



CONTEST RULES

The Great Canadian BBQ Party Contest ("Contest")

from 5am EST on July 27, 2026 to 11:59pm EST on August 13, 2026 ("Contest Period")

1. HOW TO ENTER

No purchase required. To enter, listeners must be caller 7 after the cue to call is played. In June/July 2026, a listener poll was conducted of Summer This or That questions. The contestant will be given one of the This or That options and must correctly guess which option was chosen by the majority of our listeners. Correct answers earn one ballot in the contest draw. The cue to call will be played three times each weekday in the hours of 7am, 8am, and 5pm during the contest period. One entry per household.

2. ELIGIBILITY

Contest is open to Ontario residents (unless prohibited by law) in the LIFE 100.3 radio terrestrial listening area including 100.3, 90.1, 89.3, and 98.9 as well as those in the Greater Toronto Area, who are 18 years of age or older at the Contest opening date. Employees of LIFE 100.3, Directors, contest sponsors, their immediate families and/or persons living in the same household are not eligible to enter this Contest.

3. PROCEDURE FOR AWARDING PRIZES

On August 13, 2026, a random draw will be conducted by LIFE 100.3 from among all eligible entries received during the Contest Period. The first contestant selected shall be declared the winner, subject to meeting all the conditions described in these rules. The Winner will be announced on The Get-up & Go Show on August 14, 2026 at approximately 8:10am.

Winner will be contacted by phone or email during the week following the draw and should claim their prize as instructed by LIFE 100.3 by no later than five days after the date they are initially contacted. If a winner cannot be reached within five days following the first attempt to contact, declines the prize, or fails to return the required release form, the prize shall be forfeited and LIFE 100.3 has the right, at its sole discretion, to select another winner.

4. DESCRIPTION OF PRIZE(S)

The Grand Prize winner will receive the following prizes:

- 1) A lunchtime BBQ Party for 10 people (including the winner) on Saturday, September 12, 2026. Time to be determined with the winner, with the party lasting 2-3 hours. The BBQ Party includes lunch for 10 people (hamburgers, sausages, sides, drinks and dessert provided by LIFE 100.3), as well as Todd, Shirley & Mike from the Get-up & Go Show and one other staff member. LIFE 100.3 will also bring music and lawn games. The venue for the event is to be provided by the winner, in their own backyard or that of a friend or family member. There must be space for 15 people and it must have a BBQ where the food can be cooked.
- 2) A beef package from Heritage Cattle Co. valued at approximately \$1,400. The package will be delivered to the winner's home as soon as possible after the contest announcement. The package includes:
 - a. 50lbs of ground beef (1lbs packs)
 - b. 24lbs of roasts (3lbs Chuck roast and sirloin tip roast)
 - c. 10lbs of stew beef (1lbs packs)

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- d. 10lbs of top quality steaks (ribeye, striploin, tenderloin and sirloin)
- e. 5 packages of Heritage Cattle Co's beef broth (500ml each)
- f. Meat to be delivered to the winner, anywhere in the LIFE 100.3 terrestrial listening area.

5. GENERAL RULES

The grand prize winner shall not be entitled to receive, in cash, certificate or otherwise, the balance of any amount representing the difference of the grand prize retail value and actual cost.

The winner will be required to sign a radio contest release form prior to receiving the prize, agreeing to their name and/or photo and/or likeness used for publicity purposes, without compensation and releasing LIFE 100.3 as well as its respective directors, officers and employees ("Contest Parties") from all liability for any damage or loss arising from participation in this Contest or from the awarding, acceptance or use of the prize. Prizes are non-transferable, hold no cash value, are subject to availability, and may be substituted for another prize of equal value at the discretion of LIFE 100.3.

The Contest Parties assume no liability for any loss, damage or injury, including without limitation: (i) lost, stolen, delayed, damaged, misdirected, late, destroyed, illegible or incomplete entries; (ii) loss, theft or damage to software or computer or telephone data, including any breach of privacy; (iii) fraudulent calls; (iv) inability of any person to participate in the Contest for any reason including mistaken addresses on mail or e-mail; technical, computer or telephone malfunctions or other problems with computer on-line systems, servers, access providers, computer equipment, or software; congestion on the internet or at any website, or any combination of the foregoing; (v) damage to any person's computer, including as a result of playing or downloading any material relating to the Contest; (vi) any delay or inability to act resulting from an event or situation beyond their control, including a strike, lockout or other labour dispute at their location or the locations of the organizations and businesses whose services are used to administer this Contest; or (vii) prizes that are lost, damaged or misdirected during shipping.

All personal information, such as name and contact information, collected by LIFE 100.3 will be kept confidential and never shared with third parties without your express consent. By providing this information, you consent to it being used for the stated purposes.

Odds of winning depend on the number of eligible entries. All entries that are incomplete, illegible, damaged, irregular, have been submitted through illicit means, using any robotic, automatic programmed method that artificially increases the odds of winning or do not conform to or satisfy any condition of the rules may be disqualified by LIFE 100.3. LIFE 100.3 is not responsible for any errors or omissions in printing or advertising this Contest.

LIFE 100.3 reserves the right to withdraw, amend or terminate this contest at any time without prior notice.

Rules are subject to change without notice.

LIFE 100.3
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