifesavingsociety.com](http://www.lifesavingsociety.com) for details.
- ELIGIBILITY** Competitors shall:
- 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 50 m)
  - Be at least 7 years of age but less than 17 years of age by June 22, 2024
  - Complete and submit, along with their parents or guardians, annual attestation to an affiliated club by February 1<sup>st</sup> confirming review of [Concussion Awareness Resources](#).

**AGE GROUPS** 5 categories: 7-9 yr., 10 & 11 yr., 12 & 13 yr., 14 & 15 yr., 16 yr.

**PROGRAM OF EVENTS**

	Divisions				
Individual Events	7-9 yr.	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.	16 yr.
Lifesaving Medley	100 m	100 m	100 m	100 m	100 m
Line Throw Release			7 m	7 m	10 m
Manikin Carry	50 m Empty Manikin	50 m Empty Manikin	50 m Half-full Manikin	50 m Half-full Manikin	50 m Half-full Manikin
Manikin Tow with Fins	50 m Empty Manikin	50 m Empty Manikin	100 m Half-full Manikin	100 m Half-full Manikin	100 m Half-full Manikin
Obstacle Swim	50 m	50 m	100 m	100 m	100 m
Swim & Don Fins			100 m	100 m	100 m
Swim with Fins	50 m	50 m			
Throwing Accuracy	4 m	4 m			
	Divisions				
Team Events	44 yr. or less		64 yr. or less		
Jr Medley Relay	4 x 25 m		4 x 50 m		
Manikin Relay	4 x 25 m		4 x 25 m		

ENTRY DEADLINE **Registration must be received by Friday, June 7, 2024.** Refunds will not be issued after **June 7, 2024**, nor will they be issued for clubs or competitors who do not show up for the Championships.

EQUIPMENT The 37-inch, Lifesaving Yellow Rescue Tube will be in use for all applicable events.  
The Stearns PFD (handle loop underneath head flap) will be in use for all applicable events.

ENTRY FEES	<u>Competitor Fee</u>	<u>Individual Event Entry Fee</u>	<u>Team Event Entry Fee</u>
	\$30.00 per competitor	\$12.00 per competitor per event	\$14.00 per team per event

ACCOMMODATION

**Preferred Hotel - Special Group Rates – Friday, June 21 & Saturday, 22, 2024**  
**Group Rate Booking Cut Off: May 31, 2024**  
**Hilton Suites Markham Conference Centre & Spa**  
8500 Warden Ave., Markham, ON L6G 1A5, Tel: 905-470-8500  
Distance to Markham Pan AM Centre: 3.5 km / 8 minutes

**Guestrooms:**

- Standard Two Double Bed Suites with Pull Out Sofa Bed
- \$199.00 s/q \$219.00 triple \$239.00 quad (over the age of 18 per suite per night)
- Maximum occupancy of four (adult) guests per suite.
- Children 18 years of age and under stay free with parents.
- Taxes and Fees: 13% HST + 4.52% MAT + 3% CFF

**Booking Link:** [Click here to book your room for ON Jr Lifesaving Championships 2024](#)

Book by Phone: 1-800-593-9223 – press 1 – speak to central reservations associate and use **group code: 1OJAD** to make your reservation. A valid credit card is required to make and guarantee individual reservations online. Call hotel directly should your dates of arrival or departure fall outside of the group dates.

**Hotel Amenities:**

- Complimentary Wi-Fi
- Complimentary Overnight Parking
- Discounted Hot Breakfast for \$18 + tax/fees per person, ask at check-in.
- Numerous restaurants within 10 minutes
- Indoor pool and Fitness Centre
- Restaurant Onsite
- Rates available 3 days pre/post group dates

**Individual Cancellation:** Reservations can be cancelled up to 48 hours prior to the day of arrival without penalty. Cancellations received after this cut off period, is subject to charge equivalent to 1-night room and tax to the individual credit card. No shows will be billed to the credit card on file. This cancellation clause supersedes brand cancellation clause.

**Check-In Time/Check-Out Time:** 3pm / 11am

OFFICIALS Interested lifesaving officials can apply to officiate at the championships using the link below.  
<https://forms.gle/x8ayd3UtEiBVHjG9>

## REGISTRATION

**NEW (optional):** Create a copy of the [Google Sheets Entry Form](#), rename with your club and share with [sport@lifeguarding.com](mailto:sport@lifeguarding.com). (Make sure we're an editor)

**Club Info Session: May 29 at 7pm.** Sport Manager, Event Management Chair, Meet Manager and Chief Referee to provide updates and answer questions.

Zoom Link: <https://us06web.zoom.us/j/88054761015?pwd=TsbNbjg2lqpcz0LAmAT1Oyx0JD2isY.1>

Meeting ID: 880 5476 1015 Passcode: 545592

Send registration form with payment in full – Affiliate invoice, Cheque (payable to the Lifesaving Society), Money order, VISA, MasterCard, or American Express – to:

Lifesaving Society	Phone:	416 490 8844
Attention: 2024 Competition Registration	Fax:	416 490 8766
400 Consumers Road	Email:	<a href="mailto:sport@lifeguarding.com">sport@lifeguarding.com</a>
Toronto, Ontario M2J 1P8		

## **2024 ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – POOL SCHEDULE**

### **Saturday, June 22, 2024**

#### **12 & Over**

7:00 am Key Officials Meeting  
8:00 am Warm-up  
8:00 am Officials Meeting  
8:45 am Opening Ceremonies  
9:00 am Lifesaving Medley  
Manikin Carry  
Swim and Don Fins  
Manikin Relay  
1:30 pm Award Presentations

#### **11 & Under**

1:00 pm Warm-up  
1:00 pm Officials Meeting  
2:00 pm Lifesaving Medley  
Manikin Carry  
Swim with Fins  
Manikin Relay  
5:30 pm Award Presentations

### **Sunday, June 23, 2024**

#### **12 & Over**

8:00 am Warm-up  
8:00 am Officials Meeting  
9:00 am Obstacle Swim  
Line Throw Release  
Manikin Tow with Fins  
Junior Medley Relay  
1:30 pm Award Presentations

#### **11 & Under**

1:00 pm Warm-up  
1:00 pm Officials Meeting  
2:00 pm Obstacle Swim  
Throwing Accuracy  
Manikin Tow with Fins  
Junior Medley Relay  
5:30 pm Award Presentations

## 2024 ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – POOL

*Please use one form for each affiliate or club (Type or BLOCK letters only).*

Affiliate or Club		
Mailing address		Apt or Suite
City	Province	Postal Code
Coach  Name		(     )  Home/cell phone
Email (that will be checked regularly in the week preceding the Championships)		(     )  Business Phone
Note: Each completed registration must include the following forms: Registration with payment & Event Entries.		
Competitor fee	@ \$30.00 / person =	
Individual Event Entry fee (per competitor per event)	@ \$12.00 / event =	
Team Event Entry fee (per team per event)	@ \$14.00 / event =	
<b>TOTAL AMOUNT OWING</b>		
<b>Payment</b>		
<input type="checkbox"/> Cheque <input type="checkbox"/> Money Order <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX <input type="checkbox"/> Affiliate Invoice		
Credit Card # _____	Expiry Date _____	CVV _____
Card holder name _____		Card holder signature _____
<b>Rowan's Law (Concussion Safety)</b>		
I, _____ (name) confirm that my club is in compliance with <a href="#">Rowan's Law</a> and that the appropriate parties have reviewed a <a href="#">Concussion Awareness Resource</a> within the last year.		
Signature _____		Date _____

*Mail, fax or email to: Lifesaving Society  
 Attention: 2024 Competition Registration  
 400 Consumers Road, Toronto, Ontario M2J 1P8  
 Fax 416 490 8766 Email: [sport@lifeguarding.com](mailto:sport@lifeguarding.com)*

## **2024 ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – POOL**

### **Statement of Release**

*Please read carefully*

1. **Conduct**

By participating, all agree to abide by the rules, regulations and code of conduct of the championship, and further to behave in a manner consistent with ideals of good sportsmanship.

2. **Voluntary Assumption of Risk**

All participants recognize that there are certain risks inherent in the activity as a result of factors including but not limited to, stress, number of people, water temperature and conditions. All participants agree they have prepared themselves for the competition and know of no factor or condition which should be disclosed to the organizers or which would make it unsafe for them to compete. All participants voluntarily assume all risks, both physical and legal including but not restricted to, loss of or damage to property, and personal injury including permanent disability or death.

3. **Waiver of Liability**

As a condition of entry and in consideration of an application as an individual or as a part of a team being accepted, all participants hereby waive their right to make any claim, whether for negligence or otherwise against the Lifesaving Society, the host, the facility operator, owner or occupier, the sponsors, the organizing committee or any of the servants, agents, affiliates, volunteers, judges, officials or other persons involved in the organization or running of the competition, events or associated activities. All participants further agree to indemnify and hold harmless all of the above, from any claim made on their behalf or as a result of injury to their person or property. All participants recognize they are responsible for their own medical coverage.

4. **Model Release**

All participants transfer to the Lifesaving Society all rights whatsoever which they have in photographs and/or videos which photographers may have taken. All participants consent to the use of the photographs/videos, the publishing of their name for all purposes whatsoever, including without limitation, television, publications, and any trade or advertising purposes.

5. **Rowan's Law Compliance**

All participants acknowledge that they must be in compliance with Ontario's [Rowan's Law](#) and that they, and any required parties associated with them, have reviewed a [Concussion Awareness Resource](#) within the last year.

*By participating, all participants admit to have carefully read and understood the five conditions of entry and in consideration for being allowed to compete, they have executed them voluntarily intending to be bound thereby and intending these conditions to be binding of their heirs, personal representatives and assigns.*

**2024 ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – POOL**

Clubs may enter unlimited number of competitors in each event. **Event entries must indicate personal best times for seeding purposes – no time (NT) will not be accepted.** Competitors are allowed to enter each event only once. **PLEASE PRINT CLEARLY**

Use a separate sheet to register athletes for each age group. Athletes on this page are registering in the following age group (select ONE only):

- 7-9 yr.  10 & 11 yr.  12 & 13 yr.  14 & 15 yr.  16 yr.

Competitor Name & Gender (as identifies)		Birthdate (yy/mm/dd) (ensure correct order)	Lifesaving Medley	Manikin Carry	Swim with Fins (11 yr. & Under) Swim and Don Fins (12 yr. & Over)	Obstacle Swim	Throwing Accuracy (11 yr. & Under) Line Throw Release (12 yr. & Over)	Manikin Tow with Fins	Total Individual events
Jane Smith	M F	13/02/27	1:50.68	56.21	1:02.73	1:37.60	22.45	1:41.63	6
	M F								
	M F								
	M F								
	M F								
	M F								
	M F								
	M F								
	M F								
	M F								
	M F								

**2024 ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – POOL**

Clubs may enter unlimited number of teams in each event. **Personal best times required for seeding – no time (NT) will not be accepted.** Competitors are allowed to enter each event only once. **Indicate teams with letters. 4 males OR 4 females. PLEASE PRINT CLEARLY**

Use a separate sheet to register athletes for each age group. Athletes on this page are registering in the following age group (select ONE only):

44 yr. or less     64 yr. or less

Competitor Name & Gender (as identifies)		Birthdate (yy/mm/dd)	Junior Medley Relay	Manikin Relay	Total Relay events
Jane Smith	M F	13/02/27	A-3:02.27	A-2:38.75	2
	M F				
	M F				
	M F				
	M F				
	M F				
	M F				
	M F				
	M F				
	M F				
	M F				