



LIFESAVING SOCIETY

*The Lifeguarding Experts*



**ONTARIO SENIOR & MASTERS LIFESAVING CHAMPIONSHIPS - POOL  
Registration Package**

***The Lifesaving Society invites you to the Ontario Senior & Masters Lifesaving Championships – Pool  
hosted by the Town of Milton***

DATE March 2 & 3, 2019

LOCATION Milton Sports Centre, 605 Santa Maria Blvd, Milton, ON, L9T 6J5. 905-875-5393.  
See <http://www.milton.ca/en/townhall/miltonsportscentre.asp> for more information.

COMPETITION The competition is sanctioned by the Lifesaving Society and will be run as short course. Event rules will be in accordance with the 2015-2019 (Revised 2017) Edition of the *ILS Competition Rule Book*, the 2019 Edition of the *Canadian Competition Manual*, the 2019 Edition of the *Ontario Competition Manual*, and any 2019 Communiqués. Go to [www.lifesavingsociety.com](http://www.lifesavingsociety.com) for details.

ELIGIBILITY All competitors must hold a current Bronze Medallion or higher certification and be a registered athlete. 14-15 years competitors must be at least 14 years of age by March 2, 2019 and not older than 15 years of age on March 2, 2019. 16-19 years competitors must be at least 16 years of age by March 2, 2019 and not older than 19 years of age on March 2, 2019. Open competitors must be at least 16 years of age by March 2, 2019. Masters competitors must be at least 30 years of age by March 2, 2019.

AGE GROUPS 4 categories; 14 – 15 years, 16 – 19 years, Open, Masters

PROGRAM OF EVENTS	Divisions			
	Individual Events	14-15 years	16-19 years	Open
50 m Manikin Carry	√	√	√	√
50 m Manikin Carry with Fins	√	NA	NA	NA
100 m Manikin Carry with Fins	NA	√	√	√
100 m Manikin Tow with Fins	√	√	√	√
100 m Obstacle Swim	√	√	NA	√
200 m Obstacle Swim	NA	NA	√	NA
100 m Super Lifesaver	√	√	NA	√
200 m Super Lifesaver	NA	NA	√	NA
<b>Team Events (2-person)</b>	<b>14-15 years</b>	<b>16-19 years</b>	<b>Open</b>	<b>Masters</b>
Line Throw	10 m	12.5 m	12.5 m	12.5 m
<b>Team Events (4-person)</b>	<b>14-19 years</b>		<b>Open</b>	<b>Masters</b>
4 X 25 m Manikin Relay	√		√	√
4 X 50 m Medley Relay	√		√	√
<b>Team Events (4-person Mixed)</b>	<b>14-19 years</b>		<b>Open</b>	<b>Masters</b>
4 X 50 m Obstacle Relay	√		√	√
** 4 X 50 m Obstacle Relay team composition 2 males and 2 females – any order determined by coach.				

ENTRY DEADLINE **Registration must be received by Wednesday February 20, 2019.** Refunds will not be issued after February 20<sup>th</sup>, nor will they be issued for clubs or competitors who do not show up for the Championships.

ENTRY FEES

<u>Competitor Fee</u>	<u>Individual Event Entry Fee</u>	<u>Team Event Entry Fee</u>
\$21.75 per each competitor	\$8.70 per competitor per event	\$10.85 per team per event

ACCOMMODATION

Holiday Inn Express & Suites – Milton, 2750 High Point Drive, 905-876-4955, Quote “Lifesaving Society” for group rate: \$125.00 + taxes 2 Queen beds. Parking, internet & breakfast included. **Booking deadline February 8, 2019.**

REGISTRATION

Send registration form with method of payment – cheque (payable to the Lifesaving Society), money order, purchase order, VISA, MasterCard, or American Express – to:

Lifesaving Society	Phone: 416 490 8844
Attention: 2019 Competition Registration	Fax: 416 490 8766
400 Consumers Road	Email: sport@lifeguarding.com
Toronto, Ontario M2J 1P8	

**ONTARIO SENIOR & MASTERS LIFESAVING CHAMPIONSHIPS - POOL SCHEDULE**

**Saturday March 2<sup>nd</sup>**

7:00 am	Key Officials Meeting
7:30 am	Club Check-In
7:45 am	Coaches Meeting
8:15 am	Warm-up (2 X 45 minutes)
8:45 am	Officials Meeting
9:45 am	Opening Ceremonies
10:00 am	Final Events
	50 m Manikin Carry with Fins
	100 m Manikin Carry with Fins
	100 m Manikin Tow with Fins
	4 x 25 m Manikin Relay
12:30 pm	Lunch Break
1:00 pm	Warm-up (2 X 45 minutes)
1:45 pm	Officials Meeting
2:45 pm	Final Events
	100 m Obstacle Swim
	200 m Obstacle Swim
	4 X 50 m Obstacle Relay
	Line Throw
6:00 pm	Award Presentations

**Sunday March 3<sup>rd</sup>**

8:15 am	Warm-up (2 X 45 minutes)
8:45 am	Officials Meeting
10:00 am	Final Events
	100 m Super Lifesaver
	200 m Super Lifesaver
	50 m Manikin Carry
	4 x 50 m Medley Relay
1:00 pm	Award Presentations

## ONTARIO SENIOR & MASTERS LIFESAVING CHAMPIONSHIPS - POOL

*Please use one form for each team (Type or BLOCK letters only)*

Club or Affiliate		
Mailing address		Apt or Suite
City	Prov	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, Waiver & Release and Event Entries.		
Competitor fee	@ \$21.75 / per person =	
Individual Event Entry fee (per competitor per event)	@ \$8.70 / event =	
Team Event Entry fee (per team per event)	@ \$10.85 / 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"/> P.O. # _____		
Credit Card # _____		Expiry Date _____
Card holder name _____		Card holder signature _____

*Mail, fax or email to:*  
 Lifesaving Society  
 Attn: 2019 Competition Registration  
 400 Consumers Road  
 Toronto, Ontario M2J 1P8  
 Fax 416 490 8766  
 Email: [sport@lifeguarding.com](mailto:sport@lifeguarding.com)

**ONTARIO SENIOR & MASTERS LIFESAVING CHAMPIONSHIPS - POOL**

**Waiver & Release Form**

*Please read carefully before signing*

1. **Conduct**

I 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**

As a competitor in a lifesaving sport competition, I 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. I have prepared myself for the competition and know of no factor or condition which should be disclosed to the organizers or which would make it unsafe for me to compete. I 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 my application as an individual or as a part of a team being accepted, I hereby waive my 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. I further agree to indemnify and hold harmless all of the above, from any claim made on my behalf or as a result of injury to my person or property. I recognize that competitors are responsible for their own medical coverage.

4. **Model Release**

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

*I have carefully read and understood the four conditions of entry and in consideration for being allowed to compete, I have executed them voluntarily intending to be bound thereby and intending these conditions to be binding of my heirs, personal representatives and assigns.*

**Print name**

**Signature (Parent if under 18)**

**Date**

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_____	_____	_____

COACH:

## ONTARIO SENIORS & MASTERS LIFESAVING CHAMPIONSHIPS – POOLS

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 division. Athletes on this page are registering in the following division (select ONE only).

14-15     
  16-19     
  Open     
  Masters

Competitor Name & Gender		Registered Athlete Number	Birthdate (yy/mm/dd) <i>(ensure correct order)</i>	Age	Manikin Carry with Fins 50 m (14-15) 100 m (16-19, Open, Masters)	100 m Manikin Tow with Fins	Obstacle Swim 100 m (14-15, 16-19, Masters) 200 m (Open)	Super Lifesaver 100 m (14-15, 16-19, Masters) 200 m (Open)	50 m Manikin Carry	Total Individual events
<i>Jane Smith</i>	M F				<i>1:04.82</i>	<i>1:12.44</i>	<i>1:15.29</i>	<i>1:50.32</i>	<i>49.28</i>	<i>5</i>
	M F									
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\*Line Throw, please identify the pair by entering a “T” (thrower) or “C” (catcher) beside the entry time.

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14-15     
  14-19     
  16-19     
  Open     
  Masters

Competitor Name & Gender	Registered Athlete Number	Birthdate (yy/mm/dd) (ensure correct order)	4 x 25m Manikin Relay	4 x 50 m Obstacle Relay	Line Throw*	4 x 50 m Medley Relay	Total Team events
Jane Smith	M F		2:01.58	2:28.33	T-20:62	2:05.70	4
	M F						
	M F						
	M F						
	M F						
	M F						
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	M F						
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