



Competition Manual

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1 General

1.1 Sanctioning

The OULC will be sanctioned by the Lifesaving Society. All sanctioning requirements outlined by the Lifesaving Society will be the responsibility of the organizing committee.

1.2 Events and competition weighting

Unless indicated in the Ontario University Lifeguard Championship (OULC) Manual, the events as described in the latest version of the International Lifesaving Federation (ILS) Competition Manual will be utilized. ([2007 ILS Competition Manual](#))

The OULC will comprise of events from two broad categories: SERC and physicals. The SERC events will include First Aid, Water Rescue, and Priority Assessment. The physical events will include 4x25 m Manikin Relay, 4x50 m Medley Relay, 4x50 m Obstacle Relay, and Line Throw Relay.

The SERC events will be worth 60% of the total competition points, while physical events will make up the remaining 40%.

Place	First Aid	Water Rescue	Priority	Manikin	Medley	Obstacle	Line Throw
1	200	200	200	100	100	100	100
2	180	180	180	90	90	90	90
3	160	160	160	80	80	80	80
4	140	140	140	70	70	70	70
5	130	130	130	65	65	65	65
6	120	120	120	60	60	60	60
7	110	110	110	55	55	55	55
8	100	100	100	50	50	50	50
9	80	80	80	40	40	40	40
10	70	70	70	35	35	35	35
11	60	60	60	30	30	30	30
12	50	50	50	25	25	25	25
13	40	40	40	20	20	20	20

14	30	30	30	15	15	15	15
15	20	20	20	10	10	10	10
16	10	10	10	5	5	5	5
17	0	0	0	0	0	0	0

1.2.1 Disqualification

Disqualification from any event will result in zero points. A Did Not Finish (DNF) will result in last place points. No points will be awarded for a Did Not Start (DNS).

1.2.2 Other

- If an event must be cancelled for whatever reason in the middle of the competition, no points will be awarded for that event, regardless if some heats have been run
 - If all preliminary heats have been run and the event is cancelled before or during finals, preliminary rankings will be used
- Ties shall be declared as such and the points divided equally among the teams
 - E.g., two teams both score 2500 points in First Aid Finals qualifying them for second place. Each team will receive 170 points (average of second and third place points, e.g., 180 and 160)
- Ties in overall point standings shall be broken using the following system:
 - Most first place final finishes, most second place final finishes, etc.

1.3 Officials

No individual who is acting as team coach, team manager or in a similar capacity is eligible to be appointed to an official's position with the authority to affect the outcome of an event, e.g., Starter, Judge, Timer, Referee, or Scorer. All conflicts of interest must be declared upon declaration of interest in officiating.

Officials may not 'coach' or similarly assist any team in competition. An official found to be in violation of this rule shall be declared ineligible to further act as an official.

The OULC Organizing Committee will have the following positions, where appointment is the responsibility of the organizing committee.

- *Meet Manager*
 - The Meet Manager is responsible for all necessary steps associated with the preparation, conduct, and follow-up required of the competition.
- *Meet Referee*
 - Is responsible for all events and enforcing all rules for the duration of the entire competition. Intern Referees may be used.
- *Sectional Referees (SERC and Physical)*
 - Sectional Referees are responsible for managing designated event(s) and have the authority to enforce all rules for the duration of their event(s) and may intervene at any stage to ensure that Lifesaving Society regulations are observed. Intern Referees may be used.
 - Reports to the Meet Referee
- *Host Representative*
 - Provides local knowledge and assistance at the host facility.
 - Provides safety during duration of competition.
- *Safety Officer*
 - The Safety Officer shall be responsible for ensuring that the competition facilities are safe, and that the appropriate safety plan, equipment, procedures and personnel are in place to ensure the general safety of competitors, competition personnel and spectators.

Other Officials may include:

- *Liaison*
 - Liaises with competitors, coaches, team managers and officials
 - Provides assistance related to rules, standards and procedures
 - Shall advise the Referee of issues raised by competitors, coaches, managers or officials to the course or safety issues
 - Will provide assistance and guidance relating to protests or appeals and the best method to approach the Referee

- *Event Director*
 - Shall ensure a fair start to each race by ensuring the equipment and athletes are in the correct starting position before turning the race over to the starter
- *Starter*
 - Full control of the competition from the time the race is turned over by the Event Director or Referee
 - Starters can determine if the start is fair and to disqualify competitors who false start under the ILS starting rules
- *Head Scorer*
 - Responsible for the overall record keeping at the event, calculation of results and the release of officials results for each competition

Where possible, all other officials will be certified at the Official Level 1 or Judge Level 1 level, or higher.

Dress: Officials will wear a white top with white or navy blue shorts, pants, or skirts. Hats, if worn, should be white. Protective clothing such as raincoats or parkas may be worn as appropriate. The organizing committee may chose to provide alternative official dress that is uniform in appearance. Volunteers used as victims maybe attired as deemed appropriate for the situation (e.g., bathing suit, bicycle helmet, masks).

1.4 Spirit of Fair Play

Officials will:

- Abide by the rules and the spirit of the competition.
- Be honest, fair, and ethical in dealing with others.
- Be professional in appearance, action, and language.
- Resolve conflicts fairly and promptly through established procedures.
- Maintain strict impartiality.
- Maintain a safe environment for others.

- Be respectful and considerate of others.
- Be a positive role model.

Competitors will:

- Abide by the rules and the spirit of the competition
- Accept the decisions of referees and judges without question or complaint.
- Never consider cheating and in particular, not attempt to improve their individual performance by the use of drugs
- Exercise reasonable self-control at all times
- Accept success and failure, victory and defeat, with grace and magnanimity
- Treat their fellow competitors and team members with respect, both in and outside the competition arena

1.5 Code of Conduct

OULC Guiding Principle, from the ILS Manual:

“[The OULC championships] are high profile public events. The [OULC Organizing committee] expects all competitors and officials to co-operate to ensure a positive public image. Behaviour likely to cause embarrassment or damage to the image of [the host, the OULC] or competitive lifesaving [or the host university or of competing Universities] will be referred to a [OULC] disciplinary committee. Penalties may include expulsion of individuals or teams from the competition”

1.5.1 Incidents

Where there is an incident that contravenes the Code of Conduct, damage to the host facility or other, or the authorities are involved, the Athletic Director or signing authority of the responsible team will be contacted regarding the nature of the infraction by the Organizing Committee and/or the Host. Appropriate sanctions may be applied to the school, team, or competitors by the Organizing Committee.

1.5.2 Host Facility

Respect must be shown to the host facility (facilities) and other users of the facility. Foul language and inappropriate behaviour will not be tolerated. All site specific rules must be followed and respected. It is expected that teams will leave Lock-ups as they found them: clear and tidy.

1.5.3 Competition Safety

Where the safety of a competitor is in question (e.g., due to a physical illness or medical condition) the Meet Referee may disallow the competitor to continue until s/he can do so safely.

A first aid kit will be located at each venue of the competition. Host lifeguards will be responsible for administering all first aid.

Warm Up Safety

- Athletes shall enter the pool foot-first in a cautious manner. Racing starts are only permitted in designated, indicated lanes.
- Warm Up will be permitted for a set period of time. After signalled out of the water, athletes are to leave the pool immediately upon finishing their current length.

2 General Competition Rules

2.1 Eligibility

In order to be eligible to compete in the OULC the following conditions must be met by all teams/team members

- Teams must consist of four competitors with a minimum of two females.
- All members will be current, registered students of the same University they are representing,
 - This will be verified by the Athletic Director (or equivalent figure head pre-approved by the organizing committee) at each university sign the registration package acknowledging same.
- All members must have a current LSS pool option NLS for the entire OULC.
 - Original card, current temporary card or a printout from the ‘Find a Member’ section on the LSS website must be submitted with the registration package
 - [LSS Find a Member](#)
- All members must disclose any serious medical conditions to the organizing committee at the time of registration.
- Multiple teams from the same university are allowed.

The OULC will allow participation of exhibition teams subject to the approval of the organizing committee. Teams not meeting the aforementioned requirements are welcome to compete in all events with exhibition status. Exhibition status must be declared prior to the start of the competition or at registration. Exhibition teams do not qualify for overall standings or points. In some cases, an exhibition team may act as the demonstration team for the Simulated Emergency Response Competition (SERC) events at both the preliminary and final levels. Exhibition teams must still follow all other rules outlined in this manual. Out of province teams are welcome to compete as exhibition.

University Series: The OULC is the “culminating event” for the University Circuit.

Teams may earn points throughout the university season at designated events in addition

at the OULC. The Circuit Championship Team will be announced at the OULC awards presentations.

2.2 Team Uniforms/Names

2.2.1 General

Competitors are representing their university. Uniforms should be appropriate and identify competitors as being on the same team. In the event a uniform is deemed inappropriate by the organizing committee, the competitor or team will be given the option of changing before competing, provided the competition is not delayed. Failure to rectify the situation will result in that team or competitor from being disqualified from that event. See also Code of Conduct above.

- Swim attire will be permitted as outlined in the ILS Manual.

Team names will be respectable. Teams whose names are not approved by the organizing committee will be notified prior to the competition and be allowed to change it, provided time permits. Name changes will not be taken at registration.

2.2.2 Simulated Emergency Response Competition events

Refer to ILS manual - SERC.

2.2.3 Physicals

Refer to ILS manual.

2.2.4 Footwear

Footwear will be worn in the host facility and by event, as follows:

- First Aid: Footwear may be worn for First Aid prior to the start of the event (unless otherwise specified).
- Water Rescue: Footwear may be worn unless specified at the captains meeting.
- Priority Assessment: no foot wear permitted.
- Physicals: footwear as outlined in the ILS Manual

Teams must wear appropriate footwear and attire (e.g., not going barefoot, uncovered) in the rest of the host facility when not competing. These requirements, if any, will be outlined at the captain's meeting.

2.2.5 Goggles

Goggles are not permitted for Priority Assessment.

2.3 Protests

A protest form will be available at the captain's meeting and can be filed at no charge.

- Protests must be filed, in writing, within 30 minutes of the close of the event to the Meet Referee through the Competitor Liaison.
- It is strongly recommended that teams consult the Competitor Liaison when writing a protest.
- Appeals will carry a fee of \$40.00 refundable upon success of the appeal.

Refer to the ILS manual for procedure.

3 Physical Events

3.1 General Rules

Team management and competitors are responsible for being familiar with the competition rules and procedures governing events.

- Competitors may not be permitted to start in an event if they are late reporting to the marshalling area
- A competitor or team absent from the start of an event shall be disqualified
- Only competitors and officials shall be allowed on the pool deck in the designated competition area. Competitors and officials must leave the designated competition area when not competing or officiating
- No artificial means of propulsion may be used in competition
- Order-of-finish decisions, whether by judges or automated timing equipment, are not subject to protest or appeal

3.1.1 Seeding

Random seeding will take place for physical events. Heats will be organized in order to have as few empty lanes as possible and an even distribution of competitors throughout every heat of the event.

3.1.2 Starts

- Refer to the ILS Manual
- The Meet Referee may determine an alternative start based on the safety of the competitors

3.1.3 Finish position

- All competitors must remain in the finish position until cleared by the Referee
- Every attempt will be made to inform competitors of a disqualification

3.1.4 Time Keeping

3.1.4.1 Automated

For competitions where it is possible to use it, the ISL Manual should be consulted.

3.1.4.2 Manual

When automated timing systems are not used, the time of each competitor will be recorded by at least two timekeepers. A Chief Timer will be appointed to have a backup watch.

- All times are to be recorded by the timers on the teams card, regardless of a disqualification, did not finish or other infraction. If a watch fails, that must be indicated

3.2 *Equipment and pool type*

3.2.1 Supplied

Rescue manikins, rescue tubes, throw lines, and obstacles will be supplied by the competition and must be used.

3.2.2 Not Supplied

Team are required to supply all other equipment, including, but not limited to: fins, first aid equipment, spinal boards etc.

3.2.3 Pool depth/type

OULC events may be held as short or long course events as determined by the Host and the Organizing Committee.

At facilities where multiple pools or pool depths exist (e.g., 50 m pools, sites with more than one pool), the organizing committee will make available at least 60 days prior to the start of the competition the conditions that each of the physical events will be held under.

3.3 Manikin Relay – 4x25 m

3.3.1 Purpose

All events will be held in accordance with the ILS Manual unless specifically stated.

3.4 Line Throw Relay 4x12 m

3.4.1 Purpose

The purpose of the Line Throw Relay is to simulate the use of a low risk rescue used by lifesavers.

3.4.2 Event description

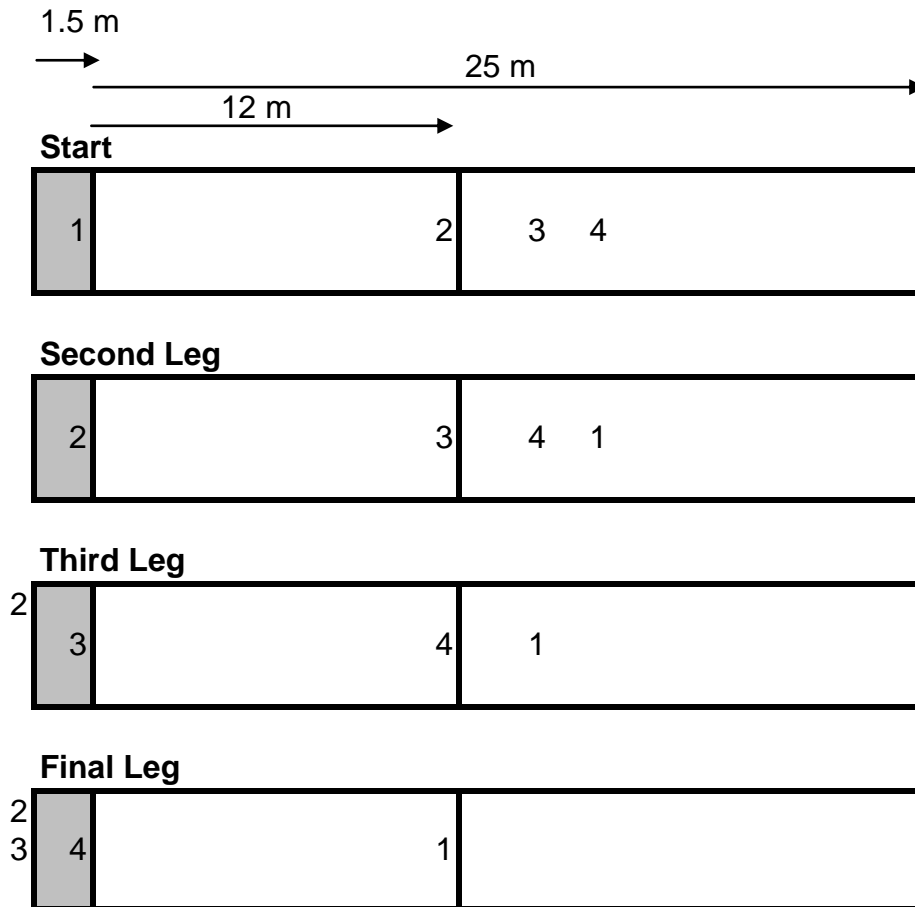
The first competitor: Starts on deck in the ready position holding one end of an un-weighted throwing line. At the start signal they collect the line, throw one end to the second competitor, and pulls this “victim” back to the edge of the pool. Once the second competitor has touched the finish wall the first competitor enters the pool and waits on the far side of the cross line to act as a victim for the fourth competitor.

The second competitor: Starts in the water on the near side of the cross line (located 12m from the starting edge) and is “rescued” by the first competitor. Once rescued, the second competitor coils the rope and throws to the third competitor and pulls the third competitor back to the wall. Once the third competitor touches the wall, the second competitor leaves the throwing zone.

The third competitor: Starts in the water behind the cross line. Once the second competitor is rescued the third competitor moves to in front of the cross line and waits to be “rescued” by the second competitor. Once rescued, the third competitor coils the rope and throws to the fourth competitor and pulls the fourth competitor back to the wall. Once the fourth competitor touches the wall, the third competitor leaves the throwing zone.

The fourth competitor: Starts in the water behind the cross line. Once the third competitor is rescued the fourth competitor moves to in front of the cross line and waits to be “rescued” by the third competitor. Once rescued, the fourth competitor coils the rope and throws to the first competitor and pulls the first competitor back to the wall. The event is

over when the first competitor touches the wall after being rescued by the fourth competitor.



3.4.3 General Rules for Line Throw Relay

Throw zone

- Throwers must remain within the throw zone while acting as a thrower
 - The thrown zone extends the lane to 1.5m from the edge of the pool
 - If there is a raised portion (e.g., bulk head) of the poolside, the line shall be 1.5m back from the deck side of the raised portion

Starting position

- The first competitor stands facing the second competitor (victim), motionless and “at attention” (legs together and arms straight down beside the body), 1 hand holding the end of the throw line. Subsequent throwers need not start from the “motionless and at attention” position

- The in water competitor starts the event with one or two hands holding the rope and the other hand holding the cross bar
- In water competitors may stand or tread water as conditions allow. If standing is to be permitted, the Referee will address this in the Captain's Meeting. While in the water, the active "victim" must remain holding the cross bar at the centre position, indicated by the mark (e.g., tape)

Fair Throw and pull back

- Victims may grasp the throw line only if it falls within their lane, inside the lane markers, and within their reach without releasing their grasp on the designated spot on the cross line. Victims may not submerge to retrieve the throw line. Victims may use their feet to retrieve the line
- If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary
- Victims may kick (on their front) while being towed back to the wall. While being pulled to the edge, victims must be on their front grasping the throw line with both hands. Victims may not "climb" the throw line hand-over-hand. For safety reasons, victims may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification
- Ropes will be 17 m long and supplied by the organizing committee

Time Limit

- There is no time limit for an individual leg of this race, but all legs of the race must be completed within three (3) minutes
- Failure to complete the event will result in a Did Not Finish (DNF), resulting in last place points

3.4.4 Disqualification

In addition to the general rules the following behaviour shall result in disqualification:

- A false start

- Victims releasing the cross line before grasping the throw line
- Active competitors leaving the throw zone at any time after the start and before the signal ending the event
 - Active competitors are those still active in the event. e.g., once competitor 2 has successfully rescued competitor 3, competitor 2 is free to leave the throw zone
- Not completing the event in accordance with the event description above
- If a throw enters another teams lane and interferes with their ability to successfully complete the event then the throwing team will be disqualified
 - The affected team (the team that was affected by the disqualified team) will be asked by the Sectional Referee or Meet Referee to either:
 - Let their time stand with no further recourse OR,
 - Redo the event (when possible)
 - This option means that they have forfeited their previous time

4 SERC Events

4.1 General Rules

- Team management and competitors are responsible for being familiar with the competition rules and procedures governing the simulated emergency response events
- The competition order shall be determined by draw in a method approved by the referee
- A team that is absent from an event at the time the team was scheduled to compete or, a team that arrives after the lock up is closed, shall be disqualified from any events affected by that lock up and receive a score of zero. The team may compete in the remaining events
- An acoustic signal from the referee will indicate the start and end of the event. The team will have a pre-determined time to deal with the situation. This time will be known the competitors prior to starting the event
- Competitors may use all material and equipment available on the deck and in the competition area except where specifically stated (e.g., the host's spine board)
- Competitors shall clearly show their intentions and actions to the judges
- Competitors may wear corrective eyewear (not prescription goggles). Loss of such eyewear shall not be grounds for protest or appeal
- Watches are not permitted in Priority Assessment

4.1.1 Seeding

Preliminaries: Teams are placed in heats based on a draw. The initial draw for heats and position within heats shall be conducted by the organizing committee and supplied to teams. Attempts will be made to have entries from the same club seeded in different heats. The size of the blocks will be determined based on the number of teams that registered.

Finals: The teams that make it into finals will be determined as by the organizing committee and addressed at the captains meeting. Draws for position within finals shall be made by competition officials using a method approved by the referee.

4.1.2 Security and lock-up

Before the start and throughout the competition, teams are isolated in a secure lock-up area out of sight and sound of the competition arena.

- After competing, a team may observe subsequent teams compete where facilities exist. They may not provide outside assistance to other teams
- Competitors are required to alert an official immediately of any breach of security, intentional or unintentional. Coaches, alternates and assisting personnel should take particular note of this security issue as they are equally bound by this rule. Security breaches may result in disqualification from the championship, at the discretion of the referee. Once lock-up has been closed, only officials will be allowed to enter
- Teams will be marshalled from lock-up just prior to competing

Coaches and non-competing team members are free either to watch other teams compete or to travel with their team into lock-up. If they choose to travel with their team they must stay with their team as if they were competing and meet lock-up schedules before they close. If an alternate does not meet lock-up schedules he or she will not be eligible to compete in any event affected by that lockup. All alternates must be declared and approved by the Referee at least 30 minutes prior to the start of the event, as outlined in the ILS Manual. If a team member for an emergency response event falls ill or becomes injured, another member of the team may be substituted at the discretion of the Referee. The substitute must be on the team's original registration form, and have met lock-up requirements.

Teams are not allowed communication devices in lock-up (cell phone, walkie-talkies, etc.)

4.1.3 Victim assessment and treatment

Teams are to assume all conditions, victim simulations and signs and symptoms are as they find them. Team members are encouraged to verbally report to the judge, signs and symptoms as they discover them.

4.1.4 Protective equipment

The use of protective equipment will be evaluated on score sheets. Teams should not don protective equipment until the simulated situation requires it.

4.1.5 Oxygen and AED equipment

The use of AED and oxygen therapy equipment is encouraged when it is an appropriate treatment.

This equipment is not supplied, but may be used.

4.1.6 Safety – simulated treatment

Victim safety is a priority. Competitors shall simulate ventilations and compressions when victims are not manikins. When manikins are used as victims, competitors will be expected to fully demonstrate ventilations and compressions as required for their victim. Teams are instructed not to use painful stimuli or techniques. Manual thrusts or compressions, the insertion of airways, use of oxygen, defibrillation, and suction are to be simulated and verbalised. Extreme care is to be taken when moving victims. Judges will intervene if they feel victims are at risk of injury. Teams who endanger or injure victims will be scored accordingly.

4.1.7 Scoring – communication with officials

During simulation, judges will observe competitors as they recognize and respond to incidents.

4.1.8 Score sheet verification

Wherever possible, score sheets will be verified.

If verification is to take place:

- Immediately after competing, each team is responsible for sending one team member to the score sheet verification area to check the addition of the score sheets and sign them

Once the scores are posted, teams will have 30 minutes to identify errors in posted scores. Scores will be posted both in and out of Lock-up.

4.1.9 Victim Selection

4.1.9.1 First Aid and Water Rescue

Victims will be selected from the most current SERC Judging sheets available from the LSS 60 days prior to the start of the competition. (i.e., if new judging sheets are released less than 60 days before the start of OULC, the “second most current” sheets will be used.)

4.1.9.2 Priority Assessment

Victims will be selected from the most current Priority Assessment sheets available from the LSS 60 days prior to the start of the competition. (i.e., if new Priority Assessment sheets are released less than 60 days before the start of OULC, the “second most current” sheets will be used.)

4.2 FIRST AID

4.2.1 Purpose

The purpose of the First Aid event is to simulate emergencies that may require a team of lifeguards to respond to.

4.2.2 Event description

The simulated emergency will consist of multiple victims within a designated competition area. Teams will effect assessment, treatment, and call for the required assistance within a specified time limit, which will be provided to the teams prior to starting the event. Teams will be held in lock-up prior to being escorted to the marshalling area for the event. Teams are responsible for supplying all of their own equipment.

4.2.3 Disqualification

In addition to the general rules (section 2) the following behaviour shall result in disqualification:

- Teams may be subject to disqualification if, in the opinion of the judges, they receive any “outside assistance” which is deemed to assist them in the assessment.

4.3 Water Rescue

4.3.1 Purpose

The purpose of Water Rescue is to simulate emergencies occurring during normal lifeguarding situations.

4.3.2 Event description

On the acoustic starting signal, teams will lifeguard for the specified time during which they are required to deal with all incidents. Teams will be alerted to "off deck" emergencies. Teams will be locked up prior to being escorted to the pool area to begin their situation. Teams may not clear the pool to prevent a simulated emergency.

4.3.3 Team equipment

Teams may bring any equipment they wish into this event, and teams are responsible for providing their own specialized rescue equipment, unless it is contrary to those rules set out in Section 2. Goggles are permitted for this event.

4.3.4 Disqualification

In addition to the general rules (section 2) the following behaviour shall result in disqualification:

- Teams may be subject to disqualification if, in the opinion of the judges, they receive any “outside assistance” which is deemed to assist them in the assessment

4.4 Priority Assessment

4.4.1 Purpose

The purpose of Priority Assessment is to encourage quick decision making skills in a triage situation.

4.4.2 Event description

Teams will have two minutes to respond to a situation designed to emphasize assessment of priority victims. Teams will have a clearly defined entry and exit area made available to them prior to the start of the event.

4.4.3 Team equipment

Teams are not allowed to use or bring in any outside equipment. The use of a watch to monitor the time is not permitted. Goggles are not permitted

4.4.4 Disqualification

In addition to the general rules (section 2) the following behaviour shall result in disqualification:

- If a competitor continues to use pool fixtures/edges of the pool initially declared out of bounds after being advised by an official that what they are doing is not allowed. In the event that a competitor had obtained a significant advantage by breaking the rules for entry/exit/useable fixtures etc. and is unable to undo their actions, the judges will score accordingly
- Teams may be subject to disqualification if, in the opinion of the judges, they receive any “outside assistance” which is deemed to assist them in the assessment
- Use of a watch in the event

5 Equipment and Facility Standards

5.1 Pool Facility Standards

The OULC events may be completed in any pool or subsection of pool.

5.1.1 Pools with less than 8 lanes

A combination to have as few empty lanes as possible while having evenly distributed heats will be utilized.

5.1.2 Shallow Pools

Where situations exist that do not promote safe or reasonable diving depths and contravene Lifesaving Society standards for physical events, jump entries or in water starts will be used. This will be determined by the committee and communicated via the registration package or communiqué.

5.1.3 Non-25 m pools

OULC 25 metre records can not be broken, but the establishment/betterment of OULC yard records may occur.

Events may be run long or short course at the discretion of the committee. Teams will be informed of the course and pool specifics in the communiqué and at the captains meeting.

5.2 Equipment Standards

Refer to ILS Manual.

5.2.1 Equipment

Equipment will be supplied by the organizing committee and must be used.

6 Past OULC Information

6.1 Past hosts and champions

Year	Host	Champion	Team Members
1990			
1992			
1993			
1994			
1995	Queen's University	Queen's University	
1996	Queen's University	Queen's University	
1997	Queen's University		
1998	University of Waterloo	Queen's University	
1999		Brock University	M. Paravani,
2000	Brock University	Queen's University	K. Kavanaugh, B. Jones, E. Jones,
2001	McMaster University	Queen's University	
2002	University of Guelph	Queen's University	
2003	Brock University	University of Waterloo	P. Whittington, B. White, J. Coombs, S. Zamperin
2004	University of Guelph	University of Western Ontario	M. Campbell, S. Kowalski, R. Geroux,
2005	University of Ottawa	Wilfrid Laurier University	R. Aburto, K. McFaul, J. Claessens, T. Lui
2006	University of Waterloo and Wilfrid Laurier University	University of Ottawa	
2007	University of Toronto, Mississauga	Wilfrid Laurier University	J. Morowski, P. Whittington, G. Fraser, J. Classens
2008	University of Ottawa	Queens University	
2009	University of Western Ontario		

6.2 Current OULC Records – Short course

Event	Time	School	Year	Team Members
4x25 m Manikin Relay	01:54.18	University of Western Ontario	2004	M. Campbell, R. Geroux, K. Dupak, S. Kowalszowski
4x50 m Obstacle Relay	02:06.62	Queen's University	2003	K. Mollema, B. Jones, B. Bergmann, K. Bergmann
4x50 m Medley Relay	01:58.25	University of Waterloo	2003	P. Whittington, B. White, J. Coombs, S. Zamperin
Male Line Throw	00:10.87	Brock University	2005	B. Johnston,
Female Line Throw	00:15.62	Laurentian University	2004	M. Rydahl
Line Throw Relay	00:51.33	Queen's University	2008	

6.3 Current OULC Records – Long course

Event	Time	School	Year	Team Members
4x25 m Manikin Relay			2009	
4x50 m Obstacle Relay			2009	
4x50 m Medley Relay			2009	

6.4 Golden Whistle Award

This is awarded to individuals nominated by their fellow competitors. The award is to recognize people with good sportsmanship.

Year	Winner	School
2008		
2009		
2010		
2011		
2012		

6.5 World and Canadian records

Event	World Record	Canadian Record
4x25 m Manikin Relay - men	01:11.39 Italy, 2008	01:21.78 Cdn Forces LS Team, 2004
4x25 m Manikin Relay - women	01:26.39	01:46.86 Guelph Marlins, 2004
4x50 m Obstacle Relay - men	01:39.55 New Zealand, 2008	01:48.63 Guelph Marlins, 2004
4x50 m Obstacle Relay - women	01:54.20	02:06.74 Vancouver LSS, 2000
4x50 m Medley Relay - men	01:29.66 China, 2008	01:40.40 Guelph marlins, 2004
4x50 m Medley Relay - women	01:42.80 Italy, 2008	01:53.70 Cdn Forces LS Team, 2006
Male Line Throw	00:09.06 United Kingdom, 2008	00:10.48 University of Ottawa, 2006
Female Line Throw	00:11.56 Netherlands, 2008	01:13.51 Aquam, 2005