

2018 Alberta and Northwest Territories Pool Lifesaving Championships and Junior Games

Friday April 13 to Sunday April 15, 2018

Max Bell Regional Aquatic Centre, University of Lethbridge, Lethbridge, Alberta

Event Schedule

Friday April 13, 2018	
5:00 pm	Facility Set Up
6:00 pm	Key Officials Meeting
6:15 pm	Simulated Emergency Response Competition Check-In
6:30 pm	SERC Lock-Up
7:00 pm	Start of SERC
9:00 pm	End of Day
Saturday April 14, 2018	
6:30 am	Facility Opens
6:45 am	Officials and Volunteer Check-In
7:00 am	Warm Up
7:30 am	Coaches Meeting
8:00 am	Opening Ceremonies
8:30 am	Start Session 1 - Games
15 and Under Events	50M Obstacle Swim 100M Obstacle Swim 4x50M Obstacle Relay Line Throw 50M Tow with Fins 100M Tow with Fins
	Award Presentations
2:00 pm	Warm Up
3:00 pm	Start of Session 2 - Championships
Open Events (14 and up)	200M Obstacle Swim 4x50M Obstacle Relay Line Throw 100M Rescue Medley 100M Tow with Fins
	Award Presentations
6:00 pm	End of Day
Sunday April 15, 2018	
7:00 am	Facility Opens
7:15 am	Officials and Volunteer Check-In
7:15 am	Coaches Meeting
7:30 am	Warm Up
8:30 am	Start of Session 3 - Games
15 and Under Events	50M Manikin Carry w Fins 100M Manikin Carry w Fins 4x25M Manikin Relay 50M Manikin Carry 4x50 Medley Relay
	Award Presentations
12:00 pm	Warm Up
1:00 pm	Start of Session 4 - Championships
Open Events (14 and up)	100M Manikin Carry w Fins 200M Superlifesaver 4x25M Manikin Carry Relay 50M Manikin Carry 4x50M Medley Relay
	Award Presentations and Closing Ceremony
6:00 pm	End of Day

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Program of Events

Divisions							
Individual Events	9 years and Under	10-11 years	12-13 years	14-15 years	Youth 16-19	Senior 20-29	Masters
Obstacle Swim	50 m	50 m	100 m	100 m	200 m	200 m	200 m
Manikin Carry	50 m	50 m	50 m	50 m	50 m	50 m	50 m
Manikin Carry with Fins	50 m	50 m	100 m	100 m	100 m	100 m	100 m
Manikin Tow with Fins	50 m	50 m	100 m	100 m	100 m	100 m	100 m
Rescue Medley	n/a	n/a	n/a	100 m	100 m	100 m	100 m
Super Lifesaver	n/a	n/a	n/a	100 m	200 m	200 m	200m

Divisions							
Team Events	9 years and Under	10-11 years	12-13 years	14-15 years	Youth 16-19	Senior 20-29	Masters
Line Throw	6 m	8 m	8 m	12.5 m	12.5 m	12.5 m	12.5 m
4 X 25 m Manikin Relay	4x25 m	4x25 m	4x25 m	4x25 m	4x25 m	4x25 m	4x25 m
4 X 50 m Obstacle Relay	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m
4 X 50 m Medley Relay	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m
SERC	Not Eligible			Eligible			