



GRAC Fall Juniors Pool Lifesaving Invitational-V2

Meet Package - Hosted by the Georgina Rapids Aquatic Club

Date	Sunday, December 22, 2024
Location	Georgina's Multi-Use Recreation Complex, 261 Garrett Styles Dr, Georgina, ON L4P 3E9
Venue	6-lane Competitive 6-lane pool with track start platforms Swiss Timing system with plungers (semi-automatic)
Meet Manager	Adrian Wong (info@georginarapids.ca)
Eligibility	<ul style="list-style-type: none">● 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 1 minute; Swim 50 m).● Be at least 7 years of age but less than 16 years of age as of the first day of the competition
Age Groups	4 categories: 9 years and under, 10 - 11 years, 12 - 13 years, 14 - 15 years
Manuals	2024 Ontario Competition Manual (last revised June 1, 2024, https://www.lifesavingsociety.com/media/423431/2024%20ontario%20competition%20manual%20-%2020240601.pdf)
Entry Fees	<ul style="list-style-type: none">● Competitor Fee: \$10.00 per each competitor● Individual Event Entry Fee: \$15.00 per competitor per event● Team Event Entry Fee: \$16.00 per team per event
Registration	Registration form can be completed by lifesaving club administrator, coach or parent. Registration link: https://forms.gle/QKexWtLw1E3wngUc8

Maximum number of swimmers per session: 75



Registration and Entry Deadlines	Registration Deadline: <u>Sunday, December 8, 2024 at 11:59 p.m.</u> Note: No Deck Entries or 'NT' (No Times) will be accepted. Coaches and lifesaving club administrators will be contacted afterwards via email to provide swim times, and swim times entry deadline is on <u>Sunday, December 15 at 11:59 p.m.</u> via link.
Relays	This competition will only accept relay team compositions from within their lifesaving club. A relay team must be a composition of 4 competitors, and can be categorized as male, female, or mixed which is denoted by 'X' (2 males and 2 females).
Refunds	No refunds will be issued after Sunday, December 15, 2024, nor will they be issued for those clubs/ competitors who do not attend.
Awards	<ul style="list-style-type: none">• No scoring• Ribbons for 1st to 6th place, picked up at the end of the session• Individual Events: Per age category, per gender (M/F)• Team Events: Per age category, per gender (M/F/X)
Results	Posted on Meet Mobile Live
Accommodations	Newmarket Hotel & Suites 100 Pony Drive, Newmarket ON L3Y 7B6 Tel: 905.853.1030 Call to reserve rooms at group rate of \$229.99 (2 Queen Beds) Booking Code: GRA Cut-off Date: November 21, 2024
Volunteer Officials	Interested volunteers are asked to complete the registration form no later than Sunday, December 8, 2024 at 11:59 p.m. Volunteers may take the Lifesaving Society's Community Official and Pool Official certification free of charge. Registration link and more details: https://forms.gle/B6tGX6uW4Xe8hWrHA



Program of Events

Individual Events	9 years and under	10 - 11 years	12 - 13 years	14 - 15 years
50-m Manikin Carry	empty	empty	half-filled	half-filled
50-m Swim with Fins	X	X		
100-m Swim and Don Fins			X	X
50-m Manikin Tow with Fins	empty	empty		
100-m Manikin Tow with Fins			half-filled	half-filled
4-m Throwing Accuracy	X	X		
7-m Line Throw Release			X	X
Team Event (4-person, M/F/Mixed)	44 years and under		64 years and under	
4 x 25-m Manikin Relay	empty		empty	



Schedule of Events

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| 7:45 a.m. | Pool doors open for coaches, athletes, and spectators |
| 7:45 a.m. to 7:55 a.m. | Coaches' Meeting |
| 8 a.m. to 8:30 a.m. | General Officials Meeting |
| 8 a.m. to 8:45 a.m. | Warm-up session |
| 8:45 a.m. to 8:55 a.m. | Set-up equipment/ Timers watch check |
| 9 a.m. to 12 p.m. | Events (Timed Finals, mixed genders) <ul style="list-style-type: none">● 50-m Manikin Carry - empty● 50-m Manikin Carry - half● 50-m Swim with Fins● 100-m Swim and Don Fins● 50-m Manikin Tow with Fins● 100-m Manikin Tow with Fins● 4-m Throwing Accuracy● 7-m Line Throw Release● 4 x 25-m Manikin Relay |