

TIME TRIALS FOR THE COMMONWEALTH LIFESAVING CHAMPIONSHIP IN EDMONTON, 2009



January 18th 2009



REGISTRATION PACKAGE

Hello everyone,

Canada will host Commonwealth Lifesaving Championships during next summer from 9 to 14 June 2009. These championships will be held in Edmonton, Alberta. The participants to those great international championships will be selected among best athletes from countries which are Commonwealth members. Canada is classified in Division 1 along with Australia, England and New Zealand (namely among others).

In order to select the National Team representing Canada on the international scene, Lifesaving Society settles a Sanctioned Time Trials event which represents an opportunity to register your official best times to be transmitted to Lifesaving/Sauvetage Canada National Sport Organization (NSO) as a considered criteria to select the athletes who will travel to Alberta. Please note that those records will also be considered to select members of the National Development Team.

Time Trials will be held on Sunday January 18th 2009 at the "Cité du Sport" pool, located in Terrebonne. For each event, each athlete will be authorized only one start and registered time will be considered as your official records. Events will be held under International Life Saving Federation regulation as described in the *ILS Competition Manual – 2007*.

For more information about Commonwealth Lifesaving Championships, visit the following Web site: <http://www.rlss2009.com/>.

SAUVETAGE SPORTIF

Hoping a large participation to these Trials and wishing you good luck!








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INFORMATIONS

- DATE: Sunday January 18th 2009
- PLACE: « *Cité du Sport* », located at 2485 Des Entreprises Street, Terrebonne, Québec.
- CHAMPIONSHIPS: Championships are sanctioned by Lifesaving Society. Events will be held under International Life Saving Federation rules as described in the *ILS Competition Manual*.
- ELIGIBILITY: National Team selection criteria : hold a *current* Bronze Medallion, Bronze Cross or National Lifeguard certification; be a registered athlete; be a Canadian citizen; be a minimum of 16 years of age as of June 5th 2009.
- ENTRY FEES: **Competitor fee** - \$25 per each competitor
Event entry fee - \$5 per competitor per event


EVENTS:

-  200 m Obstacles
-  100 m Carry with Fins
-  100 m Tow with Fins
-  50 m Manikin Carry
-  200 m Super Lifesaver

REGISTRATION PROCEDURE:

-  Legibly fill in the enclosed registration form.
-  Registration fees are of \$25 for the competition per competitor and \$5 per event per competitor.
-  None registration will be accepted after January 9th 2009.
-  You must transmit the following documents to Lifesaving Society in order to present a valid registration:
 - The registration form,
 - The payment form,
 - The accreditation form duly completed (along with payment if needed). This form is available in the Lifesaving Sport section of Lifesaving Society's Web site.

- The waiver and release form duly signed.

 Please write your cheque to *Société de sauvetage* and send it with your documents to the following address :

Société de sauvetage

Att.: Tristan Audet
 4545, Pierre-De
 Coubertin
 PO Box. 1000, Station
 M
 Montréal, QC H1V 3R2
 Fax: (514) 254 - 6232

 COMPETITION SCHEDULE	
TIME (PM)	EVENTS
4 :30	Athletes registration
5 : 00	Warm-up
5 : 15	Officials meeting
6 : 00	200m Obstacles
	100m Carry with Fins
	200m Super Lifesaver
	100m Tow with Fins
	50m Manikin Carry
10 : 00	End of competition / awards



REGISTRATION FORM
TIME TRIALS FOR THE SELECTION TO
2009 COMMONWEALTH LIFESAVING CHAMPIONSHIPS

Club name:		
Prenome:		Name:
Age:	Birth date:	Sex: M or F
Address:		Apt.
City:	Province:	Zip code:
Email:		Phone #:
Coach :		Coach phone #:



EVENTS SUBSCRIPTION

Events	Standards*	Subscription (X)
1. 200 m Obstacles	2:22 (M) , 2:38 (W)	
2. 100 m Manikin Carry with Fins	1:05 (M) , 1:17 (W)	
3. 100 m Tow with Fins	1:06 (M) , 1:17 (W)	
4. 50 m Manikin Carry	0:39 (M) , 0:47 (W)	
5. 200 m Super Lifesaver	2:41 (M) , 3:06 (W)	



PAYMENT

Cheque	Money order	Visa	Mastercard	P.O. #
Competitor fee (\$25/competitor) _____			Event entry fee (\$5/event) _____	
TOTAL OWING: _____				
Credit card # :			Expiry date :	
Card holder name :			Signature:	

* Times given for information only. They are 5% slower than minimum times requested to be considered for National Team

Waiver and Release Form:

Please read carefully before signing

Each competitor must sign this form to be eligible to compete. Participants 18 years and under must have the form signed by their parent or guardian.

1. Conduct

I agree to abide by the rules, regulations, and code of conduct of the Championship, and further to behave in a manner consistent with good sportsmanship.

2. Voluntary Assumption of Risk

As a competitor in a lifeguard competition, I 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. I have prepared myself for the competition and know of no factor or condition which should be disclosed to the organizers or which would make it unsafe for me to compete. I voluntarily assume all risks, both physical and legal including but not restricted to loss 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 my application as an individual or as part of a team being accepted, I hereby waive my right to make any claim, whether for negligence or otherwise against the Lifesaving Society, the host, the 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 of and the running of the competition, events or sanctioned associated activities. I further agree to indemnify and hold harmless all of the above, from any claim made on my behalf or as a result of injury to my person or property.

4. Model Release

I transfer to the Lifesaving Society all rights whatsoever which I have in photographs and/or videos that photographers may have taken. I consent to the use of the photographs/videos and my name for all purposes whatsoever, including without limitation, television, publications, and any trade or advertising purposes.

I have carefully read and understand the four conditions of entry and in consideration for being allowed to compete, I have executed them voluntarily intending to be bound thereby and intending these conditions to be binding of my heirs, personal representative and assigns.

Name	Signature	Date
	Parent/guardian	
	Competitor	
	Coach	