



100th Anniversary

2009 CANADIAN POOL LIFESAVING CHAMPIONSHIPS

REGISTRATION PACKAGE



Éducation,
Loisir et Sport
Québec 



2009 CANADIAN POOL LIFESAVING CHAMPIONSHIPS

DATE : May 30-31, 2009

LOCATION : Complexe aquatique du Parc Jean-Drapeau. Subway station « Parc Jean-Drapeau ». Turn right, then take the wooden stairs and go round the fence.

COMPETITION : The competition is sanctioned by the Lifesaving Society and the *International Life Saving Federation (ILS)*. Rules from the *ILS Competition Manual (2007 Edition)* and Communiqué – March 2009 rules 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 the Communiqué – March 2009

ENTRY DEADLINE : **Registration and complete entries must be received by May 21, 2009.** No late registration will be accepted. Registration received before May 1st 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 registered athlete card or registered athlete number

ENTRY FEES :

Before May 1st 2009

Competitor Fee	\$10 per each competitor
Event Entry Fee	\$5 per competitor per event
Relay Entry Fee	\$10 per relay team per event

Between May 2nd and May 21th 2009

Competitor Fee	\$12 per each competitor
Event Entry Fee	\$6 per competitor per event
Relay Entry Fee	\$12 per relay team per event

ACCOMODATION & OPTIONS

	PRICE	DÉTAILS
Hotel	\$109 (+ txs)	<p>Hôtel Sandman ★ ★ ★ ★ 999, de Sérigny Longueuil, Quebec 450-670-3030 Give the code : #225739 Distance from : Parc Jean-Drapeau = 5 km Parc Olympique = 9 km</p> <p>Subway station Longueuil-Université-de-Sherbrooke</p> <p>Maximum of 4 people per room.</p> <p>Reservations must be booked before April 28th.</p> <p>Other option : Quality Hotel ★ ★ ★ 8100, Neuville avenue Montreal, Quebec Tél : 514-493-6363 Code – W-SAUV Distance from : Parc Jean-Drapeau = 14 km Parc Olympique = 7 km</p>
CPLC Closing Reception	\$50	<p>Per ticket. Medal presentations. Location : Room <i>La Toundra</i> 1, Circuit Gilles-Villeneuve Parc Jean-Drapeau</p> <p>Subway station Jean-Drapeau</p>
100th Anniversary Gala Cocktail party – Pantheon – Show 7 :00 pm	\$100 VIP Option	<p><i>Back to the '80s</i> Per ticket. Location : TELUS Theatre 1280, Saint-Denis Street / corner Sainte-Catherine Montreal, Quebec</p> <p>Subway station Berri-UQAM</p>
100th Anniversary Gala Show only 9 :00 pm	\$30 Guest list Option	<p>Subway station Berri-UQAM</p>
T-shirt	\$25 each	Long sleeves or short sleeves

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 Fax: 514-254-6232
 Email : taudet@sauvetage.qc.ca



2009 CANADIAN POOL LIFESAVING CHAMPIONSHIPS

Schedule of Events

Friday May 29, 2009

TIME	EVENTS	
4 :00 pm to 9 :00 pm	Check-in	Sandman Hotel
5 :00 pm to 7 :00 pm	Key Officials Meeting	Olympic Stadium Tower – Cocktail Room

Saturday May 30, 2009

Complexe aquatique du Parc Jean-Drapeau

TIME	EVENTS
6 :45 am	Management Team Meeting
7 :00 am to 8 :00 am	Coaches Meeting
	Officials Meeting
	Warm – up
8 :00 am	Marshalling Begins for Heats :
8 :15 am to 1 :00 pm	HEATS
	200 m Obstacles Swim
	4 x 50 m Obstacle Relay
	Line Throw
	200 m Super Lifesaver
	50 m Manikin Carry
100 m Rescue Medley	
1 :00 pm to 1 :45 pm	Lunch
1 :45 pm to 2 :30 pm	Official Ceremonies
2 :30 pm to 3 :30 pm	Warm – up
	Officials Meeting
3 :30 pm	Marshalling Begins for Finals
3 :45 pm to 6 :15 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	
8 :00 pm to 12 :00 am	100th Anniversary Gala – TELUS Theatre, Montreal



Sunday May 31, 2009

Complexe aquatique du Parc Jean-Drapeau

TIME	ÉVÉNEMENTS
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 12 :45 pm	Lunch
12 :45 pm to 1 :45 pm	Warm - up
	Officials Meeting
1 :45 pm	Marshalling Begins for Finals
2 :00 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	CPLC Closing Reception / Medal Presentations <i>La Toundra</i> room, Parc Jean-Drapeau

Events

For the 2009 Canadian Pool Lifesaving Championships, the following events shall be conducted in both male and female categories:

Pool Events	Age Categories	
	16-19 years	Open
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	✓	✓

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

Relay Events	Age Categories	
	16 - 19 years	Open
4 x 25 m Manikin Relay	✓	✓
4 x 50 m Obstacle Relay	✓	✓
4 x 50 m Medley Relay	✓	✓



* Schedule of Events could be modified without prior information/ L'horaire des épreuves pourrait être modifié sans préavis.

2009 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 : Name / Nom :				<input type="checkbox"/> Unattached/Non attaché				
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/Ecrivez 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						\$10	\$12
	Event entry fee (per team) L'entrée par épreuve (par équipe)						\$5	\$6
	Relay Entry Fee (per team per event) Entrée d'équipe de relais (par équipe, par épreuve)						\$10	\$12
	CPLC Closing Reception / Billets pour la réception						\$50	
	100th Anniversary Gala Tickets / Billets pour le Gala du centenaire						\$100	\$30
	2009 Canadian Lifeguard Championship (please indicate size below) T-shirt du Championnat canadien de sauvetage (indiquez la taille s.v.p.)							
	Long Sleeves / Manches longues							
	XS/XP	S/P	M	L/G	XL/TG	XXL/TTG	\$25	
	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)								



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2009 CANADIAN POOL LIFESAVING CHAMPIONSHIPS

Event Entry Form / Formulaire d'inscription pour les épreuves

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

Coach/Entraîneur or/ou
 Manager/Gérant

Email/Courriel

Phone/Téléphone

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 attribués les temps les plus lents. Les athlètes peuvent participer une seule fois à chaque épreuve.

Note : Line Throw : indicate team & thrower. Lancer de la corde: indiquez les sous-équipes par numéro et le lanceur/lanceuse.

		1	3	5	6	7	8	10	12	2	9	11	
Competitor Name / Nom de l'athlète		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 quatre nages 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	Indicates Team/Indiquez les sous-équipes par numéro			# of events Combien d'épreuves ?
Gender/Sexe		4x50m Obstacle Relay Relais obstacles 4x50m	4x50m Medley Relay Relais 4 nages 4x50m	2x25m Manikin Relay Relais mannequin 2x25m									
Brown, John	M F	3:10.70	20:00	3:10.70	1:59.70	3:10.70	3:10.70	3:10.70		3:10.70	2:19.23	3:10.70	9
	M F												
	M F												
	M F												
	M F												
	M F												



2009 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.

Print Name

Signature

Date

Coach

Manager

Captain

#2

#3

#4

#5

#6

#7

#8

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