



2009 Junior Lifeguard Competition - Waterfront Junior Lifeguard Registration Package

Date: August 8th 2009

Location: Rissers Beach, Nova Scotia

(For travel instructions,

visit www.nsls.ns.ca and click on Supervised Beaches)

Registration Time: 10:00 am

Start Time: 11:00 am

Eligibility: All competitors must:

- Hold a Lifesaving Society Award OR be registered in a Junior Guard Club.
- Meet the Lifesaving Society's Swim to Survive Standard (roll entry, tread water for one minute and swim 50m)
- Be at least seven years of age, and less than sixteen years of age.

Age Groups: Four Categories; 7 to 9 years, 10 and 11 years, 12 and 13 years, 14 and 15 years

Competition: The competition is approved and the events are sanctioned by the Lifesaving Society of Nova Scotia. See www.lifesavingsociety.ns.ca, click on Competition and Junior Competition for more details.

Events: 90m Beach Sprints, Beach Flags, Board Race, Canadian Ocean man relay, Canadian Ocean woman relay, Surf race

Entry Deadline: Entries must be received by Tuesday, August 4th at 5 pm. On site registration will be received on August 8th with a five dollar late fee. Refunds will not be issued for competitors who do not compete.

Entry Fees: \$20 Fee is all-inclusive (\$25 for late entry)

Cheques are payable to the Nova Scotia Lifeguard Service

Registration: Send completed Registration Forms and Fees to;

Nova Scotia Lifeguard Service

14 Purcell's Cove Road

Halifax, Nova Scotia

B3N 1R4

Email: dmacaulay30@hotmail.com

Fax: (902) 477-6216

Phone: (902) 477-6168