

2019 ONTARIO MASTERS LIFESAVING CHAMPIONSHIPS – WATERFRONT
Registration Package

The Lifesaving Society invites you to the Ontario Masters Lifesaving Championships - Waterfront hosted by the Saugeen Shores Lifesaving Club and the Town of Saugeen Shores

- DATE** August 12, 2019
- LOCATION** Port Elgin Main Beach, 100 Green Street, Port Elgin & Southampton Beach, 49 High Street, Southampton. See www.lifesavingsociety.com for map.
- COMPETITION** The competition is sanctioned by the Lifesaving Society. Event rules will be in accordance with the 2015-2019 (Revised 2017) Edition of the *ILS Competition Rule Book*, the 2019 Edition of the *Canadian Competition Manual*, the 2019 Edition of the *Ontario Competition Manual*, and any 2019 Communiqués. Go to www.lifesavingsociety.com for details.
- ELIGIBILITY** All competitors must hold a current Bronze Medallion or higher certification and be a registered athlete. Masters competitors must be at least 30 years of age by August 12, 2019.
- AGE GROUPS** 4 categories: 30-39, 40-49, 50-59, 60 and over.

PROGRAM OF EVENTS	Divisions	
	Individual Events	Masters
Beach Flags		15m
Beach Run		1000m
Board Race		600m
Oceanman/Oceanwoman		300Sw/400B/600Sk
Surf Race		300m
Surf Ski Race		600
Team Events	Masters	
Oceanman/Oceanwoman Relay		300Sw/400B/600Sk (x3)

ENTRY DEADLINE **Registration must be received by Tuesday July 30, 2019.** Refunds will not be issued after July 30th, nor will they be issued for clubs or competitors who do not show up for the Championships.

ENTRY FEES	Competitor Fee	Individual Event Entry Fee	Team Event Entry Fee
	\$21.75 per each competitor	\$8.70 per competitor per event	\$10.85 per team per event

ACCOMMODATION Quality Inn, 100 North Rankin Street, Southampton, 519-483-3333. Reserve your room [online](#) or call the hotel directly (please specify **Lifesaving Society** when booking). Group rate: \$149.00 plus tax – 2 Queen beds – 2 adults, extra adults \$10, children free. **Booking deadline July 10, 2019.**

REGISTRATION

Send registration form with method of payment – cheque (payable to the Lifesaving Society), money order, purchase order, VISA, American Express or MasterCard – to:

Lifesaving Society
Attention: 2019 Competition Registration
400 Consumers Road
Toronto, Ontario M2J 1P8

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

2019 ONTARIO MASTERS LIFESAVING CHAMPIONSHIP – WATERFRONT SCHEDULE

Monday August 12th

- 7:00 am Coaches Meeting Port Elgin Main Beach
- 7:15 am Officials Meeting
- 7:45 am Opening Ceremonies
- 8:00 am Beach Run
- Board Race
- Surf Race
- Ski Race
- Oceanman/Oceanwoman
- Oceanman/Oceanwoman Relay
- Break and Change Beaches**
- Beach Flags Southampton Beach
- Awards Presentation

** There may be up to two arenas running at the same time.

** Competitors are required to provide their own bathing cap. Club caps are not required to match.

PLEASE NOTE: 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)	\$300.00
Paddle	Carbon Fibre/Nylon	\$ 50.00
Racing Boards	Small (up to 145 lb. / 65 kg)	\$200.00
	Medium (up to 165 lb. / 75 kg)	
	Large (up to 200 lb. / 90 kg)	

To arrange your rental, contact Brian Miess at brianm@lifeguarding.com. Equipment is rented on a first come, first serve basis and applicable taxes will apply.

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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 Name		() Home/cell phone
Email (that will be checked regularly in the week preceding the championship)		() Business Phone
Note: Each completed registration must include the following forms: Registration with payment, Waiver & Release, Event Entries.		
Competitor fee	@ \$21.75 / per person =	
Individual Event Entry fee (per competitor per event)	@ \$8.70 / event =	
Team Event Entry fee (per team per event)	@ \$10.85 / event =	
TOTAL AMOUNT OWING		
Payment		
<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
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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 lifeguard 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

Date

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COACH:

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Competitor Registration

Use a separate sheet to register athletes for each age group. Athletes on this page are registering in the following (select ONE only):

- 30-39 yrs. 40-49 yrs. 50-59 yrs. 60 yrs. & Over

Clubs may enter unlimited number of competitors in each event. Competitors are allowed to enter each event only once.

<i>Competitor Name</i>	<i>Age</i>	<i>Gender</i>	<i>Registered Athlete Number</i>	<i>Birthdate (yy/mm/dd)</i>
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