

2024 Alberta and Northwest Territories Pool Lifesaving Championships and Junior Games

Event Package
April 5-7th, 2024

Brookfield Residential YMCA at Seton



ALBERTA & NORTHWEST TERRITORIES
**LIFESAVING
SPORT**





Meet Name: 2024 Alberta and Northwest Territories Pool Lifesaving Championships and Junior Games

Meet Type: Provincial Championships and Junior Games

Host Facility: Brookfield Residential YMCA at Seton, Calgary AB

Event Type: Short Course and Long Course

Date of Event: April 5, 2024 to April 7, 2024

Entry Deadline: March 21, 2024 11:59 pm

Meet Managers: TBD

Chief Referee: TBD

Safety Officer: Sara Sylvestre

Meet Format:

Junior Games – Short Course

Championship – Long Course

Entry Limit:

Maximum individual events for athletes: Six (6)

Maximum relay events per athlete: four (4)

Line Throw entries limited to two (2) entries per club per age group per gender.

Qualification:

All athletes must be a registered athlete with Lifesaving Society AB/NWT Branch

Entry Fee:

\$85 per athlete

SERC Registration:

Registrations must be directly submitted via this link: [SERC Entry Form](#)

Scoring:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Awards:

Medals will be given to athletes who place first, second and third in each age division. Ribbons will be given out from 4th to 16th place for the Junior Championships.

Team Award:

A single Team Banner will be awarded to the team with the highest total points for the collective points in the Junior Games and Lifesaving Championship.

Warm-up Information:

Warm up will last 45 minutes for each session. Designated lanes will be sent to coaches for the Junior Games. The Championship will have NO lane designation. Blocks will be available for diving the last 15 minutes as designated by the Safety Officer. No equipment in the pool during warm-ups.

Seeding:

Athletes will be senior seeded based on entry times submitted at registration. Results will be separated by age group for scoring and awards.

Coaches Meeting:

Online Virtual Teams Meeting: information will be shared in a future communique. For coaches unable to make it, a follow up email will be sent out.

Saturday: 8:00 am and 2:15 pm

Sunday: 7:30 am

Deck Entries:

Deck entries are permitted at the discretion of the Meet Manager providing they do not require the addition of another heat.



Relay Changes:

Relay changes must be submitted no later than 45 minutes before the posted start time of each session.

Scratches:

Scratches must be submitted no later than 45 minutes prior to the posted start time of the session.

Event Pass:

An event pass must be shown to guest services to access the deck for all officials, coaches, volunteers, and athletes. Adults over 18 must show ID before gaining entry to the facility.

Psych Sheets and Athlete Rosters:

These documents will be sent out to ALL coaches no later than March 29 to ensure all athletes are entered correctly. Any changes can be emailed to the Meet Manager before April 4th.

Volunteers and Officials

To run the Junior Games and Provincial Championships, a large number of volunteers and officials are required. We strongly encourage clubs to actively recruit parents and family members to sign up for volunteering. No prior experience is required, and they get a front row seat at the event.

Please send this link out to help us fill the spaces: [Volunteer Signup](#)

The Lifesaving Society will contact clubs and coaches should more volunteers be required.

Equipment

Clubs are each asked to provide 4 manikins and clubs with obstacles may be asked to provide obstacles.

Spectators

Spectators will not be permitted access to the pool deck at any time.

Event Schedule

Please note that times and schedules are subject to change (Revised schedule after time outs and change overs have been established, will come out a week before the competition)

Day 1 – Friday April 5th

Time	Event
5:00 pm	Facility Set Up
5:15 pm	Simulated Emergency Response (SERC) Competition Check-In
5:15 pm	Key Officials Meeting
5:30 pm	SERC Lock-Up Key Officials Meeting
6:00 pm	Start of SERC
9:00 pm	End of Day

Day 2 – Saturday April 6th

Time	Event
7:00 am	Facility Opens (Officials check-in)
7:30 - 8:15 am	Warm Up starts (20 lanes available) Dives at 8
7:30 - 8:00 am	Officials Meeting
8:00 - 8:15 am	Coaches Meeting
8:30 - 9:00 am	Opening Ceremonies
9:00 am	Start of Session 1 – Junior Games (All Junior Age Groups) <i>Short Course</i> <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
TBD	Award Presentation after last event
TBD	Lunch
2:00-2:45 pm	Warm Up
2:15-2:30 pm	Coaches Meeting
2:30-2:45 pm	Officials Meeting
3:15 pm	Start of Session 2 – Championships (Youth & O) <i>Long Course</i> <ul style="list-style-type: none"> • 200M Obstacle Swim • 4x50M Obstacle Relay

	<ul style="list-style-type: none"> • Line Throw • 100M Rescue Medley • 100M Tow with Fins • 4X25m manikin carry relay
TBD	Award Presentations after last event
8:00 pm	End of Day

Day 3 – Sunday April 7th

Time	Event
7:00 am	Facility Opens (Officials check-in)
7:15 - 8:00 am	Warm Up (dives at 7:45) 20 lanes available
7:30 - 7:45 am	Coaches Meeting (no coaches meeting in the afternoon)
7:45 - 8:00 am	Officials Meeting
8:15 am	Start of Session 3: Junior Games (All Junior Age Groups) <i>Short Course</i> <ul style="list-style-type: none"> • 50M Manikin Carry with fins • 100M Manikin Carry with fins • 4x25 Manikin Relay • 50M Manikin Carry • 4x50 Medley Relay
TBD	Award Presentation after last event
TBD	Lunch
1:00 pm - 1:45 pm	Warm Up
1:15 - 1:30 pm	Officials Meeting
2:00 pm	Start of Session 4 – Championships (Youth & O) <i>Long Course</i> <ul style="list-style-type: none"> • 100M Manikin Carry with Fins • 200M Super Lifesaver • 50M Manikin Carry • 4x50 Medley Relay
TBD	Award Presentation and Closing Ceremony
6:00 pm	End of Day

Individual Events:

- Competitors may register in only one division for individual events and must remain in the selected division throughout the championships.
- Athletes may compete in their division **or** in one division above, except for Masters who would swim down in the Senior division. Seniors are not eligible to swim in the Masters division. 14–15-year-olds may choose to swim up in the youth division (16-19) would be compete in long course events. There will be no 14–15-year-old age group events in Long Course. Anyone swimming up (Masters swimming down) will be scored within that division.

Team Events:

- Competitors may swim up into another division (i.e. a competitor in the 10-11 years division is eligible to compete as a member of a team in the 12-13 years division). Competitors may not swim down into a lower division. Competitors may only swim in one division per team event.
- Relay teams with master athletes and athletes under the age of 30 are not eligible to swim in the Masters (30 & O) division. The team would instead swim in Seniors (20-29) division.
- Line Throw: the thrower and catcher must be from the same club and of the same gender and age division. Teams may only enter 2 teams per age group and gender into line throw.

Notes:

- YMCA Calgary requires all participants under 10 to be accompanied onto the pool deck. Once they are in their coach's care, the parents **MUST** leave the pool deck unless they are volunteering or officiating.
- If parents need to hand their athletes food, clothing etc., the athlete must meet the parent in the change room area. No parents will be permitted on deck after the event starts.
- Brookfield Residential YMCA at Seton does not allow athletes to bring mats or chairs onto the pool deck. Please ensure your swimmers are keeping their belongings organized so that it poses **NO** safety risks.