

2023 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 17 – 19, 2023
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 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 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 August 17, 2023 and not older than 15 years of age on August 17, 2023. 16-19 years competitors must be at least 16 years of age by August 17, 2023 and not older than 19 years of age on August 17, 2023. Open competitors must be at least 16 years of age by August 17, 2023.
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	700m	700m
	Team Events (2-person)	14-19 years		Open
	Board Rescue	120m		120m
	Team Events (4-person)	14-19 years		Open
	Beach Relay	4x90m		4x90m
	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 Wednesday, August 2, 2023.** Refunds will not be issued after August 2nd, nor will they be issued for clubs or competitors who do not show up for the Championships.

ENTRY FEES

Competitor Fee \$75 per 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, America Express or MasterCard – to:

Lifesaving Society	Phone: 416 490 8844
Attention: 2023 Competition Registration	Fax: 416 490 8766
400 Consumers Road Toronto, ON M2J 1P8	Email: sport@lifeguarding.com

2023 ONTARIO SENIOR LIFESAVING CHAMPIONSHIP – WATERFRONT SCHEDULE

Thursday August 17, 2023 – Port Elgin Beach – Senior/Masters	
12:00 pm Set-up	3:15 pm Officials Meeting
Events start at 4:00 pm	
Male Event	Female Event
Oceanman (P-F)	Oceanwoman (P-F)
Ocean Relay (P-F)	
Friday, August 18, 2023 – Port Elgin Beach – Senior/Masters/Juniors	
7:15 am Officials Meeting	7:45 am Opening Ceremonies
Events start at 8:00 am (2 water courses)	
Junior	Senior/Masters
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>	
Saturday, August 19, 2023 – Southampton Beach – Senior/Masters/Juniors	
7:15 am Officials Meeting	
Events start at 8:00 am	
Junior/Masters	Seniors
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.

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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 & Event Entries. Payment/method must be received in advance in order to participate in the championships.		
Competitor fee		@ \$75 / competitor =
TOTAL AMOUNT OWING		
Payment <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="text-align: center;"> <input type="checkbox"/> Cheque </div> <div style="text-align: center;"> <input type="checkbox"/> Money order </div> <div style="text-align: center;"> <input type="checkbox"/> Visa </div> <div style="text-align: center;"> <input type="checkbox"/> MasterCard </div> <div style="text-align: center;"> <input type="checkbox"/> AMEX </div> <div style="text-align: center;"> <input 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%;">Card holder name _____</div> <div style="width: 45%;">Card holder signature _____</div> </div>		

Mail, fax or email to:
 Lifesaving Society
 Attention: 2023 Competition Registration
 400 Consumers Road
 Toronto, Ontario M2J 1P8
 Fax 416 490 8766
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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.

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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 (as identifies)</i>	<i>Registered Athlete Number</i>	<i>Birthdate (yy/mm/dd)</i>
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