



RVLC Holiday “Dasher” Junior Lifesaving Invitational Registration Package

- DATE** Saturday, December 23, 2023
- LOCATION** Stronach Aurora Recreation Complex
1400 Wellington Street East, Aurora, ON, L4G 7B6.
- COMPETITION** The competition is sanctioned by the Lifesaving Society. Event rules will be in the accordance with the June 2023 Edition of the *ILS Competition Rule Book*, the 2020 Edition of the *Ontario Competition Manual* and any 2023 Communiqués. See www.lifesavingsociety.com for details.
- ELIGIBILITY** Competitors shall:
- Hold a Lifesaving Society award or 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 50 m)
 - Be at least 7 years of age but less than 16 years of age by December 23, 2023.
- AGE GROUPS** 4 categories: 9 years and under, 10 & 11 yrs., 12 & 13 yrs., 14 & 15 yrs.

PROGRAM OF EVENTS

	Divisions			
Individual Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.
Manikin Carry with Fins (Senior event)	N/A	N/A	N/A	50 m Full Manikin
Manikin Tow with Fins	50 m Empty Manikin	50 m Empty Manikin	100 m Half-full Manikin	NA
Swim and Don Fins	N/A	N/A	100 m	50 m (Eliminator Challenge)
Swim with Fins	50 m	50 m	N/A	N/A
Throwing Accuracy	4 m	4 m	7 m	N/A
	Divisions			
Team Events (4 pp.)	44 yr. or less		60 yr. or less	
Junior Medley Relay	100 m		200 m	
Team Events (2 pp.)				14 & 15 yr.
Line Throw (Senior event)				10 m

ENTRY DEADLINE Registration must be sent by a coach or club affiliate to rougevalleylifesavingclub@gmail.com no later than Friday, December 8, 2023 at 11:59 p.m.



ENTRY FEES

<p><u>Competitor Fee</u> \$40.00 per competitor (includes all events)</p>

REGISTRATION

Registration forms are only accepted by email at rougevalleylifesavingclub@gmail.com. Once the registration form is received, invoices will be sent directly to the athlete via billing name and email address. Payment is made via E-transfer to rougevalleylifesavingclub@gmail.com no later than Monday, December 18 at 11:59 p.m. Cash and credit card will not be accepted the day of the competition. Alternative payment methods may be arranged and must be done in advance and only upon request.

AWARDS

1st, 2nd, and 3rd place ribbons will be given to all individual events and relays and can be picked up at the Clerk of Course desk once results are posted.

EVENT SCHEDULE

Time	Event	Age Category
3:30 p.m. to 3:50 p.m.	Key Officials Meeting	
4 p.m. to 4:45 p.m.	Warm-up	
4 p.m. to 4:30 p.m.	Officials Meeting	
5 p.m. to 9 p.m.	#1 – 50 m Swim and Don Fins (Eliminator – Prelims)	14 – 15 (Mixed)
	#2 – 100 m Manikin Tow with Fins	12 – 13 (Mixed)
	#3 – 50 m Swim with Fins	11 & U (Mixed)
	#4 – 50 m Manikin Carry with Fins	14 – 15 (Mixed)
	#5 – 4 x 25 m Junior Medley Relay	44 & U (Mixed)
	#6 – 4 x 50 m Junior Medley Relay	60 & U (Mixed)
	BREAK	
	#7 – 50 m Swim and Don Fins (Eliminator – Top 8)	14 – 15 (Mixed)
	#8 – 50 m Manikin Tow with Fins	11 & U (Mixed)
	#9 – 100 m Swim and Don Fins	12 – 13 (Mixed)
	#10 – 4 m Throwing Accuracy	11 & U (Mixed)
	#11 – 7 m Throwing Accuracy	12 – 13 (Mixed)
	#12 – 10 m Line Throw	14 – 15 (Mixed)
	#13 – 50 m Swim and Don Fins (Eliminator – Top 3)	14 – 15 (Mixed)



NEW: 50 m Swim and Don Fins – Eliminator Event

This event is geared to swimmers 14 to 15 years old, where they may swim multiple rounds to proceed into finals. The first round is a preliminary event where all 14- to 15-year-olds can participate. The top 8 swimmers based on final time of Round 1 will proceed to Round 2. The top 3 swimmers based on final time of Round 2 will proceed to Round 3.

Event Description (short course)

With a dive or in-water start on an acoustic signal, the competitor swims 25-m freestyle to touch the turn wall. In the water, the competitor don fins and swims 25-m freestyle wearing fins to touch the finish wall of the pool. Competitors must surface after donning fins and before the finish. Competitors who finish the event not wearing at least one fin shall be designated “Did Not Finish” (DNF).

Equipment

Donning fins: After first touching the turn wall, the competitor don fins in the water and swims 25-m freestyle.

Disqualification

B) After donning fins, failure to surface before touching the finish wall.



Registration Form

Please have the coach or club affiliate submit this form to rougevalleylifesavingclub@gmail.com no later than Friday, December 8, 2023 at 11:59 p.m. Only one package of forms per club for all athletes.

Club Name: _____

Club Contact Person: _____

Club Contact Email: _____

Club Phone Number: _____

Name (Last, First)	Age	Gender	Date of Birth (YY-MM-DD)	Swim Times (MM:SS:ms)				
				Swim with Fins (11&U) or Swim and Don Fins (12-15)	Throwing Accuracy (13&U)	Line Throw (14-15, List Thrower and Catcher)	Manikin Tow wFins (13&U) or Manikin Carry wFins (14-15)	Junior Medley Relay (List Team Code i.e., A vs. B)
Billing Name:				Billing Email:				
Billing Name:				Billing Email:				
Billing Name:				Billing Email:				
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