

**2019 ONTARIO SENIOR LIFESAVING CHAMPIONSHIPS – WATERFRONT
Registration Package**

**The Lifesaving Society invites you to the Ontario Senior Lifesaving Championships –Waterfront
hosted by the Saugeen Shores Lifesaving Club and the Town of Saugeen Shores**

- DATE** August 13 – 14, 2019
- LOCATION** Port Elgin Main Beach, 100 Green Street, Port Elgin & Southhampton Beach, 49 High Street, Southhampton. See www.lifesavingsociety.com for map.
- COMPETITION** The competition is sanctioned by the Lifesaving Society. 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 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 August 13, 2019 and not older than 15 years of age on August 13, 2019. 16-19 years competitors must be at least 16 years of age by August 13, 2019 and not older than 19 years of age on August 13, 2019. Open competitors must be at least 16 years of age by August 13, 2019.
- AGE GROUPS** 3 categories: 14-15 years, 16-19 years, Open.

PROGRAM OF EVENTS	Divisions			
	Individual Events	14-15 years	16-19 years	Open
Beach Flags		20m	20m	20m
Beach Run		1500m	2000m	2000m
Beach Sprint		70m	90m	90m
Board Race		400m	600m	600m
Oceanman/woman		200Sw/300B/400Sk	300Sw/400B/600Sk	300Sw/400B/600Sk
Surf Race		300m	400m	400m
Surf Ski Race		400m	700	700
Team Events (2-person)		14-19 years		Open
Board Rescue		120m		120m
Team Events (4-person)		14-19 years		Open
Beach Relay		4x90		4x90
Rescue Tube Rescue		120m		120m
Team Events (4-person Mixed)		14-19 years		Open
Ocean Relay		300Sw/400B/600Sk (x4)		300Sw/400B/600Sk (x4)
** Ocean Relay team composition 2 males and 2 females – any order determined by coach.				

ENTRY DEADLINE **Registration must be received by Tuesday July 30, 2019.** Refunds will not be issued after July 30th 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 Quality Inn, 100 North Rankin Street, Southampton, 519-483-3333. Reserve your room [online](#) or call the hotel directly (please specify **Lifesaving Society** when booking). Group rate: \$149.00 plus tax – 2 Queen beds – 2 adults, extra adults \$10, children free. **Booking deadline July 10, 2019.**

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

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

2019 ONTARIO SENIOR LIFESAVING CHAMPIONSHIP – WATERFRONT SCHEDULE

Tuesday August 13, 2019		
7:00 am Coaches Meeting	7:15 am Officials Meeting	7:45 am Opening Ceremonies
Events start at 8:00 am (M on one beach, F on the other beach)		
Port Elgin Beach	Southampton Beach	
Surf Ski Race (P – F)	Beach Sprint (P – F)	
Board Race (P – F)	Beach Relay (P – F)	
Rescue Tube Rescue Relay (P – F)	Beach Flags (P – F)	
<i>Mid-day Break to change locations and for athletes/officials to eat</i>		
Surf Ski Race (P – F)	Beach Sprint (P – F)	
Board Race (P – F)	Beach Relay (P – F)	
Rescue Tube Rescue Relay (P – F)	Beach Flags (P – F)	
Wednesday August 14, 2019 – Port Elgin Beach		
7:00 am Coaches Meeting	7:15 am Officials Meeting	7:15 am Awards Presentation
Events start at 8:00 am		
Male Event	Female Event	
Beach Run - 2km (P – F)	Beach Run - 2km (P – F)	
Oceanman (P – F)	Oceanwoman (P – F)	
Surf Race (P – F)	Surf Race (P – F)	
Board Rescue (P – F)	Board Rescue (P – F)	
Ocean Relay (P – F)		
<i>** Awards will be presented at the mid-day lunch break and end of day</i>		

PLEASE NOTE: An equipment pool will not be provided for competitors. Athletes are encouraged to make arrangements prior to the competition. Boards and skis are available to rent from the Lifesaving Society.

Rental of equipment can be arranged in advance for the competition, shipping to and from beach will be included.

Racing Skis	Adjustable seat (paddle not included)	\$300.00
Paddle	Carbon Fibre/Nylon	\$ 50.00
Racing Boards	Small (up to 145 lb. / 65 kg)	\$200.00
	Medium (up to 165 lb. / 75 kg)	
	Large (up to 200 lb. / 90 kg)	

To arrange your rental, contact Brian Miess at brianm@lifeguarding.com. Equipment is rented on a first come, first serve basis and applicable taxes will apply.

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

Club or Affiliate		
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 championship)		() Business Phone
Note: Each completed registration must include the following forms: Registration with payment, Waiver & Release, 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 / relay =	
TOTAL AMOUNT OWING		
Payment		
<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
 Attention: 2019 Competition Registration
 400 Consumers Road
 Toronto, Ontario M2J 1P8
 Fax 416 490 8766
 Email: sport@lifeguarding.com*

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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 lifeguard 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 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 :

2019 ONTARIO LIFESAVING CHAMPIONSHIPS – SENIOR WATERFRONT

Competitor Registration

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

Clubs may enter unlimited number of competitors in each event. Competitors are allowed to enter each event only once.

<i>Competitor Name</i>	<i>Age</i>	<i>Gender</i>	<i>Registered Athlete Number</i>	<i>Birthdate (yy/mm/dd)</i>
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