



GRAC Fall Seniors & Masters 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">• For 14–15 years: Competitors must be a minimum of 14 years of age and a maximum of 15 years as of the first day of the Ontario Lifesaving Championships.• For 16–19 years: Competitors must be a minimum of 16 years of age and a maximum of 19 years as of the first day of the Ontario Lifesaving Championships.• For Open: Competitors must be a minimum of 14 years of age as of the first day of the Ontario Lifesaving Championships.• For Masters: Competitors must be a minimum of 30 years of age as of the first day of the Championships. Masters age groups will be in increments of 10 years (e.g., 30-39, 40-49). Masters competitors must hold a Lifesaving Society award (need not be current) and are not required to be a Registered Athlete.
Age Groups	4 categories: 14 - 15 years, 16 - 19 years, Open (14 years and older), Masters (30 years and older)



Manuals	<p>2024 Ontario Competition Manual (last revised June 1, 2024, https://www.lifesavingsociety.com/media/423431/2024%20ontario%20competition%20manual%20-%2020240601.pdf)</p> <p>ILS 2020 SC Competition Rulebook (last revised September 2021, https://www.ilsf.org/wp-content/uploads/2021/11/ILS-2020-Short-Course-Competition-Rulebook-September-2021-Final.pdf)</p> <ul style="list-style-type: none">● Used only for Exhibition Event: 50-m Rescue Medley
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	<p>Registration form can be completed by lifesaving club administrator, coach or parent. Registration link: https://forms.gle/WRqEEoXtCCGY4sNs9</p> <p>Maximum number of swimmers per session: 75</p>
Registration and Entry Deadlines	<p>Registration Deadline: <u>Sunday, December 8, 2024 at 11:59 p.m.</u></p> <p>Note: No Deck Entries or 'NT' (No Times) will be accepted.</p> <p>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.</p>
Relays	<p>This competition will only accept relay team compositions from within their lifesaving club.</p> <p>A relay team for line throw must be a composition of 2 competitors, and can be categorized as male, female, or mixed which is denoted by 'X' (1 male and 1 female).</p> <p>For seniors and masters relay teams, younger category athletes may age up to an older category in order to participate.</p>
Refunds	<p>No refunds will be issued after Sunday, December 15, 2024, nor will they be issued for those clubs/ competitors who do not attend.</p>



- Awards
- 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)
 - For Masters: Group every 10 years (i.e., 30 - 39 years)
 - Team Events: Per age category, per gender (M/F/X)
 - For Masters: Group every 10 years (i.e., 30 - 39 years)

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	14 - 15 years	16 - 19 years	Open	Masters
50-m Manikin Carry	X	X	X	X
50-m Manikin Carry with Fins	X			
100-m Manikin Carry with Fins		X	X	X
50-m Rescue Medley (Exhibition Event)	X	X	X	X
100-m Manikin Lifesaving Medley	X	X		X
200-m Super Lifesaver			X	
Team Event (2-person, M/F/Mixed)	14 - 15 years	16 - 19 years	Open	Masters
10-m Line Throw	X			
12.5-m Line Throw		X	X	X



Schedule of Events

- 11:45 a.m. Pool doors open for coaches, athletes, and spectators
- 11:45 a.m. to 11:55 a.m. Coaches' Meeting
- 12 p.m. to 12:30 p.m. General Officials Meeting/ Lunch for previous session officials
- 12 p.m. to 12:45 p.m. Warm-up session
- 12:45 p.m. to 12:55 p.m. Set-up equipment/ Timers watch check
- 1 p.m. to 4:30 p.m. Events (Timed Finals, females first/ males second)
- 50-m Manikin Carry
 - 50-m Manikin Carry with Fins
 - 100-m Manikin Carry with Fins
 - 50-m Rescue Medley
 - 10-m Line Throw
 - 12.5-m Line Throw
 - 100-m Manikin Lifesaving Medley
 - 200-m Super Lifesaver