



LIFESAVING SOCIETY
The Lifeguarding Experts



2023 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** June 3 – 4, 2023
- LOCATION** City of Markham – Markham Pan Am Centre, 16 Main Street Unionville, Markham, ON, L3R 2E4. 905-475-4730. See www.markhampanamcentre.ca for more information.
- COMPETITION** The competition is sanctioned by the Lifesaving Society. Event rules will be in the accordance with the 2022 Edition of the *ILS Competition Rule Book*, the 2020 Edition of the *Ontario Competition Manual* and any 2023 Communiqués. See 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 3, 2023.
- AGE GROUPS** 5 categories: 9 years and under, 10 & 11 yrs., 12 & 13 yrs., 14 & 15 yrs., 16 yrs.

**PROGRAM OF
EVENTS**

	Divisions				
Individual Events	9 yr. & under	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	NA	NA	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 and Don Fins	NA	NA	100 m	100 m	100 m
Swim with Fins	50 m	50 m	NA	NA	NA
Throwing Accuracy	4 m	4 m	NA	NA	NA
	Divisions				
Team Events	44 yr. or less		64 yr. or less		
Junior Medley Relay	100 m		200 m		
Manikin Relay	100 m		100 m		

ENTRY DEADLINE

Registration must be received by Wednesday, May 24, 2023. Refunds will not be issued after May 24th, 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 competitor	\$10.00 per competitor per event	\$12.00 per team per event

ACCOMMODATION

Preferred Hotel - Special Group Rates – June 2 – 4, 2023

Courtyard by Marriott Toronto Northeast/Markham

7095 Woodbine Avenue, Markham, ON L3R 1A3

Tel: 905-474-0444 Courtyard by Marriott Markham Northeast

Distance to Markham Pan AM Centre: 7.7 Km / 11 minutes

Guestrooms:

- Queen / Queen \$199.00 s/q
- 1 King with Twin Pullout \$199.00 s/q
- Taxes and Fees: 13% HST + 4.52% MAT

Booking Link: [Book your group rate for ON Junior Lifesaving Championships 2023](#)

Book by Phone: 1-905-474-0444 - reservations----speak to reservations and quote: 2023 Ontario Jr Lifesaving Championships - Pool for special group rate. 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.

- Complimentary Wi-Fi
- Complimentary Parking
- 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 / 12 Noon

Group Rate Booking Cut Off: May 12, 2023

REGISTRATION

Send registration form with payment in full – Purchase Order, Cheque (payable to the Lifesaving Society), money 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 JUNIOR LIFESAVING CHAMPIONSHIPS – POOL SCHEDULE**Saturday, June 3, 2023****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 Manikin Carry
Line Throw Release
Obstacle Swim
Junior Medley Relay
1:30 pm Award Presentations

11 & Under

1:00 pm Warm-up
1:00 pm Officials Meeting

2:00 pm Manikin Carry
Throwing Accuracy
Obstacle Swim
Junior Medley Relay
5:30 pm Award Presentations

Sunday, June 4, 2023**12 & Over**

8:00 am Warm-up
8:00 am Officials Meeting
9:00 am Manikin Tow with Fins
Lifesaving Medley
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 Manikin Tow with Fins
Lifesaving Medley
Swim with Fins
Manikin Relay
5:30 pm Award Presentations

2023 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 Games)		() Business Phone
Note: Each completed registration must include the following forms: Registration with payment & Event Entries.		
Competitor fee		@ \$25.00 / 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		
<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: 2023 Competition Registration

400 Consumers Road

Toronto, Ontario M2J 1P8

Fax 416 490 8766

Email: sport@lifeguarding.com

2023 ONTARIO JUNIOR 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 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, 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 competitor's name

Parent Signature

Date

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
COACH:	_____	_____

2023 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).

☐ 9 yrs. & under ☐ 10 & 11 yrs. ☐ 12 & 13 yrs. ☐ 14 & 15 yrs. ☐ 16 yrs.

Competitor Name & Gender (as identifies)		Birthdate (yy/mm/dd) (ensure correct order)	Age	Manikin Carry	Throwing Accuracy (11 yrs. & Under) Line Throw Release (12 yrs. & Over)	Obstacle Swim	Manikin Tow with Fins	Lifesaving Medley	Swim with Fins (11 yrs. & Under) Swim and don Fins (12 yrs. & Over)	Total Individual events
Jane Smith	M F			56.21	22.45	1:37.60	1:41.63	1:50.68	1:0273	6
	M F									
	M F									
	M F									
	M F									
	M F									
	M F									
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	M F									
	M F									

2023 ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – POOL

Clubs may enter unlimited number of teams 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).

☐ 44 & under ☐ 64 & under

Competitor Name & Gender (as identifies)		Birthdate (yy/mm/dd)	Junior Medley Relay	Manikin Relay	Total Relay events
Jane Smith	M F		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				