

# SLS Centre Cochrane Water Ninjas Lifesaving Sport Competition

**Event Type:** Short Course

**Hosting Pool:** SLS Centre, Cochrane AB

**Entry Deadline:** 23 November 2023

**Cost Per Athlete:** \$40.00

**Meet Manager:** Marlee Palmer

**Contact Email:** marlee\_palmer@hotmail.com

**Meet Format:** Finals Only

<u>Saturday December 2<sup>nd</sup></u>	<u>Sunday December 3<sup>rd</sup></u>
Ages: 13yrs and younger	Ages: 14yrs and older
Warm Up: 1230-1330	Warm Up: 1230-1330
Event Start time: 1345	Event Start time: 1345
End time: completed prior to 1800	End time: completed prior to 1800
Coaches Meeting: 1315	Coaches Meeting: 1315
<b>Events offered:</b>	<b>Events offered:</b>
50 Swim with Fins	100 Manikin Carry with Fins
50/100 Manikin Carry	100 Rescue Medley
4x25 Manikin Carry Relay	4x25 Manikin Carry Relay
50/100 Tow with Fins	100/200 Superlifesaver
4x50 Medley Relay	4x50 Medley Relay
*all events will be marshalled	*all events are self marshalled

Recognitions will be given to 1<sup>st</sup>-8<sup>th</sup> place finishers from each age group/gender.



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**Volunteers:** please sign up using the link below to lend a helping hand. Light snacks and drink will be provided to volunteers and coaches.

<https://forms.gle/SbwufFK41EYXobnz5>

## **Facility Information:**

No entry to changerooms prior to 1215.

No swimmer will be allowed in hot tub, leisure pool or therapy pool.

Please, NO GLASS on the pool deck.

Food is ok on the deck, we just ask swimmers to put garbage in the cans before leaving for the night.

Parents are asked to remain off the pool deck unless they are volunteering.

We do have Jugo Juice and Patsy's Place located within the facility.

