

## 2010 MANITOBA LIFEGUARD CHAMPIONSHIPS

*The Lifesaving Society invites you to the 33rd annual  
Manitoba Lifeguard Championships*

- DATE** Friday, March 12 & Saturday, March 13, 2010
- LOCATION** Cindy Klassen Recreation Complex  
999 Sargent Avenue  
Winnipeg, Manitoba
- ELIGIBILITY** Competitors must:
- Be a member of a directly affiliated Lifeguard Club *or* be representing a Lifesaving Society affiliate *or* pay the appropriate affiliation fee.
  - Hold the Society's National Lifeguard Service certification to participate in Simulated Emergency Response Competition (SERC) events.
  - Hold the Society's Bronze Medallion, Bronze Cross or National Lifeguard Service certifications to participate in Individual and Relay events.
  - Be 16 years of age or older on March 5, 2010.
- COMPETITION** The competition is not considered sanctioned for the purpose of setting Canadian or International records. Canadian Competition Manual (January 2003 edition) rules will be followed.
- EVENTS**
- |                     |                     |                |
|---------------------|---------------------|----------------|
| Water Rescue        | First Aid I         | First Aid II   |
| 100 m Obstacle Swim | 100 m Tow with Fins | Line Throw     |
| Medley Relay        | Manikin Relay       | Obstacle Relay |
- AWARDS** Awards will be issued in accordance with Communiqué #1 (January 2009)
- ENTRY DEADLINE** **Registration and complete entries must be received by March 5, 2010. No late entries will be accepted.** Registration and entries are considered complete when original copies of all of the following have been received at 504-138 Portage Avenue East.
- Registration form completed in full.
  - Payment in full.
  - Waiver and Release form – completed and signed by all competitors (and parents/guardians as appropriate), coach and manager.
  - Event Entry form completed in full.
  - Proof of age and a copy of each competitor's Lifesaving Society award.

**ENTRY FEE**

<b>Option 1: Early Bird Team Registration (before February 26, 2010)</b>	\$280.00 (includes 4 competitor registration fees; unlimited event entries; 4 t-shirts; 4 Saturday lunch tickets; 4 banquet tickets)
<b>Option 2: General Team Registration (after February 26, 2010)</b>	\$320.00 (includes 4 competitor registration fees; unlimited event entries; 4 t-shirts; 4 Saturday lunch tickets; 4 banquet tickets)
<b>Option 3: A la carte Registration</b>	\$40.00 competitor registration fee \$10.00 per event registration

**ACCOMMODATION** All suggested hotels are about 5 minutes drive from the competition site.

- The Canad Inns Polo Park 1405 St. Matthews Avenue Winnipeg, MB 775-8791
- The Comfort Inn 1770 Sargent Avenue Winnipeg, MB 783-5627
- Country Inn & Suites 730 King Edward Street Winnipeg, MB 783-6900
- Greenwood Inn 1715 Wellington Avenue Winnipeg, MB 775-9889

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

Lifesaving Society - Manitoba  
504-138 Portage Avenue East  
Winnipeg, Manitoba  
R2H 2J3  
Phone: 204-956-2124  
Fax: 204-944-8546  
Email: [aquatics@lifesaving.mb.ca](mailto:aquatics@lifesaving.mb.ca)

## 2010 Manitoba Lifeguard Championships Schedule of Events

<b>Friday, March 12, 2010 – Cindy Klassen Recreation Complex</b>	
<b>Time</b>	<b>Events</b>
16:30	Registration/Check In Opens
17:00 - 17:30	Swim Warm Up
17:30 - 18:00	Obstacle Relay
18:00 – 18:30	100 m Obstacle Swim
18:30 - 19:00	Medley Relay
19:00 – 19:30	100 m Tow with Fins
19:30 - 20:00	Manikin Relay
20:00 - 20:30	Line Throw
21:00	Pool Closure
<b>Saturday, March 13, 2010 – Cindy Klassen Recreation Complex</b>	
<b>Time</b>	<b>Events</b>
08:00	Registration/Check In Opens
08:30	Morning Lock Up Begins
08:45 - 09:00	Captain's Meeting ( in lock up)
09:00 - 12:00	First Aid I
12:00 - 13:00	Lunch Break (at event facility)
12:30	Afternoon Lock Up Begins
13:00 - 17:00	First Aid II & Water Rescue
17:00	Events Conclude for Final Tabulations
17:00 - 18:30	Competitor Change & prep time for evening
18:30	Awards Banquet & Medal Presentations

## 2010 Manitoba Lifeguard Championships Team Registration

Team Contact Information				
Team:		Club or Affiliate:		
Mailing Address:		Coach and/or Manager:		
		Phone:	Fax:	
City:	Province:	Postal Code:	E-mail:	
Entries will be confirmed via e-mail. Please print clearly.				
Registration Fees				
How Many?	Description	Price Each	Line Total	
	Early Bird Team Registration (before February 26, 2010) - includes 4 competitor registration fees; unlimited event entries; 4 t-shirts (please indicate sizes below); 4 Saturday lunch tickets; 4 banquet tickets.	\$280.00		
	General Team Registration (after February 26, 2010) - includes 4 competitor registration fees; unlimited event entries; 4 t-shirts (please indicate sizes below); 4 Saturday lunch tickets; 4 banquet tickets.	\$320.00		
	A la carte Competitor Basic Registration fee	\$40.00		
	A la carte Event entries ( x number of events entered)	\$10.00		
	Banquet Tickets ( additional each)	\$25.00		
	2010 Manitoba Lifeguard Championships T-shirt (please indicate sizes required, first four are included in Team Registration) <div style="display: flex; justify-content: space-around; font-size: small;"> <span>_____ Small</span> <span>_____ Medium</span> <span>_____ Large</span> </div> <div style="display: flex; justify-content: space-around; font-size: small;"> <span>_____ X-Large</span> <span>_____ XX-Large</span> </div>	Additional : @ \$15.00		
			Total	
Payment				
Payment Method:	<input type="checkbox"/> Cheque <input type="checkbox"/> Master Card <input type="checkbox"/> Visa <input type="checkbox"/> Interac <input type="checkbox"/> Money Order			
Credit Card Number:			Expiry Date:	
Credit Card Holder:				
Signature of Card Holder:				
Phone/E-mail (if different from above):				



# 2010 MANITOBA LIFEGUARD CHAMPIONSHIPS

## **Waiver and Release Form** *Please read carefully before signing*

Each competitor must sign this form along with the entry form in order to be eligible to compete. Participants 18 years and under must also 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 understand that the organizers have undertaken to make the event as safe as possible, and 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 City of Winnipeg, 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 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	_____	_____	_____