



LIFESAVING SOCIETY

The Lifeguarding Experts

### 2026 Ontario Junior/Senior/Masters 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 10 & 11, 2026

**Location:** Port Elgin Main Beach, 100 Green Street, Port Elgin and Southhampton Beach, 49 High Street, Southhampton.

**Competition:** The competition is sanctioned by the Lifesaving Society. Event rules will be in accordance with the [May 2026 Edition of the ILS Competition Rule Book](#), the [Canadian Lifesaving Sport Competition Rulebook 2026](#), the [2026 Edition of the Ontario Competition Manual](#), and any 2026 Communiqués. Go to [www.lifesavingsociety.com](http://www.lifesavingsociety.com) for details.

**Eligibility:** Can be found in each Championships’ respective section of the Ontario Competition Manual. Additions as follows:

**Senior:** Hold a current Bronze Medallion or higher and be [a registered athlete](#) from **July 27 to August 11, 2026, inclusive**.

**Age Groups:** Jr: 7-9, 10-11, 12-13, 14-15, 16. Sr: 14-15, 16-19, Open. Ms: 30-39, 40-49, 50-59, 60+. **Age as of August 10, 2026.**

#### Junior Program of Events

Individual	7 – 9 yrs.	10 & 11 yrs.	12 & 13 yrs.	14 & 15 yrs.	16 yrs.
Beach Flags	15m	15m	20m	20m	20m
Beach Run	500m	500m	1000m	1500m	1500m
Beach Sprint	50m	50m	70m	70m	70m
Board Race	200m	200m	300m	400m	400m
Junior Iron Guard	100Sw/400R/200B	100Sw/400R/200B	200Sw/600R/300B	200Sw/800R/400B	200Sw/800R/400B
Surf Race	100m	100m	200m	200m	200m

Team Events (4-person)	44 years or less	64 years or less
Beach Relay	4x50m	4x70m
Mixed Junior Iron Guard Relay	100Sw/400R/200B/50Sp	200Sw/800R/400B/50Sp
Team Events (3-person)	33 years or less	48 years or less
Board Relay	3x200m	3x400m

#### Senior Program of Events

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
Mixed Ocean Relay	300Sw/400B/600Sk/Sprint	300Sw/400B/600Sk/Sprint
Rescue Tube Rescue	120m	120m

**\*\* Mixed Relay team composition 2 males and 2 females – any order determined by coach.**

## Masters Program of Events

Individual Events	Masters Distances
Beach Flags	15m
Beach Run	1000m
Beach Sprint	70m
Board Race	600m
Oceanman/Oceanwoman	300Sw/400B/600Sk
Surf Race	300m
Surf Ski Race	600m
Team Events (Male or Female only)	Masters Distances
Beach Relay X3	3x70m
Board Rescue X2	120m
Ocean Relay X3	300Sw/400B/600Sk

**Entry Deadline: Registration must be received by Monday, July 27, 2026.** Refunds will not be issued after July 27<sup>th</sup>, nor will they be issued for clubs or competitors who do not show up for the Championships.

**Entries: Clubs must list entries on registration form.** Onsite event entries will not be accepted however you can scratch entries. Optional [Google Sheets Entry Form](#); rename with your club and share with [sport@lifeguard.com](mailto:sport@lifeguard.com) (make sure we're an editor).

### Entry Fees

**Competitor Fee: \$88.50 per competitor**

**Officials:** Officials and volunteers can apply here: [Officials' Interest Form](#). Hotel deadline is **July 6<sup>th</sup>, 2026**. Double occupancy hotel rooms are provided to Key Officials first, followed by certified officials on a first-come-first-serve basis. Accommodations are not guaranteed. Single rooms (you pay half) can be requested to the Meet Manager.

**Volunteers:** New this year, all registering clubs with 5-10 competitors must provide 1 volunteer and clubs with 11+ competitors must provide 2 volunteers, for a minimum of 1 session. **Volunteers must fill out the above form** and clubs must list their volunteer(s) on the registration form below.

**Coach/Manager Meeting:** We will be running a **virtual** meeting for club coaches and managers on **August 5 at 6:30pm**. You **must register using this link to receive an invite:** <https://us06web.zoom.us/meeting/register/LFh6YIq4RoWh2FGoGcwDzq>

**Accommodations:** Partner hotels with special rates (while supplies last):

[Manor Motel Southampton](#), booking deadline of **July 10**, book by **calling 519-797-2216** and ask for "ON Jr Lifesaving Championships – Lake" group rate. King - \$159.00+/night. Two doubles - \$179.00+/night. Family room w two doubles - \$199.00+/night. [Quality Inn Southampton](#), booking deadline of **July 10**, includes breakfast, [book here](#). Two queens - \$249.00+/night.

**High Visibility Vests: Required for all competitors and club members** entering the water past ankle deep during competition and training. The following colours are permitted (high visibility only): orange, pink, green or yellow. **Limited loaner vests will be available.**

**Equipment:** 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

Junior Foam Racing Board: \$ 100.00

Racing Boards: \$ 250.00

Small (up to 145 lb. / 65 kg), Medium (up to 165 lb. / 75 kg), Large (up to 200 lb. / 90 kg)

To arrange your rental, contact Aidan Miess at [aidanm@lifeguarding.com](mailto:aidanm@lifeguarding.com). Equipment is rented on a first come, first serve basis and applicable taxes will apply.

## Event Schedule

*Event order is subject to change. Changes will be announced at the start of each day.*

### **Monday, August 10, 2026 – Port Elgin Beach – Junior/Senior/Masters**

7:00 am Supervised Warmup 7:15 am Officials Meeting 7:45 am Opening Ceremonies

**Marshalling starts at 8:00 am (2 water courses)**

#### **Junior**

Junior Iron Guard (P-F)  
Mixed Junior Iron Guard Relay (P-F)  
Board Race (P-F)  
Surf Race (P-F)  
Board Relay (P-F)

#### **Senior/Masters**

Oceanman/woman (P-F)  
Mixed Ocean Relay (P-F)  
Surf Ski Race (P-F)  
Board Race (P-F)  
Surf Race (P-F)  
Board Rescue (P-F)  
Rescue Tube Rescue (P-F)\*\*

*\*Awards will be presented at the mid-day lunch break and end of day*

*\*\*Rescue Tube Rescue will only run if it starts by 4pm*

### **Tuesday, August 11, 2026 – Southampton Beach – Junior/Senior/Masters**

7:00 am Warmup 7:30 am Officials Meeting

**Marshalling starts at 8:00 am**

#### **Junior/Masters**

Beach Run (P-F)  
Beach Flags (P-F)  
Beach Sprint (P-F)  
Beach Relay (P-F)

#### **Senior Women**

Beach Run (P-F)  
Beach Flags (P-F)  
Beach Sprint (P-F)  
Beach Relay (P-F)

#### **Senior Men**

Beach Run (P-F)  
Beach Sprint (P-F)  
Beach Relay (P-F)  
Beach Flags (P-F)

*\*Awards will be presented at the mid-day lunch break and end of day*

## Club Registration Form

Please use one form for each affiliate or club (Type or BLOCK letters only).

### 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		@ \$88.50 per competitor	
<b>Grand Total</b>			

### 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](mailto: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.*



