



LIFESAVING SOCIETY®  
SOCIÉTÉ DE SAUVETAGE

*The Lifeguarding Experts*  
*Les experts en surveillance aquatique*

## **2026 New Brunswick Pool Lifesaving Championships**

### Registration and Information Package

#### DATE

Saturday, March 21, 2026

#### HOST

Municipal District of St. Stephen  
Garcelon Civic Centre  
22 Budd Ave,  
St Stephen, New Brunswick  
Phone: 506 467 3030

#### CHAMPIONSHIPS

This competition is sanctioned by the Lifesaving Society New Brunswick. Event rules will be in accordance with this information package and Sections 2 and 3 of the *ILS Competition Rule Book (Rev. 2023)*, Section 2 of the *ILS Short Course Pool Events Addendum (2020 Edition)* and the *Canadian Lifesaving Sport Competition Rulebook 2025*. The *ILS Competition Rule Book (Rev. 2019)* may be viewed or downloaded on the [ILS website](#)

#### ELIGIBILITY AND THE RIGHT TO PARTICIPATE

New Brunswick championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving – people who are lifesavers first, competitors second. The Lifesaving Society considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient or the purposes of competition. Employers, club management personnel and coaches are the key to preventing such unethical practices and must emphasize "play within the rules" behaviour. The personal conduct of managers and coaches is measured by the ILS code of fair play.

New Brunswick Pool Lifesaving Championships are open to individual members, affiliated clubs or affiliate members in good standing. An affiliate member or individual member is in good standing unless their registered athlete or affiliate status has been revoked by the Lifesaving Society.

To be eligible to compete, competitors shall:

- Hold a Bronze Star certification or higher (does not need to be current).
- Be a minimum of 15 years of age as of December 31<sup>st</sup>, 2026.

- Be a registered athlete (download form at <http://www.lifesavingsport.ca> or from <http://www.lifesavingnb.ca>).

Competitors must be members of the same affiliated club or employees of the same affiliate member of the Lifesaving Society.

A club may consist of any number of competitors, in addition to any non-competitive management or coaching personnel.

Competitors may compete for only one club or affiliate member at a time.

Competitors are allowed to enter each event only once.

## DIVISIONS

Competitors may register in only one division and must remain in the selected division throughout the championships.

- **Youth -Under 16 (U16):** Competitors must be a minimum of 15 years of age as of December 31<sup>st</sup>, 2026.
- **Youth -Under 19 (U19):** Competitors must be a minimum of 16 years of age and a maximum of 18 years of age as of December 31<sup>st</sup>, 2026.
- **Open:** Competitors must be a minimum of 15 years of age as of December 31<sup>st</sup>, 2026.
- **Team events:** Competitors are eligible to compete as a member of a team event in divisions of a higher age category. Competitors are not eligible to compete as a member of a team in younger age category. Competitors may only swim an event once.

## PROGRAM OF EVENTS

Open and Youth divisions shall be conducted in both male and female categories. Youth and Open divisions compete in events listed below.

### *Youth Division*

#### Individual Events

- 100 m Obstacle Swim
- 100 m Manikin Carry with Fins
- 100 m Manikin Tow with Fins
- 100 m Super Lifesaver

#### Team Events

- 12.5 m Line Throw
- 4x50 m Medley Relay (mixed)

### *Open Division*

#### Individual Events

- 200 m Obstacle Swim
- 100 m Manikin Carry with Fins

- 100 m Manikin Tow with Fins
- 200 m Super Lifesaver

#### Team Events

- 12.5 m Line Throw
- 4x50 m Medley Relay (mixed)

## ENTRY DEADLINE

Registration must be received by noon Friday, March 13, 2026. Refunds will not be issued for clubs or competitors who do not show for the championships.

## ENTRY FEES

The Competition fee (paid by all competitors) is \$75.00

## REGISTRATION

All individuals and clubs must register prior to the championships in accordance with procedures established. Entry fees must be paid with team registration.

Clubs may enter unlimited number of competitors in each individual event.

Clubs may enter unlimited number of teams in each team event.

Times should be submitted for both individual and team events. Competitors and teams shall be seeded according to entry times. See Seeding in this information package.

Each completed registration must include the following:

- Registration form with payment.
- Waiver and release form.
- Event entry form.
- Either the registered athlete number for each athlete or a completed registered athlete application.

Send registration form with payment in full - purchase order, cheque payable to the Lifesaving Society, Visa, American Express or MasterCard to:

Lifesaving Society

70 Melissa Street

Fredericton, NB E3A 6W1

Phone: 506 455 5762

Email: [info@lifesavingnb.ca](mailto:info@lifesavingnb.ca)

## SEEDING

Seeding shall be used in the New Brunswick Pool Lifesaving Championships. In pool events, seeding shall be based on the times submitted for the specific events with registrations. Competitors' best times in the 12 months prior to the entry deadline of the championships shall be submitted on the entry forms.

Competitors will be ranked according to the entry times. Competitors for whom no times are submitted shall be considered to have the slowest times. Placement of competitors with identical times shall be determined by draw.

Male competitors and female competitors may be seeded together for each event based on entry times submitted with registration.

#### *Finals:*

In New Brunswick Pool Lifesaving Championships, all pool events shall be conducted as time-finals. That is, each competitor swims the event only once. The competitor's final placing shall be determined on the basis of his or her time.

Note: New Brunswick championships are small competitions. Combined heats result in better races for athletes and spectators and more efficient scheduling of facility time.

## SCORING

Individual and team events in the New Brunswick Pool Lifesaving Championships shall be allocated points as outlined in the following chart.

PLACE	POINTS
1 <sup>st</sup> Place	20
2 <sup>nd</sup> Place	18
3 <sup>rd</sup> Place	16
4 <sup>th</sup> Place	14
5 <sup>th</sup> Place	13
6 <sup>th</sup> Place	12
7 <sup>th</sup> Place	11
8 <sup>th</sup> Place	10

Clubs are allowed multiple entries in events. Point score blocking is not used.

## AWARDS

Awards shall be presented to individuals and teams in the first 3 places of all events.

The New Brunswick club with the highest overall point score in the Youth and Open divisions shall be declared the Club Champions and presented with an award.

Competitors from other provinces may compete in New Brunswick Championships if endorsed to do so by their Provincial Lifesaving organization. These competitors represent their provincial clubs. They may become champions in individual or team events, but are not eligible for New Brunswick Championship club title.

## EVENTS

Events at the New Brunswick Pool Lifesaving Championships will be conducted according to the rules and event descriptions in this information package. For event descriptions, rules and procedures not contained in this information package, the *ILS Competition Rule Book* as well as the *ILS Short Course Pool*

*Events Addendum* will be followed. A copy of the *ILS Competition Rule Book* may be viewed or downloaded from [the Lifesaving Society New Brunswick website](#).

*Obstacle Swim (100 m and 200m)*

See *ILS Short Course Pool Events Addendum* Section 2.1 and *ILS Competition Rule Book* Section 3.7.

*Manikin Carry with Fins (100 m)*

See *ILS Short Course Pool Events Addendum* Section 2.4.2 and *ILS Competition Rule Book* Section 3.10.

*Manikin Tow with Fins (100m)*

See *ILS Short Course Pool Events Addendum* Section 2.5 and *ILS Competition Rule Book* Section 3.11.

*Super Lifesaver (100 m and 200m)*

See *ILS Short Course Pool Events Addendum* Section 2.6 and *ILS Competition Rule Book* Section 3.12.

Note: In the 100 m Super Lifesaver event, the manikin handler immediately releases the manikin when the competitor touches the manikin (not the wall).

*Line Throw (12.5 m)*

See *ILS Competition Rule Book* Section 3.14.

Time Limit: Throwers must make a fair throw and tow the victim to the finish wall within 60 seconds.

*Medley Relay – mixed (4 x 50 m)*

See *ILS Short Course Pool Events Addendum* Section 2.9 and *ILS Competition Rule Book* Section 3.17.

Note: This event is mixed consisting of 2 male and 2 female competitors for each relay team.

# NEW BRUNSWICK POOL LIFESAVING CHAMPIONSHIPS

## SCHEDULE

Saturday, March 21<sup>st</sup> 2026

TIME	ACTIVITY
1:30 p.m.	Officials Meeting
1:45 p.m.	Coaches or Managers Meeting
2:00 p.m.	Competitor Warm-Up
2:30 p.m.	Opening Ceremony
2:45 p.m.	Time-Finals <ul style="list-style-type: none"><li>- 100/200 m Obstacle Swim</li><li>- Line Throw</li><li>- 100 m Carry with Fins</li><li>- 100 m Tow with Fins</li><li>- 4x50 Medley Relay (mixed)</li><li>- 100/200 m Super Lifesaver</li></ul>
6:30 p.m.	Award Presentations

# NEW BRUNSWICK POOL LIFESAVING CHAMPIONSHIPS

## WAIVER & RELEASE FORM

Please read carefully before signing.

### CONDUCT

I agree to abide by the rules, regulations and code of conduct of the championships, and further to behave in a manner consistent with ideals of good sportsmanship.

### VOLUNTARY ASSUMPTION OF RISK

As a competitor in a lifeguard or lifesaving 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 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 of or damage to property, and personal injury including permanent disability or death.

### WAIVER OF LIABILITY

As a condition of entry and in consideration of my application as an individual or as a 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 host, the facility operator, 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 or running of the competition, events or 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. I recognize that competitors are responsible for their own medical coverage.

### Model Release

I transfer to the Lifesaving Society all rights whatsoever which I have in photographs and/or videos which 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 understood 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 representatives and assigns.

Print Name	Signature (Parent if under 19)	Date

(Coach)

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## Registration Form

Please use one form for each Affiliate or club (Type or BLOCK letters only).  
Each completed registration must include this form along with Event Entries.

### Contact Info

Club or Affiliate:	Coach Name:
Mailing Address:	City:
Province:	Postal Code:
Phone #:	Email:

### Registration

Competitors	Price	Total
	@ \$75.00 per Competitor	

### Payment Info

Payment: <input type="checkbox"/> Cheque <input type="checkbox"/> Affiliate Invoice	<input type="checkbox"/> Visa <input type="checkbox"/> Debit <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX
Affiliate number:	Credit Card #:
Expiry date:	CVV:
Cardholder's name:	Cardholder's signature:

**Send to:** Lifesaving Society New Brunswick **Attention:** Competition Registration

**Email:** [info@lifesavingnb.ca](mailto:info@lifesavingnb.ca)



## Team Registration – Pool Lifesaving Championships

Affiliate or Club: \_\_\_\_\_

Coach: \_\_\_\_\_

Event entries must indicate personal best times for seeding purposes. Entries with no times will be considered to have the slowest times. Competitors are allowed to enter each event only once. For Line Throw, please indicate Thrower (T) and Catcher (C). If registering more than one team for a Team Event within a division, please indicate team by Letter Designation (e.g. T(A), C(A), T(B), C(B), Medley Relay : A, B, C, D, etc )

A **Medley Relay (Mixed)** team must consist of four (4) members consisting of two (2) males and two (2) females per relay team. Competitors in youth divisions may swim-up into Open Relays.

**Please print clearly.**

Division:      Open      Youth Under 19      Youth Under 16

Competitor Name	Gender (as identifies)	Lifesaving Society ID Number	Date of Birth (yy/mm/dd)	100/200 m Obstacle Swim	100 m Manikin Carry w/ Fins	100 m Manikin Tow w/ Fins	100/200 m Super Lifesaver	12.5m Line Throw	4 x 50 Medley Relay ( Mixed)
Jane Smith	F	SMJ 125	01/09/25		56.07	1:47.32	✓	32.0 T(A)	C

**Send to:** Lifesaving Society New Brunswick    **Attention:** Competition Registration    **Email:** [info@lifesavingnb.ca](mailto:info@lifesavingnb.ca)