

## Nova Scotia Lifesaving Sport Competition and Junior Lifeguard Games

**Saturday, December 9, 2017**

DATE	Saturday, December 9, 2017 5:00pm –9:00pm
LOCATION	Lunenburg County Lifestyle Centre
COMPETITION	The competition is sanctioned by the Lifesaving Society Nova Scotia Branch . Event rules will be in accordance with the 2015-2019 edition of the <i>ILS Competition Manual</i> , the 2016 edition of <i>the Alberta and Northwest Territories Championship and Games</i> and this information package.
ELIGIBILITY	<p>The Nova Scotia Lifesaving Sport Competition and Games are open to any individual member, affiliated club or affiliate member of the Lifesaving Society in good standing. An affiliate or individual is in good standing unless their registered athlete or affiliate status has been revoked by the Lifesaving Society.</p> <p>To be eligible to compete, the junior/senior competitors shall:</p> <p>Hold a current (within 24 months of the date of certification) Bronze Medallion or higher Lifesaving Society Award. Junior Games participants must hold a minimum Lifesaving Society Swim To Survive Level. Juniors: must be a minimum of 15 years and a maximum of 18 years of age as the date of the competition..</p> <p>Juniors must be able to complete Swim To Survive and be a minimum of 7 years of age to maximum 15 years of age as of the date of the Games.</p> <p>All individuals and clubs must register prior to the championship in accordance with the procedures established. Entry fees must be paid with team registration.</p>
EVENTS	<p><b>5:00pm-9:00pm</b></p> <p><b>Junior Games:</b></p>
ENTRY DEADLINE	Entries must be submitted by Thursday, December 7, 2017 5:00pm AST
ENTRY FEES	<b>Entry fee:</b> \$10 per person (provides entry to all events)
REGISTRATION	<p>Send registration form with payment in full –cheque (payable to: Lifesaving Society, VISA, or MasterCard to: Lifesaving Society 5516 Spring Garden Rd. Halifax <b>B3J1G6</b> <b>Entries should be email to paul.deon@nsls.ns.ca</b></p> <hr/> <p>Cash or cheque will also be accepted on the day of competition</p>

Any questions, please refer to the above mentioned rule books or e-mail [paul.deon@nsls.ns.ca](mailto:paul.deon@nsls.ns.ca)



## Nova Scotia Lifesaving Sport Competition and Junior Lifeguard Games Registration Form

Please use one form for each club (Type or BLOCK letters only).

Club or Affiliate		
Mailing address		Apt or Suite
City	Province	Postal Code
Coach Name		(    ) Home Phone
Email		(    ) Business Phone
Individual entry fee		@ \$10.00 / person =

<b>Payment</b>					
<input type="checkbox"/> Cheque	<input type="checkbox"/> Money Order	<input type="checkbox"/> Visa	<input type="checkbox"/> Master Card	<input type="checkbox"/>	<input type="checkbox"/> P.O. #
Credit Card #	Expiry Date				
_____			_____		
Card holder name			Card holder signature		

Mail, call or email:  
Lifesaving Society NS Branch  
5516 Spring Garden Road  
Halifax, NS B3J 1G6

FAX: 902 425 5606  
Email: [hyldag@lifesavingsociety.ns.ca](mailto:hyldag@lifesavingsociety.ns.ca)





## **Nova Scotia Lifesaving Sport Competition and Junior Lifeguard Games Entries**

Date: Saturday, December 9, 2017 Lunenburg County Lifestyle Centre Start 5:00pm

Team Name:

Captain:

E-mail:

Instructions:

1. Put team member names in Left Hand Column.
2. If an individual is competing in an event, place an "X" in the corresponding box. If they are not competing leave the box blank.
3. For relays, please indicate the Relay Team by letter: A, B or C and the swimming order by 1, 2, 3 or 4. (eg. Relay team A would be A1, A2, A3, A4; Team B would be B1, B2, B3, B4...)
4. Use one page for female entries and one page for male entries.
5. E-mail to [paul.deon@nsls.ns.ca](mailto:paul.deon@nsls.ns.ca) by **Thursday December 7, 2017 5:00pm AST**.



Team:

Event #		1	3	5	7	9
Event Name		50 m Manikin Carry	4x25m Manikin Carry Relay	100m Man., Carry Fins 7-9, 10-11: 50m	100m Man Tow Fins 7-9, 10-11: 50m (Handlers Can Clip In)	200 Super Lifesaver 7-9, 10-11: 50m (25 back-25 Free)
<b>Female Competitors</b>	Date of Birth					
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						

Instructions:

1. Put team member names in Left Hand Column.
2. If an individual is competing in an event, place an “X” in the corresponding box. If they are not competing leave the box blank.
3. For relays, please indicate the Relay Team by letter: A, B or C and the swimming order by 1, 2, 3 or 4. (eg. Relay team A would be A1, A2, A3, A4; Team B would be B1, B2, B3, B4...)
4. Use one page for female entries and one page for male entries.
5. E-mail to [paul.deon@nsls.ns.ca](mailto:paul.deon@nsls.ns.ca) by **Thursday December 7, 2017 5:00pm AST.**



Team:

Event #		2	4	6	8	10
Event Name		50 m Manikin Carry	4x25m Manikin Carry Relay	100m Man., Carry Fins 7-9, 10-11: 50m	100m Man Tow Fins 7-9, 10-11: 50m (Handlers Can Clip In)	200 Super Lifesaver 7-9, 10-11: 50m (25 back-25 Free)
<b>Male Competitors</b>	Date of Birth					
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						

Instructions:

1. Put team member names in Left Hand Column.
2. If an individual is competing in an event, place an "X" in the corresponding box. If they are not competing leave the box blank.
3. For relays, please indicate the Relay Team by letter: A, B or C and the swimming order by 1, 2, 3 or 4. (eg. Relay team A would be A1, A2, A3, A4; Team B would be B1, B2, B3, B4...)
4. Use one page for female entries and one page for male entries.
5. E-mail to [paul.deon@nsls.ns.ca](mailto:paul.deon@nsls.ns.ca) by . **Thursday December 7, 2017 5:00pm AST.**