



LIFESAVING SOCIETY

The Lifeguarding Experts

**2024 ONTARIO SENIOR & MASTERS LIFESAVING CHAMPIONSHIPS - POOL**

**Registration Package**

*The Lifesaving Society invites you to the Ontario Senior & Masters Lifesaving Championships – Pool hosted by the City of Orillia*

- DATE** March 9 & 10, 2024
- LOCATION** Orillia Recreation Centre, 255 West Street S, Orillia, ON L3V 5G9, (705) 325-4386, for more information. <https://www.orillia.ca/en/living-here/new-aquatic-centre.aspx>
- COMPETITION** The competition is sanctioned by the Lifesaving Society and will be run as short course. Event rules will be in accordance with the December 2023 Edition of the *ILS Competition Rule Book*, the 2019 Edition of the *Canadian Competition Manual*, the 2024 Edition of the *Ontario Competition Manual*, and any 2024 Communiqués. Go to [www.lifesavingsociety.com](http://www.lifesavingsociety.com) for details.
- ELIGIBILITY** All competitors in the 14-15, 16-19 and Open divisions 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 and not older than 15 years of age on March 9, 2024. 16-19 years competitors must be at least 16 years of age and not older than 19 years of age on March 9, 2024. Open competitors must be at least 16 years of age by March 9, 2024. Masters competitors must be at least 30 years of age by March 9, 2024. Master competitors must hold a Lifesaving Society award (need not be current) and are not required to be a Registered Athlete.
- 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 Manikin Lifesaver Medley   | √           | √           | 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 Swim with Fins Relay  | √           |             | √      | √       |
| **4 X 50 m Swim w Fins Relay team composition 2 males and 2 females – any order determined by coach. |             |             |        |         |

OFFICIALS

Certified lifesaving sport officials can apply for the championships using this link: <https://forms.gle/muSC7ssRpVjSCumS8>. Accommodation deadline: Friday, February 23<sup>rd</sup>

ENTRY DEADLINE

**Registration must be received by Wednesday, Feb. 28, 2024.** Refunds will not be issued after Feb 28<sup>th</sup>, 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> |
|-----------------------------|-----------------------------------|-----------------------------|
| \$30.00 per each competitor | \$12.00 per competitor per event  | \$14.00 per team per event  |

ACCOMMODATION

Knights Inn – 450 West St. S., 705 325-7846  
Champlain Inn – 2 Front St. W., 1 888 224-8921  
Best Western Plus – 440 Couchiching Point Rd., 705 325-6505  
Comfort Inn – 75 Progress Dr., 705 327-7744  
Quality Inn and Conference – 201 Woodside Dr., 705 326-7343  
Fairfield Inn and Suites – 705 249-0368

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: 2024 Competition Registration  
400 Consumers Road  
Toronto, Ontario M2J 1P8

Phone: 416 490 8844  
Fax: 416 490 8766  
Email: [sport@lifeguarding.com](mailto:sport@lifeguarding.com)

## **2024 ONTARIO SENIOR & MASTERS LIFESAVING CHAMPIONSHIPS - POOL SCHEDULE**

### **Saturday March 9<sup>th</sup>**

|         |                               |
|---------|-------------------------------|
| 1:30 pm | Warm-up (2 X 40 minutes)      |
| 2:00 pm | Officials Meeting             |
| 3:00 pm | Opening Ceremonies            |
| 3:15 pm | Final Events                  |
|         | 50 m Manikin Carry with Fins  |
|         | 100 m Manikin Carry with Fins |
|         | 4 X 50 m Swim with Fins Relay |
|         | 50 m Manikin Carry            |
|         | 4 x 25 m Manikin Relay        |
| 6:00 pm | Award Presentations           |

### **Sunday March 10<sup>th</sup>**

|          |                                |
|----------|--------------------------------|
| 7:00 am  | Warm-up (2 X 40 minutes)       |
| 7:30 am  | Officials Meeting              |
| 8:30 am  | Final Events                   |
|          | 100 m Manikin Lifesaver Medley |
|          | 200 m Super Lifesaver          |
|          | 10 m Line Throw                |
|          | 12.5 m Line Throw              |
|          | 100 m Manikin Tow with Fins    |
|          | 4 x 50 m Medley Relay          |
| 12:00 pm | Award Presentations            |

## 2024 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<br><br>Name  |                                      | (     )<br><br>Home/cell phone  |
| Email (that will be checked regularly in the week preceding the championships)                                   |                                      | (     )<br><br>Business Phone   |
| Note: Each completed registration must include the following forms: Registration with payment and Event Entries. |                                      |                                 |
| Competitor fee   | @ \$30.00 / per person =             |                                 |
| Individual Event Entry fee (per competitor per event)  | @ \$12.00 / event =                  |                                 |
| Team Event Entry fee (per team per event)  | @ \$14.00 / event =                  |                                 |
| <b>TOTAL AMOUNT OWING</b>  |                                      |                                 |
| <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  
 Attn: 2024 Competition Registration  
 400 Consumers Road  
 Toronto, Ontario M2J 1P8  
 Fax 416 490 8766  
 Email: [sport@lifeguarding.com](mailto:sport@lifeguarding.com)

## **2024 ONTARIO SENIOR & MASTERS LIFESAVING CHAMPIONSHIPS – POOL**

### **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.*

**2024 ONTARIO SENIOR & MASTERS 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 division. Athletes on this page are registering in the following division (select ONE only).

14-15     
  16-19     
  Open     
  Masters

| Competitor Name & Gender (as identifies) |        | Registered Athlete Number | Birthdate (yy/mm/dd) (ensure correct order) | Manikin Carry with Fins<br>50 m (14-15)<br>100 m (16-19, Open, Masters) | Manikin Lifesaver Medley 100 m (14-15,16-19,Masters)<br>Super Lifesaver 200 m (Open) | 50 m Manikin Carry | 100 m Manikin Tow with Fins | Total Individual events |
|--|--------|---------------------------|---|---|--|--------------------|-----------------------------|-------------------------|
| Jane Smith                               | M<br>F |                           |   | 1:04.82   | 1:50.32  | 49.28              | 1:12.44                     | 4                       |
|  | M<br>F |                           |   |   |  |                    |                             |                         |
|  | M<br>F |                           |   |   |  |                    |                             |                         |
|  | M<br>F |                           |   |   |  |                    |                             |                         |
|  | M<br>F |                           |   |   |  |                    |                             |                         |
|  | M<br>F |                           |   |   |  |                    |                             |                         |
|  | M<br>F |                           |   |   |  |                    |                             |                         |
|  | M<br>F |                           |   |   |  |                    |                             |                         |
|  | M<br>F |                           |   |   |  |                    |                             |                         |
|  | M<br>F |                           |   |   |  |                    |                             |                         |
|  | M<br>F |                           |   |   |  |                    |                             |                         |
|  | M<br>F |                           |   |   |  |                    |                             |                         |

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\* Please identify relays by entering a letter (A, B, C, etc.) 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 (as identifies) |        | Registered Athlete Number | Birthdate (yy/mm/dd) (ensure correct order) | 4 x 50 m Swim w Fins Relay | Line Throw | 4 x 25m Manikin Relay | 4 x 50 m Medley Relay | Total Team events |
|--|--------|---------------------------|---|----------------------------|------------|-----------------------|-----------------------|-------------------|
| Jane Smith                               | M<br>F |                           |   | B-2:28.33                  | C-20:62    | A-2:01.58             | A-2:05.70             | 4                 |
|  | M<br>F |                           |   |                            |            |                       |                       |                   |
|  | M<br>F |                           |   |                            |            |                       |                       |                   |
|  | M<br>F |                           |   |                            |            |                       |                       |                   |
|  | M<br>F |                           |   |                            |            |                       |                       |                   |
|  | M<br>F |                           |   |                            |            |                       |                       |                   |
|  | M<br>F |                           |   |                            |            |                       |                       |                   |
|  | M<br>F |                           |   |                            |            |                       |                       |                   |
|  | M<br>F |                           |   |                            |            |                       |                       |                   |
|  | M<br>F |                           |   |                            |            |                       |                       |                   |
|  | M<br>F |                           |   |                            |            |                       |                       |                   |