



YOU CAN'T MISS THIS!

# ORILLIA JUNIOR LIFESAVING INVITATIONAL

APRIL 6TH, 2024 | 1:30PM TO  
9:00PM | ORILLIA RECREATION CENTRE

## **Orillia Lifesaving Team Junior Lifesaving Invitational**

**Date:** April 6, 2024, 1:30 p.m. – 9:00 p.m.

**Location:** Orillia Recreation Centre – 255 West St. S., Orillia, L3V 5G9

### **Respect+ & COVID-19 Safety:**

The City of Orillia's has a Respect+ policy for all facilities to provide residents and visitors the opportunity to participate in all activities in a safe and positive environment. The City of Orillia will provide the most supportive climate possible so that people may enjoy their sport, recreational, or cultural programs or events.

All visitors to the City of Orillia's facilities are expected to behave and act in a manner that respects the rights of others; so that everyone may use and enjoy the facilities. The City of Orillia will not tolerate incidents of harassment or violent behavior in any City of Orillia facility.

[Click here for more information about the Respect+ policy](#)

The Orillia Recreation Centre is mask friendly, and everyone is welcome to wear a mask if they choose.

### **Equipment:**

- Competitors will be required to bring their own fins and caps; all other equipment will be provided.

### **Facility info:**

- The facility is an 8 lane 25m pool with a constant depth of 3-4m. The temperature of the pool is 82-83 degrees. This will be a short course competition.
- All spectators can view from the upper viewing gallery. There will be no spectators allowed on the pool deck.
- Onsite parking is free, located at the facility.

### **Emergencies:**

- City of Orillia Aquatic Staff will respond to all emergencies. If injured, please report it to a lifeguard.
- The nearest hospital is Orillia Soldier's Memorial Hospital - 170 Colborne St W, Orillia, ON L3V 2Z3.

### **Volunteers:**

Volunteers will be required for timing, marshaling, and equipment running. If you would like to volunteer, please use the link below to sign up. Volunteers will have to complete online City of Orillia Health and Safety Training, a brief on-site training and complete a waiver.

[\*\*CLICK HERE TO VOLUNTEER\*\*](#)

## Eligibility:

### Junior Competitors

- Must hold a Lifesaving Society award, be a member of a Lifesaving Club or be registered in a Lifesaving Society training program.
- Meet the Lifesaving Society's Canadian Swim-to-Survive® standard (roll entry, tread water for 1 min. and swim 50m).
- Be at least 7 years of age but less than 17 years of age by April 6, 2024.

### Rules and Disqualifications:

- The most up to date Ontario competition manual as of April 6, 2024 will be used.
- Athletes in the 7-11 division will have a 5 second penalty added to their times for any infraction. Athletes in the 12-16 division will be disqualified for every infraction. Use of DQ codes from the ILSF Manual will occur.

### Relay

- Relays will be set up as an exhibition event. No awards will be presented.
- Relays will be exhibition and will be any combination of individual and clubs to give as many people as possible an opportunity to participate in the event.

## Program of Events:

Junior Division					
Solo Events	7 - 9	10 – 11	12 – 13	14 – 15	16
Swim w/ Fins	100m	100m	N/A	N/A	N/A
Swim and don Fins	N/A	N/A	100m	100m	100m
Mankin Tow with fins	50m Empty Manikin	50m Empty Manikin	100m Half Full Manikin	100m Half Full Manikin	100m Half Full Manikin
Throwing Accuracy	4m	4m	N/A	N/A	N/A
Line Throw Release	N/A	N/A	7m	7m	10m
Relay Events	44 yr. or Less		64 yr. or Less		
Junior Medley Relay	100m		200m		
Manikin Carry Relay	100m		100m		

**Entry fee:**

Includes unlimited event and relay registrations, each person can only register once per event.

OLT Member Fee: \$20.00

Non-OLT Member Fee: \$40.00

**Registration:**

Registration is completed online through the City of Orillia's online registration system. If you require any assistance, please call the Orillia Recreation Centre at (705) 325-4386 or email [recreation@orillia.ca](mailto:recreation@orillia.ca). Please expect a 48-hour response time from Customer Service. Registration Opens January 1, 2024, at 6:00am

**OLT Members 11 & Under:** [Click here for OLT Team Members registration](#)

**OLT Members 12 – 17:** [Click her for OLT Team Member registration](#)

**Other clubs 11 & Under:** [Click here for other lifesaving team registration](#)

**Other clubs 12 – 17:** [Click here for other lifesaving team registration](#)

Please enter your lifesaving club/team at registration. We will contact your club for relay teams and seed times.

**Registration Deadline:** Monday, March 25, 2024, at 12:00p.m.

## Event Schedule

**1:00p.m.-1:30p.m.** Key Officials Meeting

**1:15p.m.-1:30p.m.** Team Check-in and change room access

**1:30p.m. – 2:00p.m.** Volunteer/Officials Meeting & Check-in

**1:30p.m. – 2:15p.m.** Warm-ups

**2:15p.m. – 2:20p.m.** Marshalling

**2:20p.m. – 5:30p.m. Events Start 11 years old & under**

- 4 x 25-m Junior Medley Relay
- 50-m Swim with Fins
- 4-m Throwing Accuracy
- 50-m Manikin Tow with Fins
- 4 x 25-m Manikin Carry Relay

**5:30p.m. – 6:00p.m.** Warmups

**6:00p.m. – 6:05p.m.** Marshalling

**6:05p.m. – 9:00p.m. Events 12 – 16 years old**

- 4 x 50-m Junior Medley Relay
- 50-m Swim and Don Fins
- 7-10-m Line Throw Release
- 100-m Manikin Tow with Fins
- 4 x 25-m Manikin Carry Relay