



**2026 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: Saturday and Sunday, June 13-14, 2026

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 2025 Edition of the [ILS Competition Rule Book](#), the 2026 Edition of the [Ontario Competition Manual](#) and any 2026 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 13, 2026
- Complete and submit, along with their parents or guardians, annual attestation to an affiliated club confirming review of [Concussion Awareness Resources](#).

Age groups: 7-9 yr., 10 & 11 yr., 12 & 13 yr., 14 & 15 yr., 16 yr.

Program of Events

Individual Events	7-9 yr.	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			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 & Don Fins			100 m	100 m	100 m
Swim with Fins	50 m	50 m			
Throwing Accuracy	4 m	4 m			
Team Events	44 yr. or less (PM session)		64 yr. or less (AM session)		
Jr Medley Relay	4 x 25 m		4 x 50 m		
Manikin Relay	4 x 25 m		4 x 25 m		

****All relays will have male, female and mixed gender divisions. Mixed is 2 boys, 2 girls. All divisions will run simultaneously.**

Entry deadline: Registration must be received by Friday, May 29, 2026. Refunds will not be issued after **May 29, 2026**, nor will they be issued for clubs or competitors who do not show up for the Championships.

Entry Fees:

Competitor Fee: \$34.50 per competitor

Individual Event Entry Fee: \$14.00 per competitor per event

Team Event Entry Fee: \$16.15 per team per event

Optional: Create a copy of the [Google Sheets Entry Form](#), rename with your club and share with sport@lifeguarding.com. **(Make sure we're an editor)**

Equipment: The 37-inch, Lifesaving Yellow Rescue Tube will be in use for all applicable events. The Stearns PFD (handle loop underneath head flap) will be in use for all applicable events.

Accommodation: Two hotel blocks at neighbouring hotels in Aurora. Availability is low and prices are high due to the World Cup. Book ASAP. Holiday Inn Express Aurora, [book here](#). Staybridge Suites Aurora East (opening soon), call 437-451-2811 and reference our event. Breakfast is included, they are 25 minutes from the pool and the rate is \$229 + tax/fees. Must book by **May 12, 2026**.

Officials: Interested lifesaving officials can apply to officiate at the championships using the following link, **hotel deadline is May 4: [Official's Interest Form](#)**. Hotel rooms are double occupancy, first-come-first-serve, and certified officials get priority. New this year, all registering clubs with 5-10 volunteers will have to provide 1 volunteer for the event (2 volunteers for 11+ competitors). **Volunteers must fill out the above form** and clubs must name their volunteer(s) on the registration form below.

Coach/Manager Meeting: We will be running a **virtual** meeting for club coaches and managers on **June 3 at 6:30pm**. You **must register using this link to receive an invite:** <https://us06web.zoom.us/meeting/register/9YFxmNd-RFeX4wdpEeUGow>
We encourage all to attend. A recording will be sent to all registered clubs. There will be no scheduled on-site meeting.

Seeding: All individual events will be seeded separately for girls and boys. Events will be seeded together by time regardless of age group (sessions still split by age). Super seeding will be used (an event's final heats will be the top seeded competitors of their age group). Relays will be seeded by time and include all girls, boys and mixed relays, no super seeding.

Event Schedule

Saturday, June 13, 2026

12 & Over

7:15 am Key Officials Meeting

7:45 am Officials Meeting

8:00 am Warm-up (40 min)

8:45 am Opening Ceremonies

9:00 am Lifesaving Medley

Manikin Carry

Swim and Don Fins

Manikin Relay

1:30 pm Award Presentations

Sunday, June 14, 2026

12 & Over

8:00 am Officials Meeting

8:00 am Warm-up (40 min)

9:00 am Obstacle Swim

Line Throw Release

Manikin Tow with Fins

Junior Medley Relay

1:30 pm Award Presentations

11 & Under

2:00 pm Officials Meeting

2:00 pm Warm-up (40 min)

3:00 pm Lifesaving Medley

Manikin Carry

Swim with Fins

Manikin Relay

6:30 pm Award Presentations

11 & Under

2:00 pm Officials Meeting

2:00 pm Warm-up (40 min)

3:00 pm Obstacle Swim

Throwing Accuracy

Manikin Tow with Fins

Junior Medley Relay

6:30 pm Award Presentations

Registration Form

Please use one form for each affiliate or club (Type or BLOCK letters only).
Each completed registration must include this form along with Event Entries.

Contact Info

Club or Affiliate:	Coach Name:
Mailing Address:	City:
Province:	Postal Code:
Phone #:	Email:

Volunteer Requirement (5-10 competitors = 1 volunteer / 11+ competitors = 2 volunteers)

Volunteer Name:	
Volunteer Name:	

Registration

Event	Quantity	Price	Total
Competitor Fee		@ \$34.50 per competitor	
Individual Event Entry Fee		@ \$14 per competitor per event	
Team Event Entry Fee		@ \$16.15 per team per event	
Grand Total			

Payment Info

Payment: <input type="checkbox"/> Cheque <input type="checkbox"/> Affiliate Invoice	<input type="checkbox"/> Visa <input type="checkbox"/> Debit <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX
Affiliate number:	Credit Card #:
Expiry date:	CVV:
Cardholder's name:	Cardholder's signature:

Rowan's Law (Concussion Safety)

I, _____ (name) confirm that my club is in compliance with [Rowan's Law \(Concussion Safety\), 2018](#), that the appropriate parties have reviewed an approved [Concussion Awareness Resource](#) within the last year and that my club is in compliance with the Lifesaving Society Canada's *Concussion Protocol (2022)*, and Lifesaving Society Ontario Branch's *Concussion Safety Protocols: Removal from Sport, Return to Sport, and Designated Person (2024)*. I further confirm that any member of my club that has been removed-from-sport is in compliance with the Lifesaving Society's *Return to Sport Protocols*.

Signature:

Date:

Send to: Lifesaving Society Ontario **Attention:** 2026 Competition Registration **Email:** sport@lifeguarding.com

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.

5. **Rowan's Law Compliance**

All participants acknowledge that they must be in compliance with Ontario's [Rowan's Law](#) and that they, and any required parties associated with them, have reviewed a [Concussion Awareness Resource](#) within the last year.

By participating, all participants admit to have carefully read and understood the five 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.

Individual Event Entry Form

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.** Optional: [Google Sheets Entry Form](#)

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):

- 7-9 yr.
 10 & 11 yr.
 12 & 13 yr.
 14 & 15 yr.
 16 yr.

<i>Competitor Name</i>	<i>Gender (as identifies)</i>	<i>Birthdate (yy/mm/dd) (ensure correct order)</i>	<i>Lifesaving Medley</i>	<i>Manikin Carry</i>	<i>Swim with Fins / Swim and Don Fins</i>	<i>Obstacle Swim</i>	<i>Throwing Accuracy / Line Throw Release</i>	<i>Manikin Tow with Fins</i>	<i>Total Individual events</i>
<i>Jane Smith</i>	F	<i>13/02/27</i>	<i>1:50.68</i>	<i>56.21</i>	<i>1:02.73</i>	<i>1:37.60</i>	<i>22.45</i>	<i>1:41.63</i>	6

Send to: Lifesaving Society Ontario **Attention:** 2026 Competition Registration **Email:** sport@lifeguarding.com

