



**2024 ONTARIO SENIOR 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 12 & 13, 2024

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 2023 Edition of the *ILS Competition Rule Book*, the 2019 Edition of the *Canadian Competition Manual*, the 2024 Edition of the *Ontario Competition Manual*, and any 2024 Communiqués. Go to www.lifesavingsociety.com for details.

ELIGIBILITY Competitors shall:

- Hold a current Bronze Medallion or higher certification and be a registered athlete.
- 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 1st confirming review of [Concussion Awareness Resources](#).

AGE GROUPS 3 categories: 14-15 years, 16-19 years, Open.

PROGRAM OF EVENTS	Divisions			
	Individual Events	14-15 years	16-19 years	Open
Beach Flags	20m	20m	20m	20m
Beach Run	1500m	2000m	2000m	2000m
Beach Sprint	70m	90m	90m	90m
Board Race	400m	600m	600m	600m
Oceanman/woman	200Sw/300B/400Sk	300Sw/400B/600Sk	300Sw/400B/600Sk	300Sw/400B/600Sk
Surf Race	300m	400m	400m	400m
Surf Ski Race	400m	700m	700m	700m
Team Events (2-person)	14-19 years		Open	
Board Rescue	120m		120m	
Team Events (4-person Mixed)	14-19 years		Open	
Beach Relay	4x90m		4x90m	
Ocean Relay	300Sw/400B/600Sk (x4)		300Sw/400B/600Sk (x4)	
** 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 29th, nor will they be issued for clubs or competitors who do not show up for the Championships.

ENTRY FEES	Competitor Fee \$80 per competitor
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OFFICIALS Officials and volunteers can apply here: <https://forms.gle/HJoHQ6p7N5x8o3g57>. 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, America Express or MasterCard – to:

Lifesaving Society	Phone: 416 490 8844
Attention: 2024 Competition Registration	Fax: 416 490 8766
400 Consumers Road Toronto, ON., M2J 1P8	Email: sport@lifeguarding.com

2024 ONTARIO SENIOR LIFESAVING CHAMPIONSHIP – 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)
<i>*Awards will be presented at the mid-day lunch break and end of day</i>	
<i>**Ocean race order has been pre-determined to speed up events</i>	
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)
<i>*Awards will be presented at the mid-day lunch break and end of day</i>	

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)	\$350.00
Paddle	Carbon Fibre/Nylon	\$ 50.00
Racing Boards	Small (up to 145 lb. / 65 kg)	\$250.00
	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. 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 print 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 & Event Entries.			
Competitor fee		@ \$80 / competitor =	
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"/> Affiliate Invoice
Credit Card #		Expiry Date	CVV
Card holder name		Card holder signature	
Rowan's Law (Concussion Safety)			
I, _____ (name) confirm that my club is in compliance with Rowan's Law and that the appropriate parties have reviewed a Concussion Awareness Resource 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

2024 ONTARIO SENIOR LIFESAVING CHAMPIONSHIP – 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.

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Competitor Registration

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

- 14-15 16-19 Open

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

Event entries will be done onsite through marshalling.

<i>Competitor Name</i>	<i>Birthdate (yy/mm/dd)</i>	<i>Gender (as identifies)</i>
		M F
		M F
		M F
		M F
		M F
		M F
		M F
		M F
		M F
		M F
		M F
		M F
		M F
		M F
		M F
		M F