



LIFESAVING SOCIETY®

The Lifeguarding Experts

2023 Alberta and Northwest Territories

Pool Lifesaving Championships and Junior Games - Meet Package

Friday March 31 - Sunday April 2, 2023

Mayer Aquatic Centre | Camrose, Alberta



ALBERTA & NORTHWEST TERRITORIES

LIFESAVING SPORT

Meet Package

Meet Name: 2023 Alberta and Northwest Territories Pool Lifesaving Championships and Junior Games

Meet Type: Provincial Championships

Host Facility: Mayer Aquatic Center (5600 44 Avenue, Camrose, Alberta)

Event Type: Short Course – age group events (Athletes 13 years of age and younger to compete in AM heats and Athletes 14 years of age and older to compete in PM heats)

Start Date: Friday March 31, 2023

Warm-Up Date: Saturday April 1, 2023

End Date: Sunday April 2, 2023

Entry Deadline: March 26, 2023, 11:59pm

Meet Managers: Madison Lalonde and Heather Barr

Contact Email: madisonl@lifesaving.org

Phone Number: 780-415-1755

Chief Referee:

Meet Format: Finals Only

Seeding: Age Group (Senior Seeded) 8 Lanes AM/6 Lane PM

Entry Limit:

- Maximum individual entries per athlete: 6
- Maximum relay entries per athlete: 5
- Clubs will be limited to 2 Line Throw entries per age group for each gender
- SERC will be limited to a total maximum of 20 teams
 - If there is more demand for SERC than available entry slots clubs may be asked to limit entries

Qualification: All athletes must be registered with the Lifesaving Society. For Super Lifesaver, Rescue Medley, and SERC athletes must be 14 years of age or older.

Entry Fee:

- Full event: \$75 per athlete
- SERC Only: \$25 per athlete

Entry Procedure: Entries will be submitted through <http://sport.lifesaving.org>

- SERC Entries will be submitted here: <https://forms.office.com/r/pN3sagSG6B>

Scoring: Scoring for the event shall occur in accordance with the Alberta and Northwest Territories Competition Manual 2022 Edition.

Awards: Medals will be awarded for each age group to the 1st – 3rd place finishers, male and female athletes. Ribbons will be awarded for each age group to the 4th – 16th place finishers for male and female athletes.

Warm-up Information: Clubs will have access to the facility at 6:00 AM and warm-ups will begin at 7:00 am. Warm-ups for athletes aged 14 years and older will be at 1:30 pm.

Seeding: Competitors will be seeded for each event based on entry times submitted with registration.

Coaches Meeting: A coaches meeting will be held Saturday and Sunday at 7:30 am.

Deck Entries: Deck entries will not be permitted.

Relay Changes: Relay changes shall be submitted no later than 30 minutes prior to the start of the session hosting the relay event(s).

Scratches: All efforts to inform the Clerk of Course of scratches no later than 30 minutes prior to the start of an event is appreciated.

Officials and Volunteers: Officials and Volunteers are needed to run a successful event. Meet Managers will work with key officials to find each volunteer a suitable role. Officials and Volunteers can email madisonl@lifesaving.org to express interest.

Schedule of Events

Please note that times and schedules are subject to change.

Friday, March 31

TIME	EVENT
5:00 pm	Facility Set Up
5:15 pm	Simulated Emergency Response Competition Check-In
5:30 pm	SERC Lock-Up
5:45 pm	Key Officials Meeting
6:00 pm	Start of SERC
9:00 pm	End of Day

Saturday, April 1

TIME	EVENT
6:00 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 (13 and Under Events) <ul style="list-style-type: none">• 50M Obstacle Swim• 100M Obstacle Swim• 4x50M Obstacle Relay• Line Throw• 50M Tow with Fins• 100M Tow with Fins
	Award Presentations
1:30 pm	Warm Up
2:15 pm	Start of Session 2 - Championships (14 and up Events) <ul style="list-style-type: none">• 100M Obstacle Swim• 200M Obstacle Swim• 4x50M Obstacle Relay• Line Throw• 100M Rescue Medley• 100M Tow with Fins
	Award Presentations
6:00 pm	End of Day

Schedule of Events (continued)

Please note that times and schedules are subject to change.

Sunday, April 2

TIME	EVENT
6:00 am	Facility Opens
6:45 am	Officials and Volunteer Check-In
7:00 am	Warm Up
7:30 am	Coaches Meeting
8:30 am	Start of Session 3: Games (13 and Under Events) <ul style="list-style-type: none">• 50M Manikin Carry with Fins• 100M Manikin Carry with Fins• 4x25M Mankin Relay• 50M Manikin Carry• 4x50M Medley Relay
	Award Presentations
12:00 pm	Warm Up
1:00 pm	Start of Session 4 - Championships (14 and up Events) <ul style="list-style-type: none">• 100M Manikin Carry with Fins• 100M Superlifesaver• 200M Superlifesaver• 4x25M Manikin Carry Relay• 50M Manikin Carry• 4x50M Medley Relay
	Award Presentations and Closing Ceremony
6:00 pm	End of Day

Accommodations

There are a number of events happening in the Camrose area at the same time as these Championships and Games. It is recommended that accommodations are booked sooner than later.

The Lifesaving Society has a block hold on rooms at the Travelodge by Wyndham – 1-780-352-2222 in Wetaskiwin, AB for the competition. If booking these rooms please reference the group name Royal Lifesaving Society of Alberta. These rooms will be held until Thursday March 23 and are limited.