



2010 CANADIAN POOL LIFESAVING CHAMPIONSHIPS

REGISTRATION PACKAGE





2010 CANADIAN POOL LIFESAVING CHAMPIONSHIPS

DATE : June 5 - 6, 2010

LOCATION : Complexe aquatique du Parc Jean-Drapeau. Subway station « Parc Jean-Drapeau ». Turn right, then take the wooden stairs and go round the fence. **It is an outdoor pool. Please, dress accordingly.**

COMPETITION : The competition is sanctioned by the Lifesaving Society Canada and the *International Life Saving Federation (ILS)*. Rules from the *ILS Competition Manual (2009 Edition)*, and *Canadian Competition Manual (2010 Edition)* when no references in ILS manual, will be followed.

EVENTS :

- ⇨ 200 m Obstacle Swim
- ⇨ 50 m Manikin Carry
- ⇨ 100 m Rescue Medley
- ⇨ 100 m Manikin Carry with Fins
- ⇨ 100 m Manikin Tow with Fins
- ⇨ 200 m Super Lifesaver
- ⇨ Line Throw
- ⇨ Lifesaving Pentathlon
- ⇨ 4 x 50 m Medley Relay
- ⇨ 4 x 25 m Manikin Relay
- ⇨ 4 x 50 m Obstacle Relay

AWARDS : Awards will be issued in accordance with 2010 Canadian Competition Manual.

ENTRY DEADLINE : **Registration and complete entries must be received by May 28, 2010.** No late registration will be accepted. Registration received **before** May 8 will get a 20% discount. Registration and entries are considered complete when all of the following have been completed in full and received at the Lifesaving Society – Quebec Division.

- ⇨ Registration form
- ⇨ Payment in full
- ⇨ Waiver and Release form
- ⇨ Event Entry Form
- ⇨ Copy of each competitor's current Lifesaving Society award
- ⇨ Copy of CANADIAN CITIZENSHIP FOR NATIONAL ACCREDITATION
- ⇨ Copy of registered athlete card or registered athlete number

ENTRY FEES :

Before May 8, 2010

Competitor Fee	\$ 20 per each competitor
Event Entry Fee	\$ 10 per competitor per event
Relay Entry Fee	\$ 15 per relay team per event

Between May 9 and May 28, 2010

Competitor Fee	\$ 24 per each competitor
Event Entry Fee	\$ 12 per competitor per event
Relay Entry Fee	\$ 18 per relay team per event



ACCOMODATION &

	PRICE	DETAILS
Hotel	\$99 (+ txs)	Hotel Lord-Berri 1199, Berri Montreal (Quebec) H2L 4C6 info@lordberri.com www.lordberri.com Distance from Parc Jean-Drapeau = 5 km Subway station BERRI-UQAM Maximum of 4 people per room. Reservations must be booked before May 17th 2010.
2010 CPLC Reception	Included in registration fee	Sunday, June 6, 8 :00 pm Complexe aquatique du Parc Jean-Drapeau Medal presentation Buffet
T-shirts	\$25 each	

OPTIONS

REGISTRATION : Send registration form with payment in full – cheque (payable to the Lifesaving Society), Money Order, VISA or MasterCard – to:

Attn: Tristan Audet
 Lifesaving Society
 4545, Pierre-De Coubertin,
 C.P. 1000, Succ. « M »,
 Montreal (Quebec) H1V 3R2
 Phone: 514-252-3100 ext. 3457
 Email : taudet@sauvetage.qc.ca

Fax: 514-254-6232



2010 CANADIAN POOL LIFESAVING CHAMPIONSHIPS

Events

For the 2010 Canadian Pool Lifesaving Championships, the following events shall be conducted in both male and female categories:

Pool events	Age categories		
	16-19 years	Open	Masters
200 m Obstacle Swim	✓	✓	✓
50 m Manikin Carry	✓	✓	✓
100 m Rescue Medley	✓	✓	✓
100 m Manikin Carry with Fins	✓	✓	✓
100 m Manikin Tow with Fins	✓	✓	✓
200 m Super Lifesaver	✓	✓	✓
Lifesaving Pentathlon	✓	✓	n/a

For the 2010 Canadian Pool Lifesaving Championships, the following team events shall be conducted in both male and female categories :

Team events	Age categories		
	16 - 19 years	Open	Masters
Line Throw	✓	✓	✓
4 x 25 m Manikin Relay	✓	✓	✓
4 x 50 m Obstacle Relay	✓	✓	✓
4 x 50 m Medley Relay	✓	✓	✓



Schedule of Events

Friday June 4, 2010

TIME	EVENTS	
5 :00 pm to 7 :00 pm	Athlete registration	Hotel Lord Berri
5 :00 pm to 7 :00 pm	Key Officials Meeting	Hotel Lord Berri

Saturday June 5, 2010

Complexe aquatique du Parc Jean-Drapeau

TIME	EVENTS
7 :15 am	Management Team Meeting
7 :30 am to 8 :00 am	Warm – up - Diving Pool
8 :00 am to 8 :30 am	Coaches Meeting
	Officials Meeting
	Warm – up - Competition Pool
8 :30 am	Marshalling Begins for Heats :
8 :45 am to 1 :30 pm	HEATS
	200 m Obstacle Swim
	4 x 50 m Obstacle Relay
	Line Throw
	200 m Super Lifesaver
	50 m Manikin Carry
100 m Rescue Medley	
1 :30 pm to 2 :15 pm	Lunch
2 :15 pm to 3 :00 pm	Official Ceremonies
3 :00 pm to 4 :00 pm	Warm – up
	Officials Meeting
4 :00 pm	Marshalling Begins for Finals
4 :15 pm to 6 :45 pm	FINALS
	200 m Obstacles Swim
	4 x 50 m Obstacle Relay
	Line Throw
	200 m Super Lifesaver
	50 m Manikin Carry
100 m Rescue Medley	



Sunday June 6, 2010

Complexe aquatique du Parc Jean-Drapeau

TIME	EVENTS
6 :45 am	Management Team Meeting
7 :00 am to 8 :00 am	Warm - up
	Officials Meeting
8 :00 am	Marshalling Begins for Heats
8 :15 am to 12 :00 pm	HEATS
	100 m Manikin Carry with Fins
	4 x 25 m Manikin Relay
	100 m Manikin Tow with Fins
	4 x 50 m Medley Relay
12 :00 pm to 1 :00 pm	Lunch
1 :00 pm to 2 :00 pm	Warm - up
	Officials Meeting
2 :00 pm	Marshalling Begins for Finals
2 :15 pm to 6 :00 pm	FINALS
	100 m Manikin Carry with Fins
	4 x 25 m Manikin Relay
	100 m Manikin Tow with Fins
	4 x 50 m Medley Relay
7 :30 pm	Invitation of the members of the National Team for Rescue 2010
8 :00 pm	2010 Canadian Pool Lifesaving Championships Reception Medal presentation Complexe aquatique du Parc Jean-Drapeau



**CHAMPIONNATS CANADIENS DE SAUVETAGE EN PISCINE 2010
 2010 CANADIAN POOL LIFESAVING CHAMPIONSHIPS**

Registration / Inscription de l'équipe

Contact information / Coordonnées pour rejoindre l'équipe							
<input type="checkbox"/> Club or Affiliate/Nom du club ou Affilié :				<input type="checkbox"/> Unattached/Non attaché			
Name / Nom :							
Coach/Entraîneur ou Manager/Gérant				Mailing Address/Adresse postale :			
Phone/Téléphone :		Fax/télécopieur :					
Email/courriel :				City/ville		Province	Zip code/Code postal
Entries will be confirmed by e-mail/Votre inscription vous sera confirmée par courriel. Please print clearly/Écrivez lisiblement s.v.p.							
Registration fees / Frais d'inscription							
How many?/ Combien?	Description					Price each/ prix à l'unité	Line total/ Total de cette ligne
	Competitor Registration / Inscription par compétiteur					20 \$	24 \$
	Event entry fee (per team) L'entrée par épreuve (par équipe)					10 \$	12 \$
	Relay Entry Fee (per team per event) Entrée d'équipe de relais (par équipe, par épreuve)					15 \$	18 \$
	2010 Canadian Pool Lifesaving Championships (please indicate size below) T-shirt des Championnats canadiens de sauvetage en piscine 2010(indiquez la taille s.v.p.)						
	Short Sleeves / Manches courtes						
	XS/XP	S/P	M	L/G	XL/TG	XXL/TTG	25 \$
TOTAL							
Payment / Paiement							
Payment method/ Mode de paiement		<input type="checkbox"/> Cheque/Chèque		<input type="checkbox"/> Money Order/Mandat poste		<input type="checkbox"/> VISA	
		<input type="checkbox"/> MasterCard					
Credit card number/ Numéro de carte de crédit						Expiry date/date d'expiration	
Credit card holder/ Nom du titulaire de la carte de crédit							
Signature of credit card Holder/ Signature du titulaire de la carte							
Phone/Email (if different than above)/ Téléphone/ Courriel (s'il est différent de celui ci-dessus)							

CHAMPIONNATS CANADIENS DE SAUVETAGE EN PISCINE 2010 / 2010 CANADIAN POOL LIFESAVING CHAMPIONSHIPS

Event Entry Form / Formulaire d'inscription pour les épreuves

Event entries must indicate personal best times for seeding purposes. Competitors for whom no times are submitted will be considered to have the slowest times. Competitors are allowed to enter each event only once.

L'inscription aux épreuves doit inclure les meilleurs temps à des fins de pondération. Les athlètes qui ne fournissent pas de temps se verront attribuer les temps les plus bas. Les athlètes peuvent participer une seule fois à chaque épreuve.

Club or Affiliate / Le club ou affilié OR/OU Unattached / Sans attaches

Coach/Entraîneur or/ou
Manager/Gérant

Email/Courriel

Phone/Téléphone

Competitor Name / Nom de l'athlète	1	3	4	5	6	7	9	11	Indicate Team with Numbers/Indiquez les sous-équipes par numéro			# of events Combien d'épreuves ?
	200m Obstacle swim Nage avec obstacles sur 200m	Line Throw Lancer de la corde	200m Super Lifesaver Sauveteur d'acier sur 200m	50m Manikin Carry Portage d'un mannequin sur 50m	100m Rescue Medley Sauvetage combiné sur 100m	100m Tow with Fins Remorquage avec palmes sur 100m	100m Carry with Fins Portage avec palmes sur 100m	Lifesaving Pentathlon Pentathlon en sauvetage	4x50m Obstacle Relay Relais obstacles 4x50m	4x50m Medley Relay Relais de sauvetage combine 4x50m	2x25m Manikin Relay Relais mannequin 2x25m	
Brown, Jon		0:10.70		1:59.70		3:10.70	3:10.70					4

* Svp, utiliser une autre page en cas de besoin. / Please, use another page if needed.



INFORMATIONS SUR L'ÉQUIPE / TEAM INFORMATION

Noms / Names	Sexe / Sex	Date de naissance / Birth Date	Âge / Age	Catégorie / Category

ÉQUIPES DE RELAIS / RELAY TEAMS

Manikin Relay / Relais mannequins	Noms équipe 1 / Team Names 1	Noms équipe 2 / Team Names 2	Noms équipe 3 / Team Names 3
	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Medley Relay / Relais sauvetage combiné	Noms équipe 1 / Team Names 1	Noms équipe 2 / Team Names 2	Noms équipe 3 / Team Names 3
	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
Obstacle Relay / Relais obstacles	Noms équipe 1 / Team Names 1	Noms équipe 2 / Team Names 2	Noms équipe 3 / Team Names 3
	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.

LANCER DE LA CORDE / LINE THROW

	Rôles / Roles	Noms / Names
#1	Lanceur #1 / Thrower #1	
	Receveur #1 / Catcher #1	
#2	Lanceur # / Thrower #2	
	Receveur #2 / Catcher #2	
#3	Lanceur #3 / Thrower #3	
	Receveur #3 / Catcher #3	
#4	Lanceur #4 / Thrower #4	
	Receveur #4 / Catcher #4	
#5	Lanceur #5 / Thrower #5	
	Receveur #5 / Catcher #5	
#6	Lanceur #6 / Thrower #6	
	Receveur #6 / Catcher #6	

* Svp, utiliser une autre page au besoin. / Please use another page if needed.



2010 CANADIAN POOL LIFESAVING CHAMPIONSHIPS WAIVER AND RELEASE

Please read carefully before signing

Each competitor must sign this form with the entry 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 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.*

Parent's signature if minor / Signature d'un parent si mineur

Name	Signature
Date	Coach
Manager	
Captain	
#2	
#3	
#4	
#5	
#6	
#7	
#8	

FARES

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3-DAY PASS

MONTHLY TRAM 1 TO 8

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THE EXPRESS BUS 747 RUNS BETWEEN DOWNTOWN AND MONTRÉAL-TRUDEAU AIRPORT.

FROM DOWNTOWN TO THE AIRPORT AT ANY TIME

Upon presenting a valid fare card, you can board the 747 bus, 24 hours a day, 365 days a year.

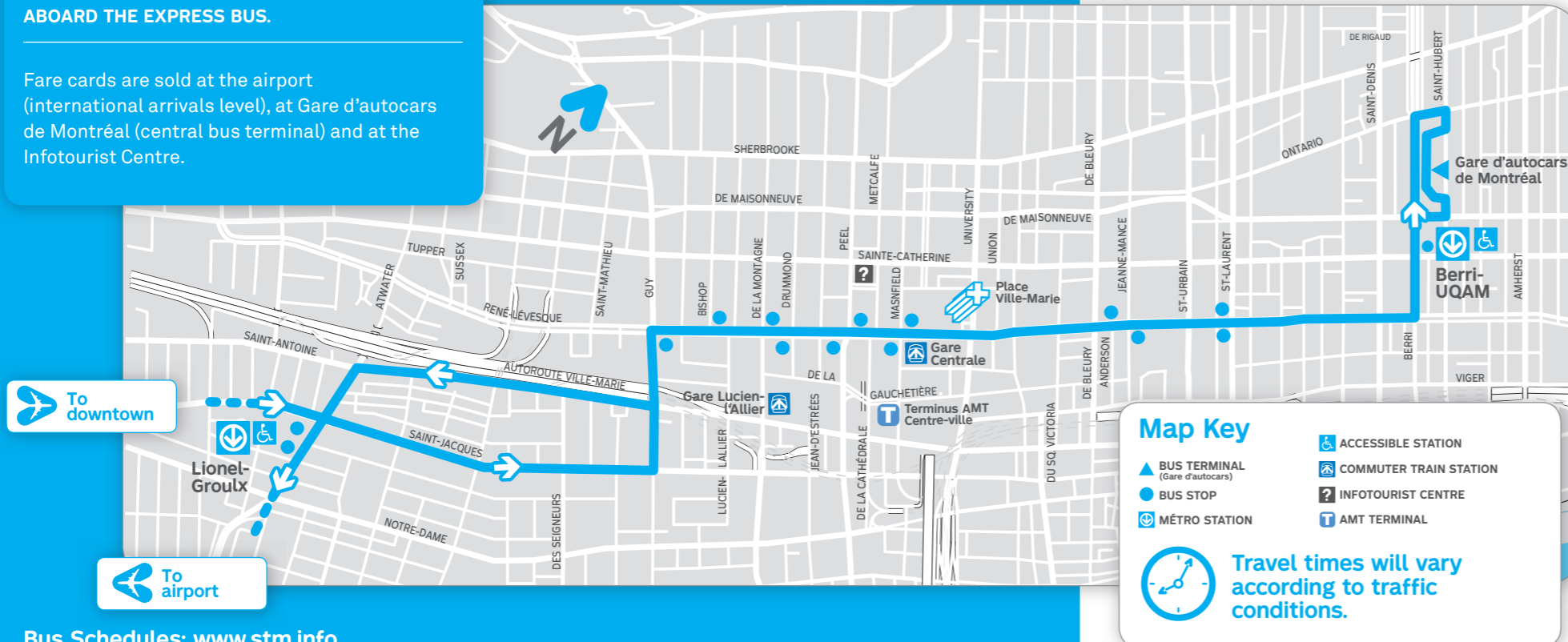
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747 EXPRESS BUS



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Flight information: www.admtl.com

10089-2686 JG

SOCIETY IN MOTION





To airport

MONDAY TO FRIDAY

GARE D'AUTOCARS DE MONTRÉAL 60998	RENÉ-LÉVESQUE / MANSFIELD 52529	STATION LIONEL-GROULX 54190	AÉROPORT MTL-TRUDEAU (ARRIVÉE)
06 h 00	06 h 13	06 h 23	06 h 50
06 h 20	06 h 33	06 h 43	07 h 16
06 h 40	06 h 55	07 h 05	07 h 38
07 h 00	07 h 15	07 h 25	07 h 58
07 h 21	07 h 36	07 h 46	08 h 19
07 h 42	07 h 57	08 h 07	08 h 40
08 h 02	08 h 17	08 h 27	09 h 00
08 h 22	08 h 37	08 h 47	09 h 20
08 h 42	08 h 57	09 h 07	09 h 35
09 h 09	09 h 24	09 h 34	09 h 52
09 h 36	09 h 49	09 h 59	10 h 17
10 h 03	10 h 16	10 h 26	10 h 44
10 h 30	10 h 43	10 h 53	11 h 11
14 h 00	14 h 13	14 h 23	14 h 41
14 h 20	14 h 33	14 h 43	15 h 01
16 h 21	16 h 36	16 h 46	17 h 19
16 h 42	16 h 57	17 h 07	17 h 40
17 h 02	17 h 17	17 h 27	18 h 00
17 h 22	17 h 37	17 h 47	18 h 20
17 h 42	17 h 57	18 h 07	18 h 35
18 h 08	18 h 23	18 h 33	18 h 51
18 h 35	18 h 48	18 h 58	19 h 16
19 h 02	19 h 15	19 h 25	19 h 43
19 h 30	19 h 43	19 h 53	20 h 11
01 h 05	01 h 18	01 h 28	01 h 46
02 h 00	02 h 13	02 h 23	02 h 41
03 h 00	03 h 13	03 h 23	03 h 41
04 h 00	04 h 13	04 h 23	04 h 41
05 h 00	05 h 13	05 h 23	05 h 41

- ▼ 30-minute intervals
- ▼▼ 20-minute intervals

Holidays

April 2 and 5: Saturday schedule
May 24: Sunday schedule

SATURDAY

GARE D'AUTOCARS DE MONTRÉAL 60998	RENÉ-LÉVESQUE / MANSFIELD 52529	STATION LIONEL-GROULX 54190	AÉROPORT MTL-TRUDEAU (ARRIVÉE)
06 h 00	06 h 13	06 h 23	06 h 45
06 h 30	06 h 45	06 h 55	07 h 19
01 h 30	01 h 43	01 h 53	02 h 11
02 h 00	02 h 13	02 h 23	02 h 41
03 h 00	03 h 13	03 h 23	03 h 41
04 h 00	04 h 13	04 h 23	04 h 41
05 h 00	05 h 13	05 h 23	05 h 41

- ▼ 30-minute intervals

SUNDAY

GARE D'AUTOCARS DE MONTRÉAL 60998	RENÉ-LÉVESQUE / MANSFIELD 52529	STATION LIONEL-GROULX 54190	AÉROPORT MTL-TRUDEAU (ARRIVÉE)
06 h 00	06 h 13	06 h 23	06 h 45
06 h 30	06 h 45	06 h 55	07 h 19
00 h 30	00 h 43	00 h 53	01 h 11
01 h 05	01 h 18	01 h 28	01 h 46
02 h 00	02 h 13	02 h 23	02 h 41
03 h 00	03 h 13	03 h 23	03 h 41
04 h 00	04 h 13	04 h 23	04 h 41
05 h 00	05 h 13	05 h 23	05 h 41

- ▼ 30-minute intervals



To downtown

MONDAY TO FRIDAY

AÉROPORT MTL-TRUDEAU 60997	STATION LIONEL-GROULX 54182	RENÉ-LÉVESQUE / MANSFIELD 52530	GARE D'AUTOCARS DE MONTRÉAL (ARRIVÉE)
05 h 15	05 h 30	05 h 39	05 h 49
05 h 40	05 h 55	06 h 04	06 h 14
09 h 00	09 h 31	09 h 40	09 h 50
09 h 30	09 h 45	09 h 54	10 h 04
14 h 00	14 h 15	14 h 24	14 h 34
14 h 20	14 h 35	14 h 44	14 h 54
18 h 00	18 h 31	18 h 40	18 h 50
18 h 30	18 h 45	18 h 54	19 h 04
00 h 30	00 h 45	00 h 54	01 h 04
01 h 05	01 h 20	01 h 29	01 h 39
02 h 00	02 h 15	02 h 24	02 h 34
03 h 00	03 h 15	03 h 24	03 h 34
04 h 00	04 h 15	04 h 24	04 h 34
05 h 00	05 h 15	05 h 24	05 h 34

- ▼ 20-minute intervals
- ▼▼ 30-minute intervals

SATURDAY

AÉROPORT MTL-TRUDEAU 60997	STATION LIONEL-GROULX 54182	RENÉ-LÉVESQUE / MANSFIELD 52530	GARE D'AUTOCARS DE MONTRÉAL (ARRIVÉE)
05 h 15	05 h 30	05 h 39	05 h 49
06 h 00	06 h 15	06 h 24	06 h 34
06 h 30	06 h 54	07 h 04	07 h 15
01 h 30	01 h 45	01 h 54	02 h 04
02 h 00	02 h 15	02 h 24	02 h 34
03 h 00	03 h 15	03 h 24	03 h 34
04 h 00	04 h 15	04 h 24	04 h 34
05 h 00	05 h 15	05 h 24	05 h 34

- ▼▼ 30-minute intervals

SUNDAY

AÉROPORT MTL-TRUDEAU 60997	STATION LIONEL-GROULX 54182	RENÉ-LÉVESQUE / MANSFIELD 52530	GARE D'AUTOCARS DE MONTRÉAL (ARRIVÉE)
05 h 15	05 h 30	05 h 39	05 h 49
06 h 00	06 h 15	06 h 24	06 h 34
06 h 30	06 h 53	07 h 03	07 h 14
00 h 30	00 h 45	00 h 54	01 h 04
01 h 05	01 h 20	01 h 29	01 h 39
02 h 00	02 h 15	02 h 24	02 h 34
03 h 00	03 h 15	03 h 24	03 h 34
04 h 00	04 h 15	04 h 24	04 h 34
05 h 00	05 h 15	05 h 24	05 h 34

- ▼▼ 30-minute intervals

Holidays

April 2 and 5: Saturday schedule
May 24: Sunday schedule