

## **2023 ONTARIO MASTERS LIFESAVING CHAMPIONSHIPS – WATERFRONT** **Registration Package**

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

DATE	August 17-19, 2023
LOCATION	Port Elgin Main Beach, 100 Green Street, Port Elgin & Southampton Beach, 49 High Street, Southampton. See <a href="http://www.lifesavingsociety.com">www.lifesavingsociety.com</a> for map.
COMPETITION	The competition is sanctioned by the Lifesaving Society. Event rules will be in accordance with the 2022 Edition of the <i>ILS Competition Rule Book</i> , the 2019 Edition of the <i>Canadian Competition Manual</i> , the 2020 Edition of the <i>Ontario Competition Manual</i> , and any 2019 Communiqués. Go to <a href="http://www.lifesavingsociety.com">www.lifesavingsociety.com</a> for details.
ELIGIBILITY	All competitors must hold a current Bronze Medallion or higher certification and be a registered athlete. Masters competitors must be at least 30 years of age by August 17, 2023.
AGE GROUPS	4 categories: 30-39, 40-49, 50-59, 60 and over.

**PROGRAM OF  
EVENTS**

	<b>Divisions</b>
<b>Individual Events</b>	<b>Masters</b>
Beach Flags	15m
Beach Run	1000m
Beach Sprint	70m
Board Race	600m
Oceanman/Oceanwoman	300Sw/400B/600Sk
Surf Race	300m
Surf Ski Race	600
<b>Team Events</b>	<b>Masters</b>
Beach Relay X3	3x70m
Board Rescue X2	120m
Ocean Relay X3	300Sw/400B/600Sk

**ENTRY DEADLINE**      **Registration must be received by Wednesday, August 2, 2023.** Refunds will not be issued after August 2<sup>nd</sup>, nor will they be issued for clubs or competitors who do not show up for the Championships.

**ENTRY FEES**

<u>Competitor Fee</u> \$75 / competitor
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**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: \$229.00 for Thursday night and \$299.00 for Friday and Saturday plus tax – 2 Queen beds – 2 adults, extra adults \$10, children free. **Booking deadline Monday, July 31, 2023.**

**REGISTRATION**

Send registration form with method of payment – cheque (payable to the Lifesaving Society), money order, purchase order, VISA, American Express or MasterCard – 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 MASTERS LIFESAVING CHAMPIONSHIP – WATERFRONT SCHEDULE**

<b>Thursday August 17, 2023 – Port Elgin Beach – Senior/Masters</b>	
12:00 pm Set-up	3:15 pm Officials Meeting
<b>Events start at 4:00 pm</b>	
<b>Male Event</b>	<b>Female Event</b>
Oceanman (P-F)	Oceanwoman (P-F)
Ocean Relay (P-F)	
<b>Friday, August 18, 2023 – Port Elgin Beach – Senior/Masters/Juniors</b>	
7 :15 am Officials Meeting	7:45 am Opening Ceremonies
<b>Events start at 8:00 am (2 water courses)</b>	
<b>Junior</b>	<b>Senior/Masters</b>
Junior Iron Guard (P-F)	Surf Ski Race (P-F)
Board Race (P-F)	Surf Race (P-F)
Surf Race (P-F)	Board Race (P-F)
Board Relay (P-F)	Board Rescue (P-F)
	Rescue Tube Rescue Relay (P-F)
<i>*Awards will be presented at the mid-day lunch break and end of day</i>	
<b>Saturday, August 19, 2023 – Southampton Beach – Senior/Masters/Juniors</b>	
7:15 am Officials Meeting	
<b>Events start at 8:00 am</b>	
<b>Junior/Masters</b>	<b>Seniors</b>
Beach Run (P-F)	Beach Run - (P-F)
Beach Flags (P-F)	Beach Sprint (P-F)
Beach Sprint (P-F)	Beach Relay (P-F)
Beach Relay (P-F)	Beach Flags (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)	\$350.00
Paddle	Carbon Fibre/Nylon	\$ 50.00
Racing Boards	Small (up to 145 lb. / 65 kg)	\$250.00
	Medium (up to 165 lb. / 75 kg)	
	Large (up to 200 lb. / 90 kg)	

To arrange your rental, contact Renata Jaciw-Zurakowsky at renataj@lifeguarding.com. Equipment is rented on a first come, first serve basis and applicable taxes will apply.

## **2023 ONTARIO MASTERS LIFESAVING CHAMPIONSHIP – WATERFRONT**

*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 championship)		(      )  Business Phone
Note: Each completed registration must include the following forms: Registration with payment & Event Entries. <b>Payment/method must be received in advance in order to participate in the championships.</b>		
Competitor fee		@ \$75 / competitor =
TOTAL AMOUNT OWING		
<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*

*Attention: 2023 Competition Registration*

*400 Consumers Road*

*Toronto, Ontario M2J 1P8*

*Fax 416 490 8766*

*Email: [sport@lifeguarding.com](mailto:sport@lifeguarding.com)*

## **2023 ONTARIO MASTERS LIFESAVING CHAMPIONSHIP – WATERFRONT**

### **Statement of Release**

*Please read carefully*

#### **1. Conduct**

By participating, all 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**

All participants 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. All participants agree they have prepared themselves for the competition and know of no factor or condition which should be disclosed to the organizers or which would make it unsafe for them to compete. All participants 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 an application as an individual or as a part of a team being accepted, all participants hereby waive their 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. All participants further agree to indemnify and hold harmless all of the above, from any claim made on their behalf or as a result of injury to their person or property. All participants recognize they are responsible for their own medical coverage.

#### **4. Model Release**

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

*By participating, all participants admit to have carefully read and understood the four conditions of entry and in consideration for being allowed to compete, they have executed them voluntarily intending to be bound thereby and intending these conditions to be binding of their heirs, personal representatives and assigns.*

## **2023 ONTARIO MASTERS LIFESAVING CHAMPIONSHIPS – WATERFRONT**

### **Competitor Registration**

Use a separate sheet to register athletes for each age group. Athletes on this page are registering in the following (select ONE only):

☐ 30-39 yrs. ☐ 40-49 yrs. ☐ 50-59 yrs. ☐ 60 yrs. & Over

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

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