



2014 CANADIAN SURF  
LIFESAVING CHAMPIONSHIPS

# PROGRAM

# Lifesaving Sport

Lifesaving sport is an international athletic activity that combines lifesaving, swimming, running, and water craft races. Lifesaving sport is the only athletic competition whose skills are first learned for humanitarian reasons. Lifesaving sport is recognized by the International Olympic Committee (IOC) and Commonwealth Games Federation.

The IOC recognizes the International Life Saving Federation (ILS) as the world governing federation for lifesaving sport. ILS National Member Organizations are the governing bodies in their respective nations. The Lifesaving Society is governing body for lifesaving sport in Canada.

## International championships

Lifesaving World Championships are organized under the auspices and rules of the International Life Saving Federation. Commonwealth Lifesaving Championships are organized under the auspices of the Royal Life Saving Society. Lifesaving sport is also part of the quadrennial World Games.

## Canadian championships

The Lifesaving Society authorizes the following annual championships:

- Canadian Pool Lifesaving Championships
- Canadian Lifeguard Emergency Response Championships
- Canadian Surf Lifesaving Championships

Canadian championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving – people who are lifesavers first, competitors second.

## Canadian Surf Lifesaving Championships

The Canadian Surf Lifesaving Championships are open to any Individual Member, Affiliated Club or Affiliate Member of the Lifesaving Society in good standing. The championships are conducted in three divisions:

**16–19 years:** Competitors must be a minimum of 16 years and a maximum of 19 years as of the first day of the championships.

**Open:** Competitors must be a minimum of 16 years as of the first day of the championships.

**Masters:** Competitors must be a minimum of 30 years as of the first day of championships.

LIFESAVING SOCIETY



LIFESAVING SPORT

For more information, contact us:

### Lifesaving Society New Brunswick

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# Welcome

I extend a very warm welcome to all participants in the Lifesaving Society's 14th annual Canadian Surf Lifesaving Championships. This is the first time the Lifesaving Society New Brunswick has hosted these championships and we are excited to showcase one of New Brunswick's outstanding venues – Parlee Beach – with its long sandy shoreline and the warmest salt water in the country.

Lifesaving often comes down to a race to rescue a person in distress before the victim drowns; being prepared to win that race means being prepared to save lives. Competition was part of the aims of the Lifesaving Society at its formation, and today, the Society is the Canadian governing body for lifesaving sport.

Lifesaving Sport contributes to the mission of the Society by engaging and inspiring youth in our humanitarian mission; by providing an incentive for training; by encouraging innovation in lifesaving and lifeguarding technique, and; by providing unique opportunities for volunteer recruitment, retention and leadership development.

Lifesaving Sport is a global movement with Commonwealth and World Championships that attract thousands of participants from over 40 nations. But no matter how large the sport becomes, we still point proudly to its humanitarian origins and we still require participants to learn the rescue skills required to be a lifesaver before becoming eligible to be a competitor.

I would like to thank Parlee Beach Provincial Park for providing such an attractive venue and I thank the organizing committee and the many volunteers who make it all happen.

I extend my best wishes to all competitors, coaches and officials for a very successful 2014 surf championships.

Doug Trentowsky  
President, Lifesaving Society New Brunswick



## We've got it all

LifeguardDepot.com offers a comprehensive selection of equipment and supplies required to operate safe aquatic facilities and training programs including CPR instruction – all guided by the Lifesaving Society's 100 years of knowledge and experience as the lifeguarding experts.

LifeguardDepot.com is the online store of the Lifesaving Society. Proceeds from LifeguardDepot.com support the Society's drowning prevention initiatives and the development of lifesaving sport.



### Thursday, August 21, 2014

Time	Activity	
5:00 pm	Registration & Check In	The Parlee Beach Motel
5:00 pm	Key Officials Meeting	
7:00 pm	Coaches Meeting	

### Friday, August 22, 2014

Time	Activity	
8:15 am	Officials Briefing	Parlee Beach Provincial Park
9:00 am	Beach Relay (P – F) Oceanman / Oceanwoman (P – F)	
12:00 pm	Lunch	
1:00 pm	Opening Ceremonies	
1:30 pm	Beach Sprint (P – F) Board Rescue (P – F)	

### Saturday, August 23, 2014

Time	Activity	
8:15 am	Officials Briefing	Parlee Beach Provincial Park
9:00 am	Beach Run - 2 km (P – F) Oceanman / Oceanwoman Relay (P – F)	
12:30 pm	Lunch	
1:30 pm	Surf Race (P – F) Beach Flags (P)	

### Sunday, August 24, 2014

Time	Activity	
8:15 am	Officials Briefing	Parlee Beach Provincial Park
9:00 am	Surf Ski Race (P – F) Rescue Tube Rescue (P – F)	
12:30 pm	Lunch	
1:30 pm	Board Race (P – F) Beach Flags (F)	Parlee Beach Restaurant
7:00 pm	Dinner & Awards	



<b>Beach Relay</b>		<b>2013 Winners</b>	
Teams of 4 individuals compete in baton relay fashion over a 90 m course. After the start each competitor completes a leg of the course and passes the baton at the conclusion of the first, second, and third legs to the next runner.	<b>16-19 Division – Women</b>		
	Richmond Hill Lifesaving Club – Alice Lan, Padideh Safdari, Pardis Safdari, Cynthia Undyantara	Nova Scotia Lifeguard Service – Sarah Bernier, Abby Clarke-Caseley, Jaime Clarke-Caseley, Emily Hickey	Toronto Police Lifeguard Service – Emilia Cieslik, Michelle Cuthbert, Irena Flores, Ivana Jaciw-Zurakowsky
	<b>16-19 Division – Men</b>		
	Nova Scotia Lifeguard Service – Adam Doyle, Zach Laustsen, Morrgan Payne, Fletch Selig	Toronto Police Lifeguard Service – Jeremy Hughes, Sunket Kulkarni, William O’Dwyer, Andy Sun	Toronto Police Lifeguard Service – Dakota Birkenheier, Jonathon Denoon, Owen Hollowell, Vevek ShanthaKumaran
	<b>Open – Women</b>		
Toronto Police Lifeguard Service – Lisa Barbieri, Juliann Desjardins, Ali Ferguson, Renata Jaciw-Zurakowsky	Équipe du Québec Aquam – Catherine Daniel-Houle, Catherine Fréchette, Émilie Fréchette, Catherine Richard	Ottawa Valley Lifesaving Club – Emily Brady, Carlyne Godon, Patricia Mouton, Caroline O’Keefe	
<b>Open – Men</b>			
Richmond Hill Lifeguard Club – Dennis Cook, Mario DiCosmo, Leo Rayner, Saba Sedaghatkish	Nova Scotia Lifeguard Service – Dan Gorman, Chris Goulet, Gabriel Quenneville, Jesse Clarke	Équipe du Québec Aquam – Hubert Courteau-Godmaire, Frederick Fortin, Nelson Giraldo, Dominick Scott	

<b>Oceanman / Oceanwoman</b>		<b>2013 Winners</b>	
Competitors cover a 1.4 km (approx.) course that includes a swim leg, a board leg, a surf ski leg, and a beach sprint finish.	<b>16-19 Division – Women</b>		
	Carolyne Godon, Ottawa Valley Lifesaving Club	Sophie Laflamme, City of Ottawa Beaches	Michelle Cuthbert, Toronto Police Lifeguard Service
	<b>16-19 Division – Men</b>		
	Jonathon Denoon, Toronto Police Lifeguard Service	Zach Laustsen, Nova Scotia Lifeguard Service	Fletch Selig, Nova Scotia Lifeguard Service
	<b>Open – Women</b>		
Ali Ferguson, Toronto Police Lifeguard Service	Marie-Ève Chamberland, Équipe du Québec Aquam	Catherine Fréchette, Équipe du Québec Aquam	
<b>Open – Men</b>			
Jason Cross, Nova Scotia Lifeguard Service	James Verreault, Ottawa Valley Lifesaving Club	Nelson Giraldo, Équipe du Québec Aquam	



## Beach Sprint

Competitors take their positions in their allotted lanes. At the starting signal, competitors race the 90 m course to the finish line. The finish is judged on the competitor's chest crossing the finish line. Competitors must finish the event on their feet in an upright position.

### 16-19 Division – Women

Ivana Jaciw-Zurakowsky,  
Toronto Police Lifeguard  
Service

Emily Hickey, Nova Scotia  
Lifeguard Service

### 2013 Winners

Padideh Safdari, Richmond Hill  
Lifesaving Club

### 16-19 Division – Men

Fletch Selig, Nova Scotia  
Lifeguard Service

Adam Doyle, Nova Scotia  
Lifeguard Service

Adam Doyle, Nova Scotia  
Lifeguard Service

### Open – Women

Emily Brady, Ottawa Valley  
Lifeguard Club

Vanessa Beaudry,  
Perfmax Racing Québec

Christine Ryan, Team New  
Brunswick

### Open – Men

Gaetan Normandin, Perfmax  
Racing Québec

Dennis Cook, Richmond Hill  
Lifeguard Club

Leo Rayner, Richmond Hill  
Lifeguard Club

## Board Rescue

In this event, 1 member of the team swims approximately 120 m to a designated buoy, signals, and waits to be picked up by the second member of the team on a board. They both paddle to shore and cross the finish line on the beach with the board.

### 16-19 Division – Women

Toronto Police Lifeguard  
Service – Michelle Cuthbert,  
Irena Flores

Nova Scotia Lifeguard Service  
– Sarah Bernier, Emily Hickey

### 2013 Winners

City of Ottawa Beaches  
– Danielle Halle, Sophie  
Laflamme

### 16-19 Division – Men

Nova Scotia Lifeguard Service –  
Matthew Laustsen, Fletch Selig

Toronto Police Lifeguard  
Service – Jonathon Denoon,  
Vevak ShanthaKumaran

Toronto Police Lifeguard  
Service – Dakota Birkenheier,  
William O'Dwyer

### Open – Women

Toronto Police Lifeguard Service  
– Ali Ferguson, Alyce Sutcliffe

Toronto Police Lifeguard  
Service – Juliann Desjardins,  
Lisa Barbieri

Équipe du Québec Aquam  
– Marie-Ève Chamberland,  
Valerie Morin

### Open – Men

Ottawa Valley Lifesaving Club –  
Jordan Andersen, James Verreault

Nova Scotia Lifeguard Service  
– Jason Cross, Aaron Sellers

City of Ottawa Beaches – Ted  
Donnelly, Marc Oliver Caron



<b>Beach Run</b>	16-19 Division – Women		<b>2013 Winners</b>
<p>Competitors race 2 km on the beach in four 500 m legs as follows: On the starting signal competitors race along the left side of the lane to round the turning pole 500 m distant, and return 500 m toward the starting pole. Competitors round this pole, proceed back down the beach to round the turning pole as before, and then race back to cross the finish line.</p>	Ivana Jaciw-Zurakowsky, Toronto Police Lifeguard Service	Emily Hickey, Nova Scotia Lifeguard Service	Cheyanne Reed, Richmond Hill Lifesaving Club
	16-19 Division – Men		
	Connor Marois, Richmond Hill Lifeguard Club	Jonathon Denoon, Toronto Police Lifeguard Service	Bradley Brooks, Wetaskiwin Orcas Lifesaving Club
	Open – Women		
	Catherine Fréchette, Équipe du Québec Aquam	Émilie Fréchette, Équipe du Québec Aquam	Emmanuella Ruel, Club de Sauvetage plage du Québec
Open – Men			
Dan Gorman, Nova Scotia Lifeguard Service	Jordan Andersen, Ottawa Valley Lifesaving Club	Gabriel Quenneville, Nova Scotia Lifeguard Service	
<b>Oceanman / Oceanwoman Relay</b>	16-19 Division – Women		<b>2013 Winners</b>
<p>Teams of four competitors (one swimmer, one board paddler, one surf ski paddler, and one runner) cover the course in a sequence of legs determined by draw at the start of each competition.</p> <p>Masters: Teams of three competitors – one swimmer, one board paddler, one surf ski paddler. There is no running leg in Masters Oceanman/ Oceanwoman Relay.</p>	Toronto Police Lifeguard Service – Emilia Cieslik, Michelle Cuthbert, Irena Flores, Ivana Jaciw-Zurakowsky	Richmond Hill Lifesaving Club – Stephanie Embleton, Padideh Safdari, Pardis Safdari, Cynthia Undyantara	Nova Scotia Lifeguard Service – Sarah Bernier, Abby Clarke-Caseley, Jaime Clarke-Caseley, Emily Hickey
	16-19 Division – Men		
	Toronto Police Lifeguard Service – Jonathon Denoon, Owen Hollowell, Sunket Kulkarni, William O’Dwyer	Nova Scotia Lifeguard Service – Matthew Laustsen, Zach Laustsen, Morrgan Payne, Fletch Selig	Toronto Police Lifeguard Service – Dakota Birkenheier, Jeremy Hughes, Vevak Shantha Kumaran, Andy Sun
	Open – Women		
	Toronto Police Lifeguard Service – Lisa Barbieri, Juliann Desjardins, Ali Ferguson, Renata Jaciw-Zurakowsky	Équipe du Québec Aquam – Marie-Ève Chamberland, Catherine Daniel-Houle, Catherine Fréchette, Émilie Fréchette	Ottawa Valley Lifesaving Club – Michelle Campbell, Carolyne Godon, Patricia Moulton, Caroline O’Keefe
Open – Men			
Équipe du Québec Aquam – Frederick Fortin, Hubert Courteau-Godmaire, Nelson Giraldo, Bruno Sergerie	Nova Scotia Lifeguard Service – Jason Cross, Dan Gorman, Aaron Sellers, Roman Soroka	Ottawa Valley Lifesaving Club – Jordan Andersen, Pawel Mekarski, James Verreault, John Wyatt	



**JOLYN SWIMWEAR  
Surf Race**

16-19 Division – Women

**2013 Winners**

At the starting signal, competitors run into the water and swim the U-shaped course, returning to shore to finish between the finish flags on the beach.

Carolyne Godon, Ottawa Valley Lifesaving Club

Michelle Cuthbert, Toronto Police Lifeguard Service

Penelope Hawkins-Payette, Équipe du Québec Aquam

16-19 Division – Men

Marc Oliver Caron, City of Ottawa Beaches

Jonathon Denoon, Toronto Police Lifeguard Service

Fletch Selig, Nova Scotia Lifeguard Service

Open – Women

Ali Ferguson, Toronto Police Lifeguard Service

Renata Jaciw-Zurakowsky, Toronto Police Lifeguard Service

Marie-Ève Chamberland, Équipe du Québec Aquam

Open – Men

Nelson Giraldo, Équipe du Québec Aquam

James Verreault, Ottawa Valley Lifesaving Club

Jason Cross, Nova Scotia Lifeguard Service

**Beach Flags**

16-19 Division – Women

**2013 Winners**

From a prone starting position on the beach, competitors rise, turn and race to obtain a baton (beach flag) buried upright in the sand approximately 20 m away. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.

Pardis Safdari, Richmond Hill Lifesaving Club

Alice Lan, Richmond Hill Lifesaving Club

Padideh Safdari, Richmond Hill Lifesaving Club

16-19 Division – Men

Adam Doyle, Nova Scotia Lifeguard Service

Fletch Selig, Nova Scotia Lifeguard Service

Vevek ShanthaKumaran, Toronto Police Lifeguard Service

Open – Women

Vanessa Beaudry, Perfmax Racing Québec

Emily Brady, Ottawa Valley Lifeguard Club

Christine Ryan, Team New Brunswick

Open – Men

Dennis Cook, Richmond Hill Lifeguard Club

Gaetan Normandin, Perfmax Racing Québec

Chris Goulet, Nova Scotia Lifeguard Service





## DOLPHIN Surf Ski Race

16-19 Division – Women

2013 Winners

On the starting signal, competitors paddle their skis around the course marked by buoys and return to finish line.

Delphine Hansen-Jaumard,  
Équipe du Québec Aquam

Sarah Bernier, Nova Scotia  
Lifeguard Service

Sophie Laflamme, City of  
Ottawa Beaches

16-19 Division – Men

Dakota Birkenheier, Toronto  
Police Lifeguard Service

Zach Laustsen, Nova Scotia  
Lifeguard Service

Fletch Selig, Nova Scotia  
Lifeguard Service

Open – Women

Ali Ferguson, Toronto Police  
Lifeguard Service

Emmanuella Ruel, Club de  
Sauvetage plage du Québec

Lisa Barbieri, Toronto Police  
Lifeguard Service

Open – Men

James Verreault, Ottawa Valley  
Lifesaving Club

Jason Cross, Nova Scotia  
Lifeguard Service

Brady Campbell, Mairangi Bay  
Surf Lifesaving Club



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ENTER TO

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RACING  
BOARDS**

### How do I enter?

Enter the Dolphin Surf Ski Race and/or the Dolphin Board Race at the 2014 Canadian Surf Lifesaving Championships, August 22-24 at Parlee Beach Provincial Park, New Brunswick.

One male and one female winner will be selected by random draw from the names of all competitors who complete one or both of these events.  
(One ballot per competitor.)

**REGISTER TODAY**

#### Thank you Dolphin

Dolphin Surf Craft is donating two racing boards for the 2014 Championships. Dolphin is a leading manufacturer of custom boards and skis for elite lifesaving sport athletes who value quality and performance.

LifeguardDepot.com is the exclusive North American distributor of Dolphin Surf Craft.

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SURF CRAFT

**Lifeguard  
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 **LIFESAVING SOCIETY**  
The Lifeguarding Experts



### Rescue Tube Rescue

16-19 Division – Women

2013 Winners

Four competitors from each team participate in this event: a “victim,” 1 rescue tube swimmer, and 2 rescuers.

At the starting signal, *rescue tube swimmers* race up the beach to obtain their rescue tubes and fins and, donning the equipment at their discretion, swim to their victims. Rescue tube swimmers swim past the designated buoy to secure the rescue tube around the victim. With the victim clipped into the rescue tube, competitors continue around the buoy towing the victim to the beach.

After the rescue tube swimmer has started the victim tow to the beach, the *2 rescuers* enter the water and assist the rescue tube swimmer to bring the victim to the beach.

Toronto Police Lifeguard Service – Emilia Cieslik, Michelle Cuthbert, Irena Flores, Ivana Jaciw-Zurakowsky

Nova Scotia Lifeguard Service – Sarah Bernier, Abby Clarke-Caseley, Jaime Clarke-Caseley, Emily Hickey

Richmond Hill Lifesaving Club – Alice Lan, Padideh Safdari, Pardis Safdari, Cynthia Undyantara

### 16-19 Division – Men

Toronto Police Lifeguard Service – Dakota Birkenheier, Owen Hollowell, Sunket Kulkarni, William O’Dwyer

Toronto Police Lifeguard Service – Jonathon Denoon, Jeremy Hughes, Vevek ShanthaKumaran, Andy Sun

Nova Scotia Lifeguard Service – Matthew Laustsen, Zach Laustsen, Morrigan Payne, Fletch Selig

### Open – Women

Équipe du Québec Aquam – Isabelle Carignan, Catherine Fréchette, Émilie Fréchette, Delphine Hansen-Jaumard

Équipe du Québec Aquam – Marie-Ève Chamberland, Catherine Daniel-Houle, Valerie Morin, Catherine Richard

Toronto Police Lifeguard Service – Juliann Desjardins, Ali Ferguson, Michelle Jansen, Alyce Sutcliffe

### Open – Men

Équipe du Québec Aquam – Hubert Courteau-Godmaire, Frederick Fortin, Nelson Giraldo, Dominick Scott

City of Ottawa Beaches – Daniel Bérubé, Dugald Thomson, Marc Oliver Caron, Ted Donnelly

Nova Scotia Lifeguard Service – Jesse Clarke, Jason Cross, Gabriel Quenneville, Aaron Sellers

### DOLPHIN Board Race

16-19 Division – Women

2013 Winners

Competitors stand on or behind the start line on the beach with their boards 1.5 m apart. At the start signal, competitors enter the water, launch their boards, and paddle the course marked by buoys, return to the beach, and run with their boards to cross the finish line.

Sarah Bernier, Nova Scotia Lifeguard Service

Jocelyne Melanson, Team New Brunswick

Penelope Hawkins-Payette, Équipe du Québec Aquam

### 16-19 Division – Men

William O’Dwyer, Toronto Police Lifeguard Service

Marc Oliver Caron, City of Ottawa Beaches

Fletch Selig, Nova Scotia Lifeguard Service

### Open – Women

Ali Ferguson, Toronto Police Lifeguard Service

Emmanuella Ruel, Club de Sauvetage plage du Québec

Alexandra Groot-Koerkamp, Nova Scotia Lifeguard Service

### Open – Men

Jason Cross, Nova Scotia Lifeguard Service

Brady Campbell, Mairangi Bay Surf Lifesaving Club

Nelson Giraldo, Équipe du Québec Aquam



**LIFEGUARDDEPOT.COM  
Pentathlon**

16-19 Division – Women

**2013 Winners**

A Lifesaving Pentathlon award shall be presented to the female competitor and to the male competitor with the highest point scores in both the 16–19 years and open division. The Lifesaving Pentathlon is comprised of the following five events: Surf Race, Board Race, Surf Ski Race, Beach Sprint, Oceanman / Oceanwoman. Competitors must enter all five events.

Sarah Bernier, Nova Scotia Lifeguard Service

Carolyn Godon, Ottawa Valley Lifesaving Club

Sophie Laflamme, City of Ottawa Beaches

16-19 Division – Men

Fletch Selig, Nova Scotia Lifeguard Service

Zach Lausten, Nova Scotia Lifeguard Service

Dakota Birkenheier, Toronto Police Lifeguard Service

Open – Women

Ali Ferguson, Toronto Police Lifeguard Service

Émilie Fréchette, Équipe du Québec Aquam

Marie-Ève Chamberland, Équipe du Québec Aquam

Open – Men

James Verreault, Ottawa Valley Lifesaving Club

Jason Cross, Nova Scotia Lifeguard Service

Nelson Giraldo, Équipe du Québec Aquam

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The male and female winners of the LifeguardDepot.com Pentathlon (open division) will each be awarded a **\$500.00** LifeguardDepot.com gift certificate to be presented to a Lifesaving Society Affiliate Member in good standing of their choosing.

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LifeguardDepot.com provides a comprehensive selection of equipment and supplies required to operate safe aquatic facilities and training programs including CPR instruction. Proceeds from LifeguardDepot.com – the online store of the Lifesaving Society – support the Society's drowning prevention initiatives and the development of lifesaving sport.

Visit [www.lifeguarddepot.com](http://www.lifeguarddepot.com) today!

# Lifesaving Society

The Lifesaving Society – Canada’s lifeguarding experts – works to prevent drowning and water-related injury through its training programs, Water Smart® public education, aquatic safety management, drowning research and lifesaving sport. Annually, 1,000,000 Canadians participate in the Society’s swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada’s National Lifeguards – the professional standard for lifeguarding in Canada.

The Society is an independent, volunteer organization and registered charity that has been saving lives in Canada for over 100 years. The Society is composed of 10 provincial / territorial Branches, tens of thousands of individual members and some 4,000 affiliated swimming pools and waterfronts.

The Lifesaving Society represents Canada internationally in the Commonwealth Royal Life Saving Society (RLSS) and is Canada’s Full Member in the International Life Saving Federation (ILS).

As the governing body for lifesaving sport in Canada, the Lifesaving Society establishes rules for the purpose of ensuring a safe and fair system, within which age-group, open, and Masters lifesaving competitions are regulated and conducted. Race event rules established by the Lifesaving Society follow those established by ILS.

## *Celebrating Canada’s National Lifeguards*



# Thank you all!

The Lifesaving Society gratefully acknowledges the generous contributions of our 2014 Canadian Surf Lifesaving Championships sponsors:



**Lifeguard Depot.com®** Parlee Beach Provincial Park

The Society also thanks the following for their welcome support of the 2014 championships:

- Parlee Beach Motel
- Parlee Beach Restaurant
- Seely’s Motel
- Sobeys - McAllister Place

The Society extends grateful thanks to the many individuals who committed their volunteer time and talents to plan, organize and execute the 2014 Canadian Surf Lifesaving Championships, and to all participating athletes and team personnel.



The Lifesaving Society New Brunswick acknowledges and thanks the Province of New Brunswick for its ongoing support for the Society’s drowning prevention mission and the development of lifesaving sport in the province



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*The Lifeguarding Experts*