

**ONTARIO SENIOR & MASTERS LIFESAVING CHAMPIONSHIPS - POOL**  
**Registration Package**

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

DATE	March 5-6, 2016												
LOCATION	University of Guelph (W. F. Mitchell Athletic Centre), 50 Stone Road East, Guelph, ON, N1G 2W1. 519-824-4120. See <a href="http://www.lifesavingsociety.com">www.lifesavingsociety.com</a> for map.												
COMPETITION	The competition is sanctioned by the Lifesaving Society and will be run as short course. Event rules will be in accordance with the 2015-2019 Edition of the <i>ILS Competition Rule Book</i> , the 2016 Edition of the <i>Canadian Competition Manual</i> , the 2016 Edition of the <i>Ontario Competition Manual</i> , and any 2016 Communiqués. Go to <a href="http://www.lifesavingsociety.com">www.lifesavingsociety.com</a> for details.												
ELIGIBILITY	All competitors must hold a current Bronze Medallion or higher certification and be a registered athlete. 16-19 years competitors must be at least 16 years of age by March 5, 2016 and not older than 19 years of age on March 5, 2016. Open competitors must be at least 16 years of age by March 5, 2016. Masters competitors must be at least 30 years of age by March 5, 2016.												
AGE GROUPS	3 categories; 16 – 19 years, Open, Masters.												
EVENTS	<table><tr><td>100 m Manikin Carry with Fins</td><td>4 x 25 m Manikin Relay</td></tr><tr><td>100 m Manikin Tow with Fins</td><td>4 X 50 m Obstacle Relay</td></tr><tr><td>100 m / 200 m Obstacle Swim</td><td>Line Throw</td></tr><tr><td>100 m / 200 m Super Lifesaver</td><td>4 x 50 m Medley Relay</td></tr><tr><td>50 m Manikin Carry</td><td></td></tr></table>			100 m Manikin Carry with Fins	4 x 25 m Manikin Relay	100 m Manikin Tow with Fins	4 X 50 m Obstacle Relay	100 m / 200 m Obstacle Swim	Line Throw	100 m / 200 m Super Lifesaver	4 x 50 m Medley Relay	50 m Manikin Carry	
100 m Manikin Carry with Fins	4 x 25 m Manikin Relay												
100 m Manikin Tow with Fins	4 X 50 m Obstacle Relay												
100 m / 200 m Obstacle Swim	Line Throw												
100 m / 200 m Super Lifesaver	4 x 50 m Medley Relay												
50 m Manikin Carry													
ENTRY DEADLINE	<b>Registration must be received by Wednesday February 24, 2016.</b> Refunds will not be issued after March 5 <sup>th</sup> , nor will they be issued for clubs or competitors who do not show up for the Championships.												
ENTRY FEES	<table><tr><td><u>Competitor Fee</u></td><td><u>Individual Event Entry Fee</u></td><td><u>Team Event Entry Fee</u></td></tr><tr><td>\$20.65 per each competitor</td><td>\$8.25 per competitor per event</td><td>\$10.30 per team per event</td></tr></table>	<u>Competitor Fee</u>	<u>Individual Event Entry Fee</u>	<u>Team Event Entry Fee</u>	\$20.65 per each competitor	\$8.25 per competitor per event	\$10.30 per team per event						
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ACCOMMODATION	Best Western Hotel 519-836-1240 x0. Please specify <b>Lifesaving Society</b> when booking your room to get the special \$93.99 + taxes (2 Queen Beds, 2 adults, maximum occupancy 4). <b>Booking deadline Feb. 4, 2016.</b>												
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: 2016 Competition Registration 400 Consumers Road Toronto, Ontario M2J 1P8	Phone: 416 490 8844 Fax: 416 490 8766 Email: <a href="mailto:sport@lifeguarding.com">sport@lifeguarding.com</a>											

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

University of Guelph

### **Saturday March 5, 2016**

7:00 am	Key Officials Meeting
7:00 am	Club Check-In
7:15 am	Coaches Meeting
7:45 am	Opening Ceremonies
8:00 am	Warm-up (2 X 45 minutes)
8:15 am	Officials Meeting
9:30 am	Final Events
	100 m Manikin Carry with Fins
	100 m Manikin Tow with Fins
	4 x 25 m Manikin Relay
12:00 pm	Lunch Break
1:00 pm	Warm-up (2 X 45 minutes)
2:30 pm	Final Events
	100 m Obstacle Swim
	200 m Obstacle Swim
	4 X 50 m Obstacle Relay
	Line Throw
5:30 pm	Award Presentations

### **Sunday March 6, 2016**

7:45 am	Coaches Meeting
8:00 am	Warm-up (2 X 45 minutes)
8:15 am	Officials Meeting
9:30 am	Final Events
	100 m Super Lifesaver
	200 m Super Lifesaver
	50 m Manikin Carry
	4 x 50 m Medley Relay
12:30 pm	Award Presentations



125 YEARS OF  
COMMONWEALTH  
DROWNING  
PREVENTION

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

*Please use one form for each team (Type or BLOCK letters only)*

Club or Affiliate		
Mailing address		Apt or Suite
City	Prov	Postal Code
Coach  Name		(      )  Home/cell phone
Email (that will be checked regularly in the week preceding the championships)		(      )  Business Phone
Note: Each completed registration must include the following forms: Registration with payment, Waiver & Release and Event Entries.		
Competitor fee		@ \$20.65 / per person =
Individual Event Entry fee (per competitor per event)		@ \$8.25 / event =
Team Event Entry fee (per team per event)		@ \$10.30 / event =
TOTAL AMOUNT OWING		
<b>Payment</b> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="display: flex; gap: 10px;"> <div><input type="checkbox"/> Cheque</div> <div><input type="checkbox"/> Money order</div> <div><input type="checkbox"/> Visa</div> <div><input type="checkbox"/> MasterCard</div> <div><input type="checkbox"/> AMEX</div> <div><input type="checkbox"/> P.O. #</div> </div> <div style="margin-top: 10px;"> <div style="display: flex; justify-content: space-between;"> <div>Credit Card #</div> <div>Expiry Date</div> </div> <div style="border-bottom: 1px solid black; width: 100%; margin-top: 5px;"></div> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%; border-bottom: 1px solid black;"></div> <div style="width: 45%; border-bottom: 1px solid black;"></div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%; text-align: center;">Card holder name</div> <div style="width: 45%; text-align: center;">Card holder signature</div> </div>		

*Mail, fax or email to:*  
*Lifesaving Society*  
*Attn: 2016 Competition Registration*  
*400 Consumers Road*  
*Toronto, Ontario M2J 1P8*  
*Fax 416 490 8766*  
*Email: sport@lifeguarding.com*

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

### **Waiver & Release Form**

*Please read carefully before signing*

#### **1. Conduct**

I 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**

As a competitor in a lifesaving sport competition, I 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. I have prepared myself for the competition and know of no factor or condition which should be disclosed to the organizers or which would make it unsafe for me to compete. I 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 my application as an individual or as a part of a team being accepted, I hereby waive my 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. I further agree to indemnify and hold harmless all of the above, from any claim made on my behalf or as a result of injury to my person or property. I recognize that competitors are responsible for their own medical coverage.

#### **4. Model Release**

I transfer to the Lifesaving Society all rights whatsoever which I have in photographs and/or videos which photographers may have taken. I consent to the use of the photographs/videos, the publishing of my name for all purposes whatsoever, including without limitation, television, publications, and any trade or advertising purposes.

*I have carefully read and understood the four conditions of entry and in consideration for being allowed to compete, I have executed them voluntarily intending to be bound thereby and intending these conditions to be binding of my heirs, personal representatives and assigns.*

**Print name**

**Signature (Parent if under 18)**

**Date**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
COACH:	_____	_____

## 2016 ONTARIO SENIORS & MASTERS LIFESAVING CHAMPIONSHIPS – POOLS

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).

☐ 16-19

☐ Open

☐ Masters

Competitor Name & Gender		Registered Athlete Number	Birthdate (yy/mm/dd)	Age	100 m Manikin Carry with Fins	100 m Manikin Tow with Fins	Obstacle Swim 100 m (16-19, Masters) 200 m (Open)	Super Lifesaver 100 m (16-19, Masters) 200 m (Open)	50 m Manikin Carry	Total Individual events
Jane Smith	M F				1:14.17	1:12.50	2:27.45	2:48.04	58.22	5
	M F									
	M F									
	M F									
	M F									
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\* For Line Throw, please identify the pair throwing and catching by entering a “T” or “C” 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).

☐ 16-19

☐ Open

☐ Masters

Competitor Name & Gender		Registered Athlete Number	Birthdate (yy/mm/dd)	4 x 25m Manikin Relay	4 x 50 m Obstacle Relay	Line Throw*	4 x 50 m Medley Relay	Total Team events
Jane Smith	M F			2:20.79	2:17.55	T-19.75	2:27.16	4
	M F							
	M F							
	M F							
	M F							
	M F							
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