



PLANT A SEED PHOTO CONTEST

To celebrate Life in the Heartland's 10 years of community engagement, Life in the Heartland is sponsoring a fun contest to encourage the community to participate in a local "Plant a Seed" contest. For a chance to win, take a picture of you planting your seed and post to Instagram, Facebook or Twitter using the tag #LITH10 year.

Contest Rules

1. No purchase necessary.
2. Contest entrants can be of any age but if the contest entrant is not 18 years of age, their entry must be accompanied by parent or guardian consent.
3. Contest entrants must be a resident within a county included in Alberta's Industrial Heartland region.
4. To be eligible, contest entrants must have posted the image on social media with the tag #LITH10year that shows the entrant in the photo planting their seeds. Selfie photographs can include more than one person, but with only one contest entrant entering the photo. Life in the Heartland takes no responsibility for the uploading of photographs or any errors that occur during uploading.
5. Contest entrants are encouraged to enter the contest as many times as they like between May 1, 2019 – September 15, 2019. If a contest entrant enters the contest more than once, each entry must depict a different image.
6. The contest entrant is required to post the image to social media and include the tag #LITH10year and include their name as part of the posting.
7. By posting a photo, the contest entrant is consenting for the photograph and their name to be used on Life in the Heartland's communications channels.
8. Contest winners will be chosen at the sole discretion of Life in the Heartland. Any winning photo must meet the following criteria:
 - Be of a reasonable quality
 - Be an image of seed planting.
 - Be taken within the Heartland.
9. All contest winners may be required to show proof of age. If not 18 years of age or older, the prize must be accepted by the parent or guardian.
10. All contest winners must provide personal consent for their winning photograph, name, and general location (municipality) to be used on all or any of the LITH communications channels, without further review or compensation.
11. Prior to receiving a prize, the prize winner shall sign a standard release and liability waiver absolving LITH of all its obligations under the contest and accepting the prize as awarded as full and final satisfaction of all items owed by LITH. Email Life in the Heartland at info@lifeintheheartland.com with any questions regarding the contest.

