



LIFESAVING SOCIETY

The Lifeguarding Experts



OAKVILLE

2023 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 Oakville***

DATE March 11 & 12, 2023

LOCATION Town of Oakville, Iroquois Ridge Community Centre, 1651 Glenashton Dr., Oakville, L6H 6Z4. 905-338-4255.

<https://www.oakville.ca/culturerec/pools.html> 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 2022 Edition of the *ILS Competition Rule Book*, the 2019 Edition of the *Canadian Competition Manual*, the 2020 Edition of the *Ontario Competition Manual*, and any 2023 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 March 11, 2023 and not older than 15 years of age on March 11, 2023. 16-19 years competitors must be at least 16 years of age by March 11, 2023 and not older than 19 years of age on March 11, 2023. Open competitors must be at least 16 years of age by March 11, 2023. Masters competitors must be at least 30 years of age by March 11, 2023.

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	Masters
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
Team Events (2-person)	14-15 years	16–19 years	Open	Masters
Line Throw	10 m	12.5 m	12.5 m	12.5 m
Team Events (4-person)	14-19 years		Open	Masters
4 X 25 m Manikin Relay	√		√	√
4 X 50 m Medley Relay	√		√	√
Team Events (4-person Mixed)	14-19 years		Open	Masters
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, March 1, 2023.** Refunds will not be issued after March 1st, 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>
	\$25.00 per each competitor	\$10.00 per competitor per event	\$12.00 per team per event

ACCOMMODATION Quality Inn & Suites Oakville, 2930 South Sheridan Way, Oakville, ON, L6J 7J8, (905) 829-8020. Quote "Lifesaving Society" for group rate: \$119.00 + taxes 2 Queen beds. Parking, internet & hot continental breakfast included. **Booking deadline February 27, 2023.**

Hilton Garden Inn Toronto/Oakville – 2774 South Sheridan Way, Oakville, ON, L6J 7T4, 1 866 306-0946

Holiday Inn Oakville (Centre), an IHG Hotel – 590 Argus Rd. Oakville, ON, L6J 3J3, 1 905 842-5000

Monte Carlo Inn – Oakville Suites – 374 South Service Rd. E., Oakville, ON, L6J 2X6, 1 855 410-9437

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
Attention: 2023 Competition Registration
400 Consumers Road
Toronto, Ontario M2J 1P8

Phone: 416 490 8844
Fax: 416 490 8766
Email: sport@lifeguarding.com

2023 ONTARIO SENIOR & MASTERS LIFESAVING CHAMPIONSHIPS - POOL SCHEDULE

Saturday March 11th

1:30 pm	Warm-up (2 X 45 minutes)
2:00 pm	Officials Meeting
3:00 pm	Opening Ceremonies
3:15 pm	Final Events
	100 m Obstacle Swim
	200 m Obstacle Swim
	4 X 50 m Obstacle Relay
	Line Throw
	50 m Manikin Carry with Fins
	100 m Manikin Carry with Fins
	4 x 25 m Manikin Relay
6:00 pm	Award Presentations

Sunday March 12th

7:00 am	Warm-up (2 X 45 minutes)
7:30 am	Officials Meeting
8:30 am	Final Events
	100 m Super Lifesaver
	200 m Super Lifesaver
	50 m Manikin Carry
	4 x 50 m Medley Relay
	100 m Manikin Tow with Fins
12:00 pm	Award Presentations

2023 ONTARIO SENIOR & MASTERS LIFESAVING CHAMPIONSHIPS - POOL

Please use one form for each club (Type or 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 championships)		() Business Phone
Note: Each completed registration must include the following forms: Registration with payment, Waiver & Release, Event Entries.		
Competitor fee		@ \$25.00 / per person =
Individual Event Entry fee (per competitor per event)		@ \$10.00 / event =
Team Event Entry fee (per team per event)		@ \$12.00 / event =
TOTAL AMOUNT OWING		
Payment <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="display: flex; align-items: center;"> <input style="width: 30px; height: 30px; margin-right: 5px;" type="checkbox"/> Cheque </div> <div style="display: flex; align-items: center;"> <input style="width: 30px; height: 30px; margin-right: 5px;" type="checkbox"/> Money order </div> <div style="display: flex; align-items: center;"> <input style="width: 30px; height: 30px; margin-right: 5px;" type="checkbox"/> Visa </div> <div style="display: flex; align-items: center;"> <input style="width: 30px; height: 30px; margin-right: 5px;" type="checkbox"/> MasterCard </div> <div style="display: flex; align-items: center;"> <input style="width: 30px; height: 30px; margin-right: 5px;" type="checkbox"/> AMEX </div> <div style="display: flex; align-items: center;"> <input style="width: 30px; height: 30px; margin-right: 5px;" type="checkbox"/> P.O. # </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%;">Credit Card #</div> <div style="width: 45%;">Expiry Date</div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%; border-top: 1px solid black;"></div> <div style="width: 45%; border-top: 1px solid black;"></div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%; border-top: 1px solid black;"></div> <div style="width: 45%; border-top: 1px solid black;"></div> </div>		
Card holder name		Card holder signature

Mail, fax or email to:
Lifesaving Society
Attn: 2023 Competition Registration
400 Consumers Road
Toronto, Ontario M2J 1P8
Fax 416 490 8766
Email: sport@lifeguarding.com

2023 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:	_____	_____

2023 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) (ensure correct order)	Age	Obstacle Swim 100 m (14-15, 16-19, Masters) 200 m (Open)	Manikin Carry with Fins 50 m (14-15) 100 m (16-19, Open, Masters)	Super Lifesaver 100 m (14-15, 16-19, Masters) 200 m (Open)	50 m Manikin Carry	100 m Manikin Tow with Fins	Total Individual events
Jane Smith	M F				1:15.29	1:04.82	1:50.32	49.28	1:12.44	5
	M F									
	M F									
	M F									
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*Line Throw, please identify the pair by entering a “T” (thrower) or “C” (catcher) beside the entry time.

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

☐ 14-19

☐ 16-19

☐ Open

☐ Masters

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