

OTTAWA REGIONAL WATERFRONT LIFESAVING CHAMPIONSHIPS 2015

SUNDAY, JULY 19
AT PETRIE ISLAND BEACH
EVENTS START AT 8:30AM

TOP LIFESAVERS FROM ACROSS OTTAWA

JUNIOR (9-15) AND SENIOR (16+) CATEGORIES

YOUR CHANCE TO WIN MEDALS AND OTHER PRIZES



**EVENTS INCLUDE: SWIM, 2KM RUN,
PADDLE BOARD, BEACH FLAGS,
SURF SKI, 90M SPRINT,
IRONMAN/WOMAN, OCEANPERSON
RELAY, RESCUE BOARD RESCUE,
RESCUE TUBE RESCUE**

**REGISTER UNTIL WEDNESDAY JULY 15, 2015. DETAILS ARE IN THE
REGISTRATION PACKAGE:**

<https://docs.google.com/forms/d/1dfkW9PaywyXhIL-dVUXZEystRIUzj6xsH45e1g8-u2k/viewform>

**QUESTIONS? EMAIL PATRICIA MOULTON, OVLC'S
LIFESAVING CHAIR AT patricialynnmoulton@gmail.com**

 Find us on
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**VISIT OUR
WEBSITE**

www.ovlc.ca

