



MANTAS
LIFESAVING CLUB



HORNS
RECREATION

MAXBELL MANTAS'
JUNIOR & OPEN
LIFESAVING SPORT COMPETITION

SATURDAY, NOVEMBER 4 2
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SUNDAY, NOVEMBER 5 2
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Max Bell Regional Aquatic Centre
Lethbridge, Alberta
4401 University Drive West, T1K 3M4

REGISTRATION PACKAGE



DATES

November 4-5, 2023

HOST

Max Bell Mantas Lifesaving Sport Club

LOCATION

Max Bell Regional Aquatic Centre, University of Lethbridge

SANCTIONING

The Max Bell Mantas Lifesaving Competition has been sanctioned by the Royal Life Saving Society Canada (RLSSC) and as such, any provincial records that may be broken will be recorded and submitted to AB/NWT Branch for processing. Rules governing this sanctioned event will include those from the Lifesaving Society Alberta Northwest Territories Competition Manual (2022 edition) and the ILS Competition Manual (2023 edition).

FORMAT

Lifesaving Society "SANCTIONED EVENT WARM-UP PROCEDURES" will be in effect through the event.
All events will be swum as time finals.

EVENTS

Manikin Relay, Manikin Carry, Tow with Fins, Medley Relay, Obstacle Relay, Obstacle Swim, Line Throw, Carry with Fins, Super Lifesaver, Rescue Medley

POOL SPECS

The swimming pool at the Max Bell Aquatic Centre is 1.8m deep for the entire length of the 25m pool and varies to 4.5m for the 50m pool. There are 8 lanes with two outside gutter lanes of 1.8-4.5m on either side of the pool.

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EQUIPMENT

The host will supply Rescue Tubes, Rescue Manikins, custom obstacles and LSS Throw Lines for the use of competitors during the competition.

All competitors are required to supply their own fins.

All equipment will comply with the ILS specifications as specified in the ILS Competition Manual.

ENTRY DEADLINE

Registration and complete entries must be received by

Monday October 30, 2023 @ 9:00 pm.

ENTRY FEES

\$77.00

APPEALS

The Competition Appeals Committee will deal with all the protests referred to it by the Referee. The appeals process is detailed in the current ILS Competition Manual. Appeals forms can be obtained from the appointed Competitor Liaison or downloaded from www.lifesaving.org

The Competition Appeals Committee shall consider the protest or appeal and make a decision. It may uphold or dismiss a protest or appeal. The decision of the competition appeals committee is final and there is no right to appeal against that decision.

We are looking for an additional 9-16 Manikins for the Swim Meet. Can you help us out?

If so, please email maxbell.mantas@uleth.ca!

REGISTRATION PACKAGE



SCHEDULE OF EVENTS

Friday, November 3, 2023

5:00 pm

6:00 pm

6:15 pm

6:30 pm

7:00- 9:00

CANCELLED

Swimming Competition (SERC)

Saturday, November 4, 2023

6:30 am

Facility Opens

6:45 am

Officials and Volunteer Check-in

7:00 am

Coaches Meeting

7:15-8:00 am

Warm-Up

7:30 am

Officials Meeting

8:15 am

JUNIOR (Short Course) Session:

50M Obstacle Swim

100M Obstacle Swim

4X50M Obstacle Relay

Line Throw

50M Tow with Fins

100M Tow with Fins

2:00-2:50pm

Warm-up

3:00 pm

SENIOR (Long Course) Session:

100M Rescue Medley

200M Obstacle Swim

4X50M Obstacle Relay

Line Throw

100M Tow with Fins

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SCHEDULE OF EVENTS

Sunday, November 5, 2023

7:00 am	Facility Opens
7:15 am	Officials and Volunteer Check-in
7:15 am	Coaches Meeting
7:30-8:15am	Warm-up
7:45 am	Officials Meeting
8:30 am	JUNIOR (Short Course) Session: 4X25M Manikin Relay 50M Carry with Fins 100M Carry with Fins 50m Carry without Fins 4X50M Medley Relay
12:00-12:45pm	Warm-up
1:00 pm	SENIOR (Long Course) Session: 200M SuperLifesaver 4X25M Manikin Relay 100M Carry with Fins 50m Carry without Fins 4X50M Medley Relay



VOLUNTEERS NEEDED



[GO.ULETH.CA/VOLUNTEER](https://go.uleth.ca/volunteer)



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