



2024 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 & 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 Bronze Medallion or higher certification (need not be current).
- Masters competitors must be at least 30 years of age by August 12, 2024.
- Complete and submit annual attestation to an affiliated club by February 1st confirming review of [Concussion Awareness Resources](#).

AGE GROUPS 4 categories: 30-39, 40-49, 50-59, 60 and over.

	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	600
	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 29th, 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	<u>Competitor Fee</u> \$80 / competitor
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OFFICIALS Officials and volunteers can apply [here](#). The 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: 2024 Competition Registration Fax: 416 490 8766
 400 Consumers Road Email: sport@lifeguarding.com
 Toronto, Ontario M2J 1P8

2024 ONTARIO MASTERS 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 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

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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 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>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
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