



**2024 ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – WATERFRONT**  
**Registration Package**

***The Lifesaving Society invites you to the Ontario Junior Lifesaving Championships – Waterfront hosted by the Saugeen Shores Lifesaving Club and the Town of Saugeen Shores***

- DATE** August 12 & 13, 2024
- LOCATION** Port Elgin Main Beach, 100 Green Street, Port Elgin & Southampton Beach, 49 High Street, Southampton. See [www.lifesavingsociety.com](http://www.lifesavingsociety.com) for map.
- COMPETITION** The competition is sanctioned by the Lifesaving Society. Event rules will be in the accordance with the 2023 Edition of the *ILS Competition Rule Book*, the 2024 Edition of the *Ontario Competition Manual* and any 2024 Communiqués. See [www.lifesavingsociety.com](http://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)
  - Meet their division’s age criteria by August 12, 2024.
  - Complete and submit, along with their parents or guardians, annual attestation to an affiliated club by February 1<sup>st</sup> confirming review of [Concussion Awareness Resources](#).
- AGE GROUPS** 3 categories: 7-9 yrs., 10 & 11 yrs., 12 & 13 yrs. **See Senior package for 14-16 yrs.**

**PROGRAM OF EVENTS**

|  | Age Group Divisions     |                 |                         |
|--|-------------------------|-----------------|-------------------------|
| Individual Events  | 7 - 9 yr.               | 10 & 11 yr.     | 12 & 13 yr.             |
| Beach Flags  | 15m                     | 15m             | 20m                     |
| Beach Run  | 500m                    | 500m            | 1000m                   |
| Beach Sprint   | 50m                     | 50m             | 70m                     |
| Board Race   | 200m                    | 200m            | 300m                    |
| Junior Iron Guard  | 100Sw/400R/200B         | 100Sw/400R/200B | 200Sw/600R/300B         |
| Surf Race  | 100m                    | 100m            | 200m                    |
| <b>Team Events (4-person Mixed)</b>  | <b>44 years or less</b> |                 | <b>64 years or less</b> |
| Beach Relay  | 4x50m                   |                 | 4x70m                   |
| <b>Team Events (3-person)</b>  | <b>33 years or less</b> |                 | <b>48 years or less</b> |
| Board Relay  | 3x200m                  |                 | 3x400m                  |
| ** Mixed Relay team composition 2 males and 2 females – any order determined by coach. |                         |                 |                         |

**ENTRY DEADLINE** **Registration must be received by Monday, July 29, 2024.** Refunds will not be issued after July 29<sup>th</sup>, nor will they be issued for clubs or competitors who do not show up for the Championships.

ENTRY FEES

|   |
|---|
| <p>Competitor Fee<br/>\$80 / competitor</p> |
|---|

OFFICIALS

Officials and volunteers can apply [here](#). Hotel deadline is July 26, 2024.

ACCOMMODATION

Quality Inn, 100 North Rankin Street, Southampton, 519-483-3333. [More info here](#).  
 Travelodge, 235 Goderich St, Port Elgin, 519-832-2021. [More info here](#).  
 Staybridge Suites, 1208 Goderich St, Port Elgin, 519-832-2800. [More info here](#).  
 Holiday Inn Express & Suites, 1208 Goderich St, Port Elgin, 519-832-2227. [More info here](#).

REGISTRATION

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

|  |   |
|--|---|
| Lifesaving Society                       | Phone: 416 490 8844   |
| Attention: 2023 Competition Registration | Fax: 416 490 8766   |
| 400 Consumers Road, Toronto, ON M2J 1P8  | Email: <a href="mailto:sport@lifeguarding.com">sport@lifeguarding.com</a> |

**2024 ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – WATERFRONT SCHEDULE**

**Monday, August 12, 2024 – Port Elgin – Senior/Masters/Juniors**

7:15 am Officials Meeting

7:45 am Opening Ceremonies

**Events start at 8:00 am (2 water courses)**

**Junior**

**Senior/Masters**

Junior Iron Guard (P-F)

Oceanman/woman (P-F) (ski, board, swim)\*\*

Board Race (P-F)

Mixed Ocean Relay (P-F)

Surf Race (P-F)

Surf Ski Race (P-F)

Board Relay (P-F)

Board Race (P-F)

Surf Race (P-F)

Board Rescue (P-F)

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

*\*\*Ocean race order has been pre-determined to speed up events*

**Tuesday, August 13, 2024 – Southampton Beach – Senior/Masters/Juniors**

7:15 am Officials Meeting

**Events start at 8:00 am**

**Junior/Masters**

**Seniors**

Beach Run (P-F)

Beach Run - (P-F)

Beach Flags (P-F)

Beach Sprint (P-F)

Beach Sprint (P-F)

Mixed Beach Relay (P-F)

Mixed Beach Relay (P-F)

Beach Flags (P-F)

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

**PLEASE NOTE:** An equipment pool will not be provided for competitors. Athletes are encouraged to make arrangements prior to the competition to ensure they have craft. Boards 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.

|                                     |           |
|-------------------------------------|-----------|
| Intermediate Foam Racing Board      | \$ 100.00 |
| Racing Boards (Senior Small/Medium) | \$ 200.00 |

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.

## 2024 ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – WATERFRONT

*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<br><br>Name   |                                      | (     )<br><br>Home/cell phone |  |
| Email (that will be checked regularly in the week preceding the championship)   |                                      | (     )<br><br>Business Phone  |  |
| Note: Each completed registration must include the following forms: Registration with payment & Event Entries.  |                                      |                                |  |
| Competitor fee  |                                      | @ \$80 / competitor =          |  |
|   |                                      | <b>TOTAL AMOUNT OWING</b>      |  |
| <b>Payment</b>  |                                      |                                |  |
| <input type="checkbox"/> Cheque   | <input type="checkbox"/> Money order | <input type="checkbox"/> Visa  | <input type="checkbox"/> MasterCard        |
|   |                                      | <input type="checkbox"/> AMEX  | <input type="checkbox"/> Affiliate Invoice |
| Credit Card #   | Expiry Date                          | CVV                            |  |
| Card holder name  |                                      | Card holder signature          |  |
| <b>Rowan's Law (Concussion Safety)</b>  |                                      |                                |  |
| I, _____ (name) confirm that my club is in compliance with <a href="#">Rowan's Law</a> and that the appropriate parties have reviewed a <a href="#">Concussion Awareness Resource</a> within the last year. |                                      |                                |  |
| Signature   |                                      | Date                           |  |

*Mail, fax or email to:*  
 Lifesaving Society  
 Attention: 2024 Competition Registration  
 400 Consumers Road  
 Toronto, Ontario M2J 1P8  
 Fax 416 490 8766  
 Email: [sport@lifeguarding.com](mailto:sport@lifeguarding.com)

## **2024 ONTARIO JUNIOR LIFESAVING CHAMPIONSHIPS – WATERFRONT**

### **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.*

