



Lifesaving Club of Markham November Invitational

- Date:** Saturday November 23, 2024 – Juniors
Sunday November 24, 2024 – Senior & Master
- Location:** Markham Pan Am Centre – 16 Main Street Unionville, Markham, ON, L3R 2E4
- Competition:** The competition is sanctioned by the Lifesaving Society. Event rules will be in the accordance with the most current versions of the rule books, manuals and any supplementary event information found on www.lifesavingsociety.com.
- All events are timed finals. Age groups and genders of similar distance may be combined.
- Event Contact Information** Meet Manager & Meet Referee - Jeff McCurdy
Contact information – LCM@markham.ca
- Participant Safety** The Lifesaving Club of Markham and the City of Markham believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- Individuals are responsible to ensure all facility rules and requirements are followed.

- Eligibility:
- Junior Competitors
 - 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 50m)
 - Be at least 7 years of age but less than 17 years of age by June 1, 2024.
 - Senior & Masters Competitors
 - All competitors must hold a current Bronze Medallion or higher certification and be a registered athlete. Athletes will meet the age requirement for all age groups as outlined in the most current version of the Lifesaving Sport Ontario Competition Manual as of March 9, 2024. Masters will swim in one age group in a 30+ age group category.

Age Groups Junior’s: 9 years and under, 10 & 11 yrs., 12 & 13 yrs., 14 & 15 yrs, 16 yrs
 Senior & Masters: 14–15, 16-19, Open, Masters 30+

Program of Events:

Saturday - Juniors

| | Junior Divisions | | | | |
|---------------------|------------------|-------|----------------|-------|------|
| Events | 7-9 | 10-11 | 12-13 | 14-15 | 16 |
| Lifesaving Medley | 50m | 50m | 100m | 100m | 100m |
| Manikin Carry - 50m | empty | empty | Half | half | Half |
| Throwing Accuracy | 4m | 4m | 7m | 7m | 10m |
| Team Events | 44 yr. or Less | | 64 yr. or Less | | |
| Manikin Relay | 100m | | | | |
| | | | | | |

Sunday Senior & Masters

| | Senior & Masters: 14–15, 16-19, Open, Masters | | |
|-----------------------------------------------------------|-----------------------------------------------|-----------------|------|
| Events | 14-15 | 16-19 & Masters | Open |
| Carry With Fins | 50m | 100m | 100m |
| 50 Manikin Carry | 50m | 50m | 50m |
| Team Event (2 Person) | Divisions | | |
| Line Throw | 10m | 12.5m | |
| Team Events (4 Person) | Divisions | | |
| Manikin Relay | Open | | |
| Fins Relay | Open | | |
| All 4 person Team Events are combined open age groups 14+ | | | |

Entry fee: LCM Members - \$14.24 per Competitor
All Other Athletes - \$45.00 per Competitor
Fee per competitor. Includes unlimited individual and team event entries.

Registration: Registration will be completed online individually through the cities new registration system:
<https://www.markham.ca/registernow>
<https://cityofmarkham.perfectmind.com/>
Participants are able to create their own account online. If you require assistance, please call 905-477-5530.

Course Code Information:

- Saturday November 23 - Junior Session
 - o LCM Members – 117000
 - o External Clubs - 117003
- Sunday November 24 - Senior/Masters Session
 - o LCM Members – 117005
 - o External Clubs – 117008

When registering please enter the name of Lifesaving Club, Coach Name and Coach E-mail address you are competing with when prompted. LCM Members use LCM@markham.ca

Registration Deadline – Wednesday November 13, 2024

External Clubs will be contacted with Entry Form for seed times.

Equipment: Competitors are required to provide their own caps and fins. All other competition equipment will be supplied.

14-15 year olds are not permitted to wear fiber glass fins.

Facility info: The facility is a 10 lane 50m pool with a constant 2.5m bottom with a temperature of 80F. All events will run in 25m short course format with one end of the pool dedicated to competition and the other end of the pool for continuous warm up and cool down swimming.

The water level at the bulkhead from the starting walls are higher than most pool edges, educate swimmers to swim to the sides of the pool to climb out upon the completion of events. Swimmers may start from the starting block, deck or in water.

There will be no spectators on the pool deck. All spectators must watch from the pool viewing gallery.

Electronic timing will be used for the event. An electronic audible starting device will be used.

Onsite parking is free. Parking is located to the south and south west of the facility.

Emergencies: City of Markham Aquatics staff will be responsible for all emergencies. Please report any injuries to staff immediately.

The nearest hospital is Markham Stouffville Hospital located at - 381 Church St, Markham, ON L3P 7P3.

Volunteers & Officials: Volunteers will be required for timing, equipment and runners. Volunteers can sign up at <https://forms.gle/7kSCsEFqzWfn8miv5>

Event Schedule

Saturday November 23

Juniors

- 10:00am – Officials & Volunteer Check in/meetings
- 10:00am – Access to pool Deck
- 10:30am-11:15am – Warm Ups
- 11:30am Start
 - Lifesaving Medley
 - Manikin Carry – 50m
 - Throwing Accuracy
 - Manikin Relay

Sunday November 24

Senior & Master

- 10:00am – Officials & Volunteer Check in/meetings
- 10:00am – Access to pool Deck
- 10:30am-11:15am – Warm Ups
- 11:30am Start
 - 100m Manikin Carry with Fins
 - 4 X 25m Manikin Relay
 - 10m Line Throw/12.5m Line Throw
 - 50m Manikin Carry
 - 4x50m Fin Relay



LIFESAVING SOCIETY
The Lifeguarding Experts

APPLICATION TO SANCTION COMPETITIONS

1. The Host Competition package should include this approved application to inform competitors that the competition is sanctioned.
2. Currently certified Officials must be assigned positions for Sanctioned Events. The currently certified Chief Referee and Meet Manager must be named at the time of application.
3. A copy of the Host Competition package with Schedule of Events must be received with this application.
4. The Competition Host will ensure that all competitors are affiliated with the Lifesaving Society (hold a minimum of a current Bronze Medallion or be registered in a Lifesaving Society training program).
5. Sanctioned competitions must adhere to current competition manual rules and facility safety standards.
6. Please indicate in your correspondence if you require event promotion or a Certificate of Insurance.

Name of Competition _____

Host Club/Affiliate _____ Meet Date _____

Primary Location Name & Address _____

Additional Location Names: _____

Meet Manager: _____ Certification Date: _____

Chief Referee: _____ Certification Date: _____

Application submitted by _____ Daytime Phone Number: _____

Email Address: _____

Date Submitted: _____ Applicant's Signature: _____

| | | |
|---------------------------------------------|------------------------------------------------|-------------------------------------------------|
| (For Office Use Only) | | |
| <input type="checkbox"/> Affiliate Approval | <input type="checkbox"/> Meet Manager Approval | <input type="checkbox"/> Chief Referee Approval |
| Application: Approved: _____ | Denied: _____ | |
| Comments: _____ | | |
| Approval Date: _____ | Lifesaving Society: _____ | |
| (Lifesaving Sport Manager or designate) | | |

Please return completed application to:

Lifesaving Society

400 Consumers Road Toronto, ON M2J 1P8

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