

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****Event 13 Women 14-15 100 LC Meter Carry with Fins**

	Name	Age	Team	Seed Time	Finals Time
1	Burgess, Nicole	15	LMBM University of Lethbridge	1:21.06	1:16.74
2	Bashow, Rylee	15	CoWN Cochrane Water Ninjas	1:19.03	1:17.78
3	Cutler, Brinn	14	LMBM University of Lethbridge	1:27.93	1:19.15
4	Bridge, Katelyn	15	CoWN Cochrane Water Ninjas	1:22.88	1:22.58
5	Irvin, Avlea	15	CoWN Cochrane Water Ninjas	1:25.52	1:26.22
6	Bruce, Morgan	14	LMBM University of Lethbridge	1:26.65	1:27.39
7	Beach, Sophia	15	camro City of Camrose Tsunami	1:18.77	1:27.92
8	Murphy, Myla-Mae	14	wolc City of Wetaskiwin Orcas	NT	1:31.00
9	Castagna, Julia	15	camro City of Camrose Tsunami	1:37.92	1:34.57
10	Zilinski, Olivia	15	camro City of Camrose Tsunami	1:42.79	1:37.42
11	Huet, Gianna	15	okot Town Of Okotoks Sharks	NT	1:48.18
12	Burgess, Elyse	15	LMBM University of Lethbridge	1:48.87	1:49.14

Event 13 Women 14-19 100 LC Meter Carry with Fins

AB LC: 1:02.99 * 2016

D. Chang

Calgary Tsunamis

NATL: 1:02.35 # 2019-06-02

J. Gursoy

PanAm Lifesaving

	Name	Age	Team	Seed Time	Finals Time
1	Irvin, Csenia	17	CoWN Cochrane Water Ninjas	1:12.42	1:14.86
2	Hutzul, Adison	16	LMBM University of Lethbridge	1:23.81	1:16.26
3	Vogel, Kayla	17	camro City of Camrose Tsunami	1:10.25	1:16.40
4	Burgess, Nicole	15	LMBM University of Lethbridge	1:21.06	1:16.74
5	Carnegie, Sydney	17	CoWN Cochrane Water Ninjas	1:17.45	1:16.95
6	Bashow, Rylee	15	CoWN Cochrane Water Ninjas	1:19.03	1:17.78
7	Fisher, Danica	16	CoWN Cochrane Water Ninjas	1:13.29	1:18.60
8	Cutler, Brinn	14	LMBM University of Lethbridge	1:27.93	1:19.15
9	Frostad, Margot	17	cwlc Calgary Winter Club Tsun	1:12.89	1:19.36
10	Birnie, Olivia	16	drvly Town of Drayton Valley L	1:21.87	1:19.85
11	Taylor, Gabrielle	16	sprgr Tri Leisure Centre Blue	1:08.75	1:20.10
12	Hayhoe, Abigail	16	CoWN Cochrane Water Ninjas	NT	1:20.56
13	Buchan, Luca	16	drvly Town of Drayton Valley L	1:16.22	1:21.23
14	Kearns, Anna	18	okot Town Of Okotoks Sharks	1:14.15	1:21.89
15	Isik, Sevcan	19	camro City of Camrose Tsunami	1:19.42	1:22.22
16	Bridge, Katelyn	15	CoWN Cochrane Water Ninjas	1:22.88	1:22.58
17	Musiyowski, Acadia	18	drvly Town of Drayton Valley L	1:22.66	1:24.25
18	Kearns, Laura	16	okot Town Of Okotoks Sharks	1:16.20	1:25.30
19	Maurik, Maya	19	hint Town of Hinton Stingrays	NT	1:25.53
20	Irvin, Avlea	15	CoWN Cochrane Water Ninjas	1:25.52	1:26.22
21	Hennig, Halle	16	sprgr Tri Leisure Centre Blue	1:12.56	1:26.42
22	Bodnar, Olivia	17	CoWN Cochrane Water Ninjas	1:29.50	1:27.21
23	Booth, Sarah	16	camro City of Camrose Tsunami	1:11.95	1:27.26
24	Bruce, Morgan	14	LMBM University of Lethbridge	1:26.65	1:27.39
25	Beach, Sophia	15	camro City of Camrose Tsunami	1:18.77	1:27.92
26	Lowe, Erin	18	camro City of Camrose Tsunami	1:32.17	1:29.08
27	Menzak, Calli	17	sprgr Tri Leisure Centre Blue	1:20.00	1:30.86
28	Murphy, Myla-Mae	14	wolc City of Wetaskiwin Orcas	NT	1:31.00
29	Hamilton, Ava	17	camro City of Camrose Tsunami	1:35.56	1:31.12
30	Schamber, Raya	16	wolc City of Wetaskiwin Orcas	NT	1:32.08
31	Castagna, Julia	15	camro City of Camrose Tsunami	1:37.92	1:34.57
32	Zilinski, Olivia	15	camro City of Camrose Tsunami	1:42.79	1:37.42
33	Pumphrey, Michaela	16	okot Town Of Okotoks Sharks	1:45.17	1:38.03
34	Jones, Abby	18	hint Town of Hinton Stingrays	NT	1:38.43

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(Event 13 Women 14-19 100 LC Meter Carry with Fins)

Name	Age	Team	Seed Time	Finals Time
35 Testo, Madison	16	hint Town of Hinton Stingrays	1:31.47	1:44.17
36 Huet, Gianna	15	okot Town Of Okotoks Sharks	NT	1:48.18
37 Burgess, Elyse	15	LMBM University of Lethbridge	1:48.87	1:49.14
38 Lockheart, Mattea	18	lacom City of Lacombe Sea Lion	NT	2:00.27
39 Hayward, Olivia	16	sprgr Tri Leisure Centre Blue	1:30.00	2:03.66

Event 13 Women 16-19 100 LC Meter Carry with Fins

Name	Age	Team	Seed Time	Finals Time
1 Irvin, Csenia	17	CoWN Cochrane Water Ninjas	1:12.42	1:14.86
2 Hutzul, Adison	16	LMBM University of Lethbridge	1:23.81	1:16.26
3 Vogel, Kayla	17	camro City of Camrose Tsunami	1:10.25	1:16.40
4 Carnegie, Sydney	17	CoWN Cochrane Water Ninjas	1:17.45	1:16.95
5 Fisher, Danica	16	CoWN Cochrane Water Ninjas	1:13.29	1:18.60
6 Frostad, Margot	17	cwlc Calgary Winter Club Tsun	1:12.89	1:19.36
7 Birnie, Olivia	16	drvly Town of Drayton Valley L	1:21.87	1:19.85
8 Taylor, Gabrielle	16	sprgr Tri Leisure Centre Blue	1:08.75	1:20.10
9 Hayhoe, Abigail	16	CoWN Cochrane Water Ninjas	NT	1:20.56
10 Buchan, Luca	16	drvly Town of Drayton Valley L	1:16.22	1:21.23
11 Kearns, Anna	18	okot Town Of Okotoks Sharks	1:14.15	1:21.89
12 Isik, Sevcan	19	camro City of Camrose Tsunami	1:19.42	1:22.22
13 Musiyowski, Acadia	18	drvly Town of Drayton Valley L	1:22.66	1:24.25
14 Kearns, Laura	16	okot Town Of Okotoks Sharks	1:16.20	1:25.30
15 Maurik, Maya	19	hint Town of Hinton Stingrays	NT	1:25.53
16 Hennig, Halle	16	sprgr Tri Leisure Centre Blue	1:12.56	1:26.42
17 Bodnar, Olivia	17	CoWN Cochrane Water Ninjas	1:29.50	1:27.21
18 Booth, Sarah	16	camro City of Camrose Tsunami	1:11.95	1:27.26
19 Lowe, Erin	18	camro City of Camrose Tsunami	1:32.17	1:29.08
20 Menzak, Calli	17	sprgr Tri Leisure Centre Blue	1:20.00	1:30.86
21 Hamilton, Ava	17	camro City of Camrose Tsunami	1:35.56	1:31.12
22 Schamber, Raya	16	wolc City of Wetaskiwin Orcas	NT	1:32.08
23 Pumphrey, Michaela	16	okot Town Of Okotoks Sharks	1:45.17	1:38.03
24 Jones, Abby	18	hint Town of Hinton Stingrays	NT	1:38.43
25 Testo, Madison	16	hint Town of Hinton Stingrays	1:31.47	1:44.17
26 Lockheart, Mattea	18	lacom City of Lacombe Sea Lion	NT	2:00.27
27 Hayward, Olivia	16	sprgr Tri Leisure Centre Blue	1:30.00	2:03.66

Event 13 Women 20-29 100 LC Meter Carry with Fins

Name	Age	Team	Seed Time	Finals Time
1 Leblanc, Mercedes	25	CFLC Canadian Armed Forces Li	1:10.00	1:04.79*
2 Mack, Mayce	22	hint Town of Hinton Stingrays	NT	1:29.91

AB LC: 1:06.38 * 2019

D. Walker

Claresholm Vik

NATL: 57.48 # 2014-09-26

A. Prayal-Brown

National Team

Event 13 Women 20 & Over 100 LC Meter Carry with Fins

Name	Age	Team	Seed Time	Finals Time
1 Walker, Dallas	34	drvly Town of Drayton Valley L	58.69	59.72
2 Leblanc, Mercedes	25	CFLC Canadian Armed Forces Li	1:10.00	1:04.79
3 Walker, Jennifer	47	CoWN Cochrane Water Ninjas	1:25.91	1:21.88
4 Malley, Sarah	50	CoWN Cochrane Water Ninjas	1:31.07	1:25.91
5 Mack, Mayce	22	hint Town of Hinton Stingrays	NT	1:29.91
6 Goertzen, Holly	47	CoWN Cochrane Water Ninjas	1:35.99	1:31.13
7 Frantz, Anne	46	lacom City of Lacombe Sea Lion	NT	1:33.25

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(Event 13 Women 20 & Over 100 LC Meter Carry with Fins)

Name	Age	Team	Seed Time	Finals Time
8 Snyder, Peggy	54	camro City of Camrose Tsunami	NT	1:37.26
9 Branconnier, Marla	49	lacom City of Lacombe Sea Lion	NT	1:55.13
10 Gudwer, Darlene	56	lacom City of Lacombe Sea Lion	NT	2:01.69
11 Moss, Sarah	51	okot Town Of Okotoks Sharks	2:03.78	2:04.15
--- Watkins, Susan	51	CoWN Cochrane Water Ninjas	1:44.13	DQ

Event 13 Women 30 & Over 100 LC Meter Carry with Fins

AB LC: 1:02.95 * 2023

D. Walker-Milan

Drayton Valley

Name	Age	Team	Seed Time	Finals Time
1 Walker, Dallas	34	drvly Town of Drayton Valley L	58.69	59.72*
2 Walker, Jennifer	47	CoWN Cochrane Water Ninjas	1:25.91	1:21.88
3 Malley, Sarah	50	CoWN Cochrane Water Ninjas	1:31.07	1:25.91
4 Goertzen, Holly	47	CoWN Cochrane Water Ninjas	1:35.99	1:31.13
5 Frantz, Anne	46	lacom City of Lacombe Sea Lion	NT	1:33.25
6 Snyder, Peggy	54	camro City of Camrose Tsunami	NT	1:37.26
7 Branconnier, Marla	49	lacom City of Lacombe Sea Lion	NT	1:55.13
8 Gudwer, Darlene	56	lacom City of Lacombe Sea Lion	NT	2:01.69
9 Moss, Sarah	51	okot Town Of Okotoks Sharks	2:03.78	2:04.15
--- Watkins, Susan	51	CoWN Cochrane Water Ninjas	1:44.13	DQ

Event 14 Men 14-15 100 LC Meter Carry with Fins

Name	Age	Team	Seed Time	Finals Time
1 Johnson, Oliver	15	CoWN Cochrane Water Ninjas	1:01.38	59.28
2 Parsons, Ethan	15	wolc City of Wetaskiwin Orcas	1:12.24	1:04.20
3 Smith, Caebri	15	CoWN Cochrane Water Ninjas	1:06.55	1:05.41
4 Wilford, Kaleb	14	wolc City of Wetaskiwin Orcas	1:14.16	1:08.54
5 Gilbert, Corbin	15	CoWN Cochrane Water Ninjas	1:11.59	1:10.45
6 Isik, Serkan	14	camro City of Camrose Tsunami	1:05.75	1:11.88
7 Agrey, Benjamin	15	camro City of Camrose Tsunami	1:14.60	1:13.55
8 Wolsey, Jake	15	camro City of Camrose Tsunami	1:13.78	1:15.32
9 Shakeshaft, Joseph	15	wolc City of Wetaskiwin Orcas	1:21.65	1:15.63
10 Zahara, Micah	14	wolc City of Wetaskiwin Orcas	NT	1:18.10
11 Bergstrom, Logan	15	camro City of Camrose Tsunami	1:24.39	1:21.63
12 Malley, Jake	14	CoWN Cochrane Water Ninjas	1:48.61	1:32.34

Event 14 Men 14-19 100 LC Meter Carry with Fins

AB LC: 58.39 * 2016

M. Peterson

Calgary Tsunamis

NATL: 53.26 # 2014-09-26

M. Caron (stlau)

National Team

Name	Age	Team	Seed Time	Finals Time
1 Johnson, Oliver	15	CoWN Cochrane Water Ninjas	1:01.38	59.28
2 Sheehan, Dawson	19	CFLC Canadian Armed Forces Li	1:05.00	59.55
3 Swedlo, Aaron	17	YJLC YMCA Calgary Royals	1:02.75	1:00.37
4 Rasmuson, Teague	17	wolc City of Wetaskiwin Orcas	1:05.78	1:04.11
5 Parsons, Ethan	15	wolc City of Wetaskiwin Orcas	1:12.24	1:04.20
6 Dunse, Jack	17	CoWN Cochrane Water Ninjas	1:02.85	1:04.35
7 Webb, Wyatt	16	drvly Town of Drayton Valley L	1:05.91	1:04.65
8 Thibodeau, Isaac	16	CoWN Cochrane Water Ninjas	1:04.04	1:04.79
9 Smith, Caebri	15	CoWN Cochrane Water Ninjas	1:06.55	1:05.41
10 Wink, Brandon	18	drvly Town of Drayton Valley L	1:13.25	1:06.44
11 Moss, Andrew	17	okot Town Of Okotoks Sharks	1:06.74	1:06.59
12 Wilford, Kaleb	14	wolc City of Wetaskiwin Orcas	1:14.16	1:08.54
13 Allaway-Brager, William	19	wolc City of Wetaskiwin Orcas	1:01.86	1:08.59

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(Event 14 Men 14-19 100 LC Meter Carry with Fins)

Name	Age	Team	Seed Time	Finals Time
14 Gilbert, Corbin	15	CoWN Cochrane Water Ninjas	1:11.59	1:10.45
15 Fitzsimmons, Eli	16	CoWN Cochrane Water Ninjas	1:11.15	1:11.13
16 Verbaas, Ethan	18	camro City of Camrose Tsunami	1:11.90	1:11.22
17 Gilbert, Brock	17	YJLC YMCA Calgary Royals	1:06.14	1:11.59
18 Isik, Serkan	14	camro City of Camrose Tsunami	1:05.75	1:11.88
19 Hoang, Grayson	17	cwclc Calgary Winter Club Tsun	NT	1:11.92
20 Tegart, Kayman	17	CoWN Cochrane Water Ninjas	1:13.94	1:12.97
21 Agrey, Benjamin	15	camro City of Camrose Tsunami	1:14.60	1:13.55
22 Sharman, Boden	18	drvly Town of Drayton Valley L	NT	1:14.36
23 Malley, Brady	16	CoWN Cochrane Water Ninjas	1:19.86	1:15.08
24 Wolsey, Jake	15	camro City of Camrose Tsunami	1:13.78	1:15.32
25 Shakeshaft, Joseph	15	wolc City of Wetaskiwin Orcas	1:21.65	1:15.63
26 Dewald, Seth	16	camro City of Camrose Tsunami	1:10.68	1:16.31
27 Zahara, Micah	14	wolc City of Wetaskiwin Orcas	NT	1:18.10
28 Verbaas, Nolan	16	camro City of Camrose Tsunami	1:17.40	1:18.51
29 Agrey, Joshua	18	camro City of Camrose Tsunami	1:17.40	1:18.54
30 Brager, Sam	17	camro City of Camrose Tsunami	1:19.94	1:18.57
31 Ber, Sava	16	CoWN Cochrane Water Ninjas	1:18.03	1:19.13
32 Bergstrom, Logan	15	camro City of Camrose Tsunami	1:24.39	1:21.63
33 Doherty, Liam	16	LMBM University of Lethbridge	NT	1:26.59
34 Malley, Jake	14	CoWN Cochrane Water Ninjas	1:48.61	1:32.34

Event 14 Men 16-19 100 LC Meter Carry with Fins

Name	Age	Team	Seed Time	Finals Time
1 Sheehan, Dawson	19	CFLC Canadian Armed Forces Li	1:05.00	59.55
2 Swedlo, Aaron	17	YJLC YMCA Calgary Royals	1:02.75	1:00.37
3 Rasmuson, Teague	17	wolc City of Wetaskiwin Orcas	1:05.78	1:04.11
4 Dunse, Jack	17	CoWN Cochrane Water Ninjas	1:02.85	1:04.35
5 Webb, Wyatt	16	drvly Town of Drayton Valley L	1:05.91	1:04.65
6 Thibodeau, Isaac	16	CoWN Cochrane Water Ninjas	1:04.04	1:04.79
7 Wink, Brandon	18	drvly Town of Drayton Valley L	1:13.25	1:06.44
8 Moss, Andrew	17	okot Town Of Okotoks Sharks	1:06.74	1:06.59
9 Allaway-Brager, William	19	wolc City of Wetaskiwin Orcas	1:01.86	1:08.59
10 Fitzsimmons, Eli	16	CoWN Cochrane Water Ninjas	1:11.15	1:11.13
11 Verbaas, Ethan	18	camro City of Camrose Tsunami	1:11.90	1:11.22
12 Gilbert, Brock	17	YJLC YMCA Calgary Royals	1:06.14	1:11.59
13 Hoang, Grayson	17	cwclc Calgary Winter Club Tsun	NT	1:11.92
14 Tegart, Kayman	17	CoWN Cochrane Water Ninjas	1:13.94	1:12.97
15 Sharman, Boden	18	drvly Town of Drayton Valley L	NT	1:14.36
16 Malley, Brady	16	CoWN Cochrane Water Ninjas	1:19.86	1:15.08
17 Dewald, Seth	16	camro City of Camrose Tsunami	1:10.68	1:16.31
18 Verbaas, Nolan	16	camro City of Camrose Tsunami	1:17.40	1:18.51
19 Agrey, Joshua	18	camro City of Camrose Tsunami	1:17.40	1:18.54
20 Brager, Sam	17	camro City of Camrose Tsunami	1:19.94	1:18.57
21 Ber, Sava	16	CoWN Cochrane Water Ninjas	1:18.03	1:19.13
22 Doherty, Liam	16	LMBM University of Lethbridge	NT	1:26.59

Event 14 Men 20-29 100 LC Meter Carry with Fins

AB LC:	57.26	*	2006	J. Arthurs	Team AB
NATL:	50.49	#	2005-05-06	M. Prumann	CF Lifesaving Tm
Name	Age	Team	Seed Time	Finals Time	
1 Alberg-Moore, Rylun	22	drvly Town of Drayton Valley L	1:04.21	58.17	

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(Event 14 Men 20-29 100 LC Meter Carry with Fins)

Name	Age	Team	Seed Time	Finals Time
2 Lunger, Jared	20	sprgr Tri Leisure Centre Blue	55.00	1:05.88
3 Conway, Colin	24	CFLC Canadian Armed Forces Li	1:05.00	1:06.40
4 Coates, Tyrrell	29	drvly Town of Drayton Valley L	NT	1:25.42

Event 14 Men 20 & Over 100 LC Meter Carry with Fins

Name	Age	Team	Seed Time	Finals Time
1 Quenneville, Gabriel	31	CFLC Canadian Armed Forces Li	58.00	56.89
2 Alberg-Moore, Rylun	22	drvly Town of Drayton Valley L	1:04.21	58.17
3 Lunger, Jared	20	sprgr Tri Leisure Centre Blue	55.00	1:05.88
4 Conway, Colin	24	CFLC Canadian Armed Forces Li	1:05.00	1:06.40
5 MacLellan, Robert	55	okot Town Of Okotoks Sharks	1:26.23	1:23.83
6 Coates, Tyrrell	29	drvly Town of Drayton Valley L	NT	1:25.42
7 Kearns, Jeff	46	okot Town Of Okotoks Sharks	1:19.16	1:35.52
8 Gledhill, Steve	70	camro City of Camrose Tsunami	1:39.86	1:40.72

Event 14 Men 30 & Over 100 LC Meter Carry with Fins

AB LC: 1:04.31 * 2012		D. Dyson		Team AB	
Name	Age	Team	Seed Time	Finals Time	
1 Quenneville, Gabriel	31	CFLC Canadian Armed Forces Li	58.00	56.89*	
2 MacLellan, Robert	55	okot Town Of Okotoks Sharks	1:26.23	1:23.83	
3 Kearns, Jeff	46	okot Town Of Okotoks Sharks	1:19.16	1:35.52	
4 Gledhill, Steve	70	camro City of Camrose Tsunami	1:39.86	1:40.72	

Event 27 Women 14-19 4x6 LC Meter Relay Line Throw

AB LC: 13.93 * 2014		Calgary Tsunamis		Calgary Tsunamis	
NATL: 14.81 # 2017-06-04		J. Burkart, E. Dumaine		Dan'eaucles	
		A. Gaulin, M. Charboneau		Dan'eaucles	
Team	Relay	Seed Time	Finals Time		
1 CoWN Cochrane Water Ninjas	B	15.00	20.11		
1) Bodnar, Olivia 17	2) Carnegie, Sydney 17				
2 camro City of Camrose Tsunami	A	20.00	22.64		
1) Booth, Sarah 16	2) Hamilton, Ava 17				
3 sprgr Tri Leisure Centre Blue	A	30.00	28.89		
1) Hayward, Olivia 16	2) Menzak, Calli 17				
4 CoWN Cochrane Water Ninjas	A	15.00	32.55		
1) Fisher, Danica 16	2) Hayhoe, Abigail 16				
5 drvly Town of Drayton Valley L	A	16.90	38.85		
1) Birnie, Olivia 16	2) Musiyowski, Acadia 18				
6 wolc City of Wetaskiwin Orcas	A	NT	45.59		
1) Schamber, Raya 16	2) Frebel, Lilly 18				
--- LMBM University of Lethbridge	A	NT	DNF		
1) Burgess, Elyse 15	2) Cutler, Brinn 14				
--- cwclc Calgary Winter Club Tsun	A	NT	DNF		
1) Frostad, Margot 17	2) Owen, Olivia 17				
--- LMBM University of Lethbridge	B	NT	DNF		
1) Burgess, Nicole 15	2) Bruce, Morgan 14				
--- sprgr Tri Leisure Centre Blue	B	30.00	DNF		
1) Hennig, Halle 16	2) Taylor, Gabrielle 16				
--- okot Town Of Okotoks Sharks	A	NT	DNF		
1) Kearns, Anna 18	2) Kearns, Laura 16				
--- camro City of Camrose Tsunami	B	20.00	DNF		
1) Beach, Sophia 15	2) Castagna, Julia 15				

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Event 27 Women 20-29 4x6 LC Meter Relay Line Throw

AB LC: 18.19 * 2022 Drayton Valley Drayton Valley
 D. Walker-Milan, C. Gale
 NATL: 11.65 # 2014-04-27 St Laurent Lifesaving Team St Laurent LT
 A. Prayal-Brown, G. Findlay-Shirras

Team	Relay	Seed Time	Finals Time
1 cwlcl Calgary Winter Club Tsun 1) Burkart, Jessica 29	B 2) Hnatiuk, Holly 22	NT	33.51

Event 27 Women 30 & Over 4x6 LC Meter Relay Line Throw

AB LC: 17.37 * 2022 Cochrane Cochrane
 M. Martin-Quevillon, A. Swedlo

Team	Relay	Seed Time	Finals Time
1 CoWN Cochrane Water Ninjas 1) Malley, Sarah 50	B 2) Watkins, Susan 51	20.00	24.21
2 CoWN Cochrane Water Ninjas 1) Goertzen, Holly 47	A 2) Walker, Jennifer 47	20.00	25.29
3 lacom City of Lacombe Sea Lion 1) Branconnier, Marla 49	B 2) Frantz, Anne 46	NT	28.46

Event 28 Men 14-19 4x6 LC Meter Relay Line Throw

AB LC: 12.24 * 2019 Wetaskiwin Orcas Wetaskiwin Orcas
 R. Alberg-Moore, C. Rolston
 NATL: 12.53 # 2015-06-14 Richmond Hill Lifesaving Club Richmond Hill LC
 D. Plotnik, E. Potocean

Team	Relay	Seed Time	Finals Time
1 YJLC YMCA Calgary Royals 1) Swedlo, Aaron 17	A 2) Gilbert, Brock 17	12.48	12.01*
2 drvly Town of Drayton Valley L 1) Webb, Wyatt 16	A 2) Wink, Brandon 18	16.58	17.06
3 wolc City of Wetaskiwin Orcas 1) Allaway-Brager, William 19	B 2) Rasmuson, Teague 17	NT	17.48
4 camro City of Camrose Tsunami 1) Agrey, Joshua 18	A 2) Verbaas, Nolan 16	20.00	19.07
5 CoWN Cochrane Water Ninjas 1) Fitzsimmons, Eli 16	A 2) Tegart, Kayman 17	15.00	19.98
6 wolc City of Wetaskiwin Orcas 1) Wilford, Kaleb 14	A 2) Parsons, Ethan 15	NT	32.89
7 CoWN Cochrane Water Ninjas 1) Dunse, Jack 17	B 2) Thibodeau, Isaac 16	15.00	34.32
8 camro City of Camrose Tsunami 1) Agrey, Benjamin 15	B 2) Isik, Serkan 14	20.00	35.15

Event 28 Men 20-29 4x6 LC Meter Relay Line Throw

AB LC: 20.30 * 2024 Drayton Valley Drayton Valley
 R. Alberg-Moore, T. Coates
 NATL: 10.30 # 2018-12-02 Richmond Hill Lifesaving Club Richmond Hill LC
 B. Cardona, D. Cook

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L 1) Alberg-Moore, Rylun 22	A 2) Coates, Tyrrell 29	20.30	19.14*

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Event 28 Men 30 & Over 4x6 LC Meter Relay Line Throw

AB LC: 13.68 * 2022

Cochrane

Cochrane

M. Johnston, T. Moores

Team	Relay	Seed Time	Finals Time
1 okot Town Of Okotoks Sharks 1) Kearns, Jeff 46	A 2) MacLellan, Robert 55	NT	24.81

Event 41 Women 14-15 200 LC Meter Obstacle Swim

Name	Age	Team	Seed Time	Finals Time
1 Bashow, Rylee 35.92	15	CoWN Cochrane Water Ninjas	2:53.16 2:00.99 (43.12) 2:42.69 (41.70)	2:42.69
2 Cutler, Brinn 36.86	14	LMBM University of Lethbridge	2:56.56 2:03.60 (43.50) 2:47.61 (44.01)	2:47.61
3 Burgess, Nicole 38.07	15	LMBM University of Lethbridge	3:03.11 2:08.90 (46.34) 2:55.89 (46.99)	2:55.89
4 Bruce, Morgan 39.19	14	LMBM University of Lethbridge	3:15.91 2:16.03 (50.27) 3:03.79 (47.76)	3:03.79
5 Irvin, Avlea 41.98	15	CoWN Cochrane Water Ninjas	3:08.20 2:20.71 (50.36) 3:07.34 (46.63)	3:07.34
6 Murphy, Myla-Mae	14	wolc City of Wetaskiwin Orcas	NT	3:11.23
7 Bridge, Katelyn 42.78	15	CoWN Cochrane Water Ninjas	3:15.44 1:31.72 (48.94) 2:22.70 (50.98) 3:11.67 (48.97)	3:11.67
8 Beach, Sophia 42.97	15	camro City of Camrose Tsunami	3:14.54 1:32.68 (49.71) 2:24.05 (51.37) 3:12.03 (47.98)	3:12.03
9 Zilinski, Olivia 44.05	15	camro City of Camrose Tsunami	3:19.25 1:34.27 (50.22) 2:26.38 (52.11) 3:15.17 (48.79)	3:15.17
10 Datta, Anjali 44.99	14	cwclc Calgary Winter Club Tsun	NT 1:36.44 (51.45) 2:29.00 (52.56) 3:19.77 (50.77)	3:19.77
11 Castagna, Julia 45.61	15	camro City of Camrose Tsunami	3:22.41 1:38.16 (52.55) 2:34.39 (56.23) 3:29.25 (54.86)	3:29.25
12 Burgess, Elyse 47.22	15	LMBM University of Lethbridge	3:32.66 1:41.24 (54.02) 2:39.56 (58.32) 3:32.79 (53.23)	3:32.79
--- Staples, Maren 44.82	15	cwclc Calgary Winter Club Tsun	NT 1:35.53 (50.71) 2:27.31 (51.78)	DQ

Event 41 Women 14-19 200 LC Meter Obstacle Swim

AB LC: 2:34.94 * 2017

M. Burdett

Calgary Tsunamis

NATL: 2:14.00 # 2012-11-09

M. Cunningham (miss)

National Team

Name	Age	Team	Seed Time	Finals Time
1 Bashow, Rylee 35.92	15	CoWN Cochrane Water Ninjas	2:53.16 2:00.99 (43.12) 2:42.69 (41.70)	2:42.69
2 Vogel, Kayla 36.31	17	camro City of Camrose Tsunami	2:47.40 2:03.39 (44.99) 2:45.23 (41.84)	2:45.23
3 Cutler, Brinn 36.86	14	LMBM University of Lethbridge	2:56.56 2:03.60 (43.50) 2:47.61 (44.01)	2:47.61
4 Carnegie, Sydney 37.11	17	CoWN Cochrane Water Ninjas	2:55.88 2:04.47 (44.39) 2:48.67 (44.20)	2:48.67
5 Frostad, Margot 37.03	17	cwclc Calgary Winter Club Tsun	2:46.15 2:12.10 (44.07) 2:06.44 (45.34) 2:50.99 (44.55)	2:50.99
6 Taylor, Gabrielle 37.89	16	sprgr Tri Leisure Centre Blue	2:33.85 1:23.19 (45.30) 2:09.28 (46.09) 2:51.44 (42.16)	2:51.44
7 Hutzul, Adison 37.05	16	LMBM University of Lethbridge	2:50.94 1:20.01 (42.96) 2:06.95 (46.94) 2:53.95 (47.00)	2:53.95
8 Fisher, Danica 37.23	16	CoWN Cochrane Water Ninjas	2:51.53 1:21.60 (44.37) 2:07.64 (46.04) 2:55.26 (47.62)	2:55.26

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 41 Women 14-19 200 LC Meter Obstacle Swim)**

	Name	Age	Team	Seed Time	Finals Time
9	Burgess, Nicole	15	LMBM University of Lethbridge	3:03.11	2:55.89
	38.07	1:22.56 (44.49)	2:08.90 (46.34)	2:55.89 (46.99)	
10	Irvin, Csenia	17	CoWN Cochrane Water Ninjas	2:49.90	2:56.89
	36.70	1:20.70 (44.00)	2:08.79 (48.09)	2:56.89 (48.10)	
11	Bruce, Morgan	14	LMBM University of Lethbridge	3:15.91	3:03.79
	39.19	1:25.76 (46.57)	2:16.03 (50.27)	3:03.79 (47.76)	
12	Birnie, Olivia	16	drvly Town of Drayton Valley L	3:19.76	3:07.25
	42.56	1:30.90 (48.34)	2:21.29 (50.39)	3:07.25 (45.96)	
13	Irvin, Avlea	15	CoWN Cochrane Water Ninjas	3:08.20	3:07.34
	41.98	1:30.35 (48.37)	2:20.71 (50.36)	3:07.34 (46.63)	
14	Hennig, Halle	16	sprgr Tri Leisure Centre Blue	2:53.90	3:11.03
	39.06	1:42.79 (1:03.73)	2:38.32 (55.53)	3:11.03 (32.71)	
15	Murphy, Myla-Mae	14	wolc City of Wetaskiwin Orcas	NT	3:11.23
16	Bridge, Katelyn	15	CoWN Cochrane Water Ninjas	3:15.44	3:11.67
	42.78	1:31.72 (48.94)	2:22.70 (50.98)	3:11.67 (48.97)	
17	Beach, Sophia	15	camro City of Camrose Tsunami	3:14.54	3:12.03
	42.97	1:32.68 (49.71)	2:24.05 (51.37)	3:12.03 (47.98)	
18	Buchan, Luca	16	drvly Town of Drayton Valley L	3:07.93	3:13.16
	43.23	1:31.25 (48.02)	2:23.21 (51.96)	3:13.16 (49.95)	
19	Booth, Sarah	16	camro City of Camrose Tsunami	3:23.38	3:13.98
	42.32	1:32.68 (50.36)	2:24.07 (51.39)	3:13.98 (49.91)	
20	Musiyowski, Acadia	18	drvly Town of Drayton Valley L	3:15.08	3:14.39
	43.93	1:32.82 (48.89)	2:23.17 (50.35)	3:14.39 (51.22)	
21	Zilinski, Olivia	15	camro City of Camrose Tsunami	3:19.25	3:15.17
	44.05	1:34.27 (50.22)	2:26.38 (52.11)	3:15.17 (48.79)	
22	Datta, Anjali	14	cwclc Calgary Winter Club Tsun	NT	3:19.77
	44.99	1:36.44 (51.45)	2:29.00 (52.56)	3:19.77 (50.77)	
23	Kearns, Laura	16	okot Town Of Okotoks Sharks	3:23.90	3:23.37
	45.04	1:36.89 (51.85)	2:32.18 (55.29)	3:23.37 (51.19)	
24	Hayhoe, Abigail	16	CoWN Cochrane Water Ninjas	NT	3:25.09
	49.26	1:42.65 (53.39)	2:35.89 (53.24)	3:25.09 (49.20)	
25	Castagna, Julia	15	camro City of Camrose Tsunami	3:22.41	3:29.25
	45.61	1:38.16 (52.55)	2:34.39 (56.23)	3:29.25 (54.86)	
26	Menzak, Calli	17	sprgr Tri Leisure Centre Blue	3:00.00	3:30.49
	44.97	1:39.90 (54.93)	2:36.01 (56.11)	3:30.49 (54.48)	
27	Isik, Sevcan	19	camro City of Camrose Tsunami	3:10.58	3:32.46
	44.33	1:37.77 (53.44)	2:36.74 (58.97)	3:32.46 (55.72)	
28	Burgess, Elyse	15	LMBM University of Lethbridge	3:32.66	3:32.79
	47.22	1:41.24 (54.02)	2:39.56 (58.32)	3:32.79 (53.23)	
29	Hamilton, Ava	17	camro City of Camrose Tsunami	3:32.55	3:37.69
	46.22	1:41.21 (54.99)	2:39.66 (58.45)	3:37.69 (58.03)	
30	Bodnar, Olivia	17	CoWN Cochrane Water Ninjas	3:53.92	3:38.46
	51.11	1:49.31 (58.20)	3:38.46 (1:49.15)		
31	Pumphrey, Michaela	16	okot Town Of Okotoks Sharks	4:10.89	3:53.63
	51.81	1:52.16 (1:00.35)	2:52.72 (1:00.56)	3:53.63 (1:00.91)	
32	Hayward, Olivia	16	sprgr Tri Leisure Centre Blue	3:30.00	4:20.36
	54.31	2:01.16 (1:06.85)	4:20.36 (2:19.20)		
33	Lockheart, Mattea	18	lacom City of Lacombe Sea Lion	NT	4:35.69
	58.06	2:09.38 (1:11.32)	3:23.35 (1:13.97)	4:35.69 (1:12.34)	
---	Staples, Maren	15	cwclc Calgary Winter Club Tsun	NT	DQ
	44.82	1:35.53 (50.71)	2:27.31 (51.78)		

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****Event 41 Women 16-19 200 LC Meter Obstacle Swim**

	Name	Age	Team	Seed Time	Finals Time
1	Vogel, Kayla 36.31	17	camro City of Camrose Tsunami	2:47.40 1:18.40 (42.09) 2:03.39 (44.99) 2:45.23 (41.84)	2:45.23
2	Carnegie, Sydney 37.11	17	CoWN Cochrane Water Ninjas	2:55.88 1:20.08 (42.97) 2:04.47 (44.39) 2:48.67 (44.20)	2:48.67
3	Frostad, Margot 37.03	17	cwclc Calgary Winter Club Tsun	2:46.15 1:21.10 (44.07) 2:06.44 (45.34) 2:50.99 (44.55)	2:50.99
4	Taylor, Gabrielle 37.89	16	sprgr Tri Leisure Centre Blue	2:33.85 1:23.19 (45.30) 2:09.28 (46.09) 2:51.44 (42.16)	2:51.44
5	Hutzul, Adison 37.05	16	LMBM University of Lethbridge	2:50.94 1:20.01 (42.96) 2:06.95 (46.94) 2:53.95 (47.00)	2:53.95
6	Fisher, Danica 37.23	16	CoWN Cochrane Water Ninjas	2:51.53 1:21.60 (44.37) 2:07.64 (46.04) 2:55.26 (47.62)	2:55.26
7	Irvin, Csenia 36.70	17	CoWN Cochrane Water Ninjas	2:49.90 1:20.70 (44.00) 2:08.79 (48.09) 2:56.89 (48.10)	2:56.89
8	Birnie, Olivia 42.56	16	drvly Town of Drayton Valley L	3:19.76 1:30.90 (48.34) 2:21.29 (50.39) 3:07.25 (45.96)	3:07.25
9	Hennig, Halle 39.06	16	sprgr Tri Leisure Centre Blue	2:53.90 1:42.79 (1:03.73) 2:38.32 (55.53) 3:11.03 (32.71)	3:11.03
10	Buchan, Luca 43.23	16	drvly Town of Drayton Valley L	3:07.93 1:31.25 (48.02) 2:23.21 (51.96) 3:13.16 (49.95)	3:13.16
11	Booth, Sarah 42.32	16	camro City of Camrose Tsunami	3:23.38 1:32.68 (50.36) 2:24.07 (51.39) 3:13.98 (49.91)	3:13.98
12	Musiyowski, Acadia 43.93	18	drvly Town of Drayton Valley L	3:15.08 1:32.82 (48.89) 2:23.17 (50.35) 3:14.39 (51.22)	3:14.39
13	Kearns, Laura 45.04	16	okot Town Of Okotoks Sharks	3:23.90 1:36.89 (51.85) 2:32.18 (55.29) 3:23.37 (51.19)	3:23.37
14	Hayhoe, Abigail 49.26	16	CoWN Cochrane Water Ninjas	NT 1:42.65 (53.39) 2:35.89 (53.24) 3:25.09 (49.20)	3:25.09
15	Menzak, Calli 44.97	17	sprgr Tri Leisure Centre Blue	3:00.00 1:39.90 (54.93) 2:36.01 (56.11) 3:30.49 (54.48)	3:30.49
16	Isik, Sevcan 44.33	19	camro City of Camrose Tsunami	3:10.58 1:37.77 (53.44) 2:36.74 (58.97) 3:32.46 (55.72)	3:32.46
17	Hamilton, Ava 46.22	17	camro City of Camrose Tsunami	3:32.55 1:41.21 (54.99) 2:39.66 (58.45) 3:37.69 (58.03)	3:37.69
18	Bodnar, Olivia 51.11	17	CoWN Cochrane Water Ninjas	3:53.92 1:49.31 (58.20) 3:38.46 (1:49.15)	3:38.46
19	Pumphrey, Michaela 51.81	16	okot Town Of Okotoks Sharks	4:10.89 1:52.16 (1:00.35) 2:52.72 (1:00.56) 3:53.63 (1:00.91)	3:53.63
20	Hayward, Olivia 54.31	16	sprgr Tri Leisure Centre Blue	3:30.00 2:01.16 (1:06.85) 4:20.36 (2:19.20)	4:20.36
21	Lockheart, Mattea 58.06	18	lacom City of Lacombe Sea Lion	NT 2:09.38 (1:11.32) 3:23.35 (1:13.97) 4:35.69 (1:12.34)	4:35.69

Event 41 Women 20-29 200 LC Meter Obstacle Swim

	Name	Age	Team	Seed Time	Finals Time
	AB LC: 2:39.56 * 2014		M. Axenchuk		Calgary Tsunamis
	NATL: 2:11.67 # 2006-02-26		C. Guerts-Cole		National Team
1	Leblanc, Mercedes 32.16	25	CFLC Canadian Armed Forces Li	2:36.00 1:08.44 (36.28) 1:46.14 (37.70) 2:24.62 (38.48)	2:24.62 *

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****Event 41 Women 20 & Over 200 LC Meter Obstacle Swim**

Name	Age	Team	Seed Time	Finals Time
1 Leblanc, Mercedes	25	CFLC Canadian Armed Forces Li	2:36.00	2:24.62
32.16	1:08.44 (36.28)	1:46.14 (37.70)	2:24.62 (38.48)	
2 Palmer, Marlee	31	CFLC Canadian Armed Forces Li	2:43.10	2:39.53
35.17	1:14.48 (39.31)	1:56.80 (42.32)	2:39.53 (42.73)	
3 Walker, Dallas	34	drvly Town of Drayton Valley L	2:31.72	2:50.42
37.73	1:20.30 (42.57)	2:05.61 (45.31)	2:50.42 (44.81)	
4 Walker, Jennifer	47	CoWN Cochrane Water Ninjas	3:14.22	3:07.44
42.16	1:30.90 (48.74)	2:20.47 (49.57)	3:07.44 (46.97)	
5 Frantz, Anne	46	lacom City of Lacombe Sea Lion	NT	3:20.01
45.66	1:35.40 (49.74)	2:27.99 (52.59)	3:20.01 (52.02)	
6 Malley, Sarah	50	CoWN Cochrane Water Ninjas	3:30.46	3:22.17
43.86	1:32.58 (48.72)	2:25.94 (53.36)	3:22.17 (56.23)	
7 Snyder, Peggy	54	camro City of Camrose Tsunami	NT	3:25.04
43.48	1:35.65 (52.17)	2:30.26 (54.61)	3:25.04 (54.78)	
8 Goertzen, Holly	47	CoWN Cochrane Water Ninjas	4:24.00	3:56.95
52.26	1:52.31 (1:00.05)	2:54.85 (1:02.54)	3:56.95 (1:02.10)	
9 Watkins, Susan	51	CoWN Cochrane Water Ninjas	4:48.33	4:50.76
1:02.77	2:17.07 (1:14.30)	3:35.06 (1:17.99)	4:50.76 (1:15.70)	
10 Moss, Sarah	51	okot Town Of Okotoks Sharks	4:30.00	6:00.74
1:17.58	2:53.54 (1:35.96)	4:32.74 (1:39.20)	6:00.74 (1:28.00)	

Event 41 Women 30 & Over 200 LC Meter Obstacle Swim

Name	Age	Team	Seed Time	Finals Time
1 Palmer, Marlee	31	CFLC Canadian Armed Forces Li	2:43.10	2:39.53*
35.17	1:14.48 (39.31)	1:56.80 (42.32)	2:39.53 (42.73)	
2 Walker, Dallas	34	drvly Town of Drayton Valley L	2:31.72	2:50.42
37.73	1:20.30 (42.57)	2:05.61 (45.31)	2:50.42 (44.81)	
3 Walker, Jennifer	47	CoWN Cochrane Water Ninjas	3:14.22	3:07.44
42.16	1:30.90 (48.74)	2:20.47 (49.57)	3:07.44 (46.97)	
4 Frantz, Anne	46	lacom City of Lacombe Sea Lion	NT	3:20.01
45.66	1:35.40 (49.74)	2:27.99 (52.59)	3:20.01 (52.02)	
5 Malley, Sarah	50	CoWN Cochrane Water Ninjas	3:30.46	3:22.17
43.86	1:32.58 (48.72)	2:25.94 (53.36)	3:22.17 (56.23)	
6 Snyder, Peggy	54	camro City of Camrose Tsunami	NT	3:25.04
43.48	1:35.65 (52.17)	2:30.26 (54.61)	3:25.04 (54.78)	
7 Goertzen, Holly	47	CoWN Cochrane Water Ninjas	4:24.00	3:56.95
52.26	1:52.31 (1:00.05)	2:54.85 (1:02.54)	3:56.95 (1:02.10)	
8 Watkins, Susan	51	CoWN Cochrane Water Ninjas	4:48.33	4:50.76
1:02.77	2:17.07 (1:14.30)	3:35.06 (1:17.99)	4:50.76 (1:15.70)	
9 Moss, Sarah	51	okot Town Of Okotoks Sharks	4:30.00	6:00.74
1:17.58	2:53.54 (1:35.96)	4:32.74 (1:39.20)	6:00.74 (1:28.00)	

Event 42 Men 14-15 200 LC Meter Obstacle Swim

Name	Age	Team	Seed Time	Finals Time
1 Johnson, Oliver	15	CoWN Cochrane Water Ninjas	2:46.42	2:21.82
32.64	1:09.30 (36.66)	1:46.64 (37.34)	2:21.82 (35.18)	
2 Smith, Caebri	15	CoWN Cochrane Water Ninjas	2:28.19	2:23.15
31.11	1:07.71 (36.60)	1:45.09 (37.38)	2:23.15 (38.06)	
3 Parsons, Ethan	15	wolc City of Wetaskiwin Orcas	2:31.93	2:26.51
33.50	1:10.87 (37.37)	1:48.93 (38.06)	2:26.51 (37.58)	
4 Wilford, Kaleb	14	wolc City of Wetaskiwin Orcas	2:34.85	2:29.59
34.04	1:12.12 (38.08)	1:51.69 (39.57)	2:29.59 (37.90)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 42 Men 14-15 200 LC Meter Obstacle Swim)**

	Name	Age	Team	Seed Time	Finals Time
5	Gilbert, Corbin	15	CoWN Cochrane Water Ninjas	2:37.48	2:33.82
	34.01	1:12.32 (38.31)	1:53.61 (41.29)	2:33.82 (40.21)	
6	Isik, Serkan	14	camro City of Camrose Tsunami	2:48.16	2:37.49
	35.78	1:16.58 (40.80)	1:57.99 (41.41)	2:37.49 (39.50)	
7	Shakeshaft, Joseph	15	wolc City of Wetaskiwin Orcas	3:01.71	3:01.35
	39.15	1:24.15 (45.00)	2:13.32 (49.17)	3:01.35 (48.03)	
8	Agrey, Benjamin	15	camro City of Camrose Tsunami	3:12.54	3:02.41
	39.90	1:26.87 (46.97)	2:15.57 (48.70)	3:02.41 (46.84)	
9	Bergstrom, Logan	15	camro City of Camrose Tsunami	3:05.56	3:06.60
	41.61	1:29.43 (47.82)	2:19.78 (50.35)	3:06.60 (46.82)	
10	Zahara, Micah	14	wolc City of Wetaskiwin Orcas	NT	3:09.55
	42.23	1:30.70 (48.47)	2:21.38 (50.68)	3:09.55 (48.17)	
11	Malley, Jake	14	CoWN Cochrane Water Ninjas	4:00.04	3:32.59
	45.09	1:39.29 (54.20)	2:37.28 (57.99)	3:32.59 (55.31)	

Event 42 Men 14-19 200 LC Meter Obstacle Swim

	Name	Age	Team	Seed Time	Finals Time
	AB LC: 2:19.95 * 2016 A. Jerke				Wetaskiwin Orcas
	NATL: 2:05.33 # 2014-09-26 M. Caron (stlau)				National Team
1	Sheehan, Dawson	19	CFLC Canadian Armed Forces Li	2:15.00	2:19.80*
	32.64	1:08.06 (35.42)	1:43.32 (35.26)	2:19.80 (36.48)	
2	Johnson, Oliver	15	CoWN Cochrane Water Ninjas	2:46.42	2:21.82
	32.64	1:09.30 (36.66)	1:46.64 (37.34)	2:21.82 (35.18)	
3	Smith, Caebri	15	CoWN Cochrane Water Ninjas	2:28.19	2:23.15
	31.11	1:07.71 (36.60)	1:45.09 (37.38)	2:23.15 (38.06)	
4	Parsons, Ethan	15	wolc City of Wetaskiwin Orcas	2:31.93	2:26.51
	33.50	1:10.87 (37.37)	1:48.93 (38.06)	2:26.51 (37.58)	
5	Thibodeau, Isaac	16	CoWN Cochrane Water Ninjas	2:28.37	2:27.90
	33.31	1:10.67 (37.36)	1:49.57 (38.90)	2:27.90 (38.33)	
6	Wilford, Kaleb	14	wolc City of Wetaskiwin Orcas	2:34.85	2:29.59
	34.04	1:12.12 (38.08)	1:51.69 (39.57)	2:29.59 (37.90)	
7	Allaway-Brager, William	19	wolc City of Wetaskiwin Orcas	2:26.38	2:32.89
	33.93	1:12.48 (38.55)	1:53.31 (40.83)	2:32.89 (39.58)	
8	Swedlo, Aaron	17	YJLC YMCA Calgary Royals	2:22.79	2:33.16
	32.90	1:10.60 (37.70)	1:51.55 (40.95)	2:33.16 (41.61)	
9	Gilbert, Corbin	15	CoWN Cochrane Water Ninjas	2:37.48	2:33.82
	34.01	1:12.32 (38.31)	1:53.61 (41.29)	2:33.82 (40.21)	
10	Rasmuson, Teague	17	wolc City of Wetaskiwin Orcas	2:37.59	2:34.17
	34.04	1:13.11 (39.07)	1:53.81 (40.70)	2:34.17 (40.36)	
11	Isik, Serkan	14	camro City of Camrose Tsunami	2:48.16	2:37.49
	35.78	1:16.58 (40.80)	1:57.99 (41.41)	2:37.49 (39.50)	
12	Moss, Andrew	17	okot Town Of Okotoks Sharks	2:46.01	2:37.52
	35.78	1:16.35 (40.57)	1:57.88 (41.53)	2:37.52 (39.64)	
13	Marsili, Atley	16	camro City of Camrose Tsunami	2:49.45	2:38.23
	33.08	1:14.53 (41.45)	1:57.23 (42.70)	2:38.23 (41.00)	
14	Webb, Wyatt	16	drvly Town of Drayton Valley L	NT	2:39.05
	35.88	1:15.38 (39.50)	1:57.37 (41.99)	2:39.05 (41.68)	
15	Dunse, Jack	17	CoWN Cochrane Water Ninjas	2:23.27	2:40.47
	33.49	1:12.62 (39.13)	1:58.13 (45.51)	2:40.47 (42.34)	
16	Verbaas, Ethan	18	camro City of Camrose Tsunami	2:33.60	2:43.92
	36.47	1:17.13 (40.66)	2:00.70 (43.57)	2:43.92 (43.22)	
17	Sharman, Boden	18	drvly Town of Drayton Valley L	NT	2:45.28
	35.93	1:16.04 (40.11)	1:59.80 (43.76)	2:45.28 (45.48)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 42 Men 14-19 200 LC Meter Obstacle Swim)**

	Name	Age	Team	Seed Time	Finals Time
18	Fitzsimmons, Eli	16	CoWN Cochrane Water Ninjas	2:36.25	2:46.83
	35.84	1:18.74 (42.90)	2:03.44 (44.70)	2:46.83 (43.39)	
19	Malley, Brady	16	CoWN Cochrane Water Ninjas	3:15.80	2:47.06
	36.71	1:19.05 (42.34)	2:04.19 (45.14)	2:47.06 (42.87)	
20	Gilbert, Brock	17	YJLC YMCA Calgary Royals	2:34.66	2:49.03
	2:03.34	1:18.44 ()	2:49.03 (1:30.59)		
21	Wink, Brandon	18	drvly Town of Drayton Valley L	2:37.73	2:50.31
	36.48	1:18.88 (42.40)	2:05.11 (46.23)	2:50.31 (45.20)	
22	Brager, Sam	17	camro City of Camrose Tsunami	2:37.26	2:54.95
	36.08	1:20.72 (44.64)	2:08.48 (47.76)	2:54.95 (46.47)	
23	Shakeshaft, Joseph	15	wolc City of Wetaskiwin Orcas	3:01.71	3:01.35
	39.15	1:24.15 (45.00)	2:13.32 (49.17)	3:01.35 (48.03)	
24	Agrey, Benjamin	15	camro City of Camrose Tsunami	3:12.54	3:02.41
	39.90	1:26.87 (46.97)	2:15.57 (48.70)	3:02.41 (46.84)	
25	Tegart, Kayman	17	CoWN Cochrane Water Ninjas	3:07.70	3:04.81
	39.31	1:27.03 (47.72)	2:16.87 (49.84)	3:04.81 (47.94)	
26	Bergstrom, Logan	15	camro City of Camrose Tsunami	3:05.56	3:06.60
	41.61	1:29.43 (47.82)	2:19.78 (50.35)	3:06.60 (46.82)	
27	Zahara, Micah	14	wolc City of Wetaskiwin Orcas	NT	3:09.55
	42.23	1:30.70 (48.47)	2:21.38 (50.68)	3:09.55 (48.17)	
28	Hoang, Grayson	17	cwclc Calgary Winter Club Tsun	NT	3:10.77
	40.89	1:28.88 (47.99)	2:20.82 (51.94)	3:10.77 (49.95)	
29	Agrey, Joshua	18	camro City of Camrose Tsunami	3:18.62	3:13.74
	41.63	1:29.10 (47.47)	2:20.45 (51.35)	3:13.74 (53.29)	
30	Doherty, Liam	16	LMBM University of Lethbridge	3:52.98	3:20.59
	46.33	1:39.07 (52.74)	2:31.54 (52.47)	3:20.59 (49.05)	
31	Malley, Jake	14	CoWN Cochrane Water Ninjas	4:00.04	3:32.59
	45.09	1:39.29 (54.20)	2:37.28 (57.99)	3:32.59 (55.31)	
32	Ber, Sava	16	CoWN Cochrane Water Ninjas	3:29.44	3:35.65
	46.06	1:39.56 (53.50)	2:38.13 (58.57)	3:35.65 (57.52)	

Event 42 Men 16-19 200 LC Meter Obstacle Swim

	Name	Age	Team	Seed Time	Finals Time
1	Sheehan, Dawson	19	CFLC Canadian Armed Forces Li	2:15.00	2:19.80
	32.64	1:08.06 (35.42)	1:43.32 (35.26)	2:19.80 (36.48)	
2	Thibodeau, Isaac	16	CoWN Cochrane Water Ninjas	2:28.37	2:27.90
	33.31	1:10.67 (37.36)	1:49.57 (38.90)	2:27.90 (38.33)	
3	Allaway-Brager, William	19	wolc City of Wetaskiwin Orcas	2:26.38	2:32.89
	33.93	1:12.48 (38.55)	1:53.31 (40.83)	2:32.89 (39.58)	
4	Swedlo, Aaron	17	YJLC YMCA Calgary Royals	2:22.79	2:33.16
	32.90	1:10.60 (37.70)	1:51.55 (40.95)	2:33.16 (41.61)	
5	Rasmuson, Teague	17	wolc City of Wetaskiwin Orcas	2:37.59	2:34.17
	34.04	1:13.11 (39.07)	1:53.81 (40.70)	2:34.17 (40.36)	
6	Moss, Andrew	17	okot Town Of Okotoks Sharks	2:46.01	2:37.52
	35.78	1:16.35 (40.57)	1:57.88 (41.53)	2:37.52 (39.64)	
7	Marsili, Atley	16	camro City of Camrose Tsunami	2:49.45	2:38.23
	33.08	1:14.53 (41.45)	1:57.23 (42.70)	2:38.23 (41.00)	
8	Webb, Wyatt	16	drvly Town of Drayton Valley L	NT	2:39.05
	35.88	1:15.38 (39.50)	1:57.37 (41.99)	2:39.05 (41.68)	
9	Dunse, Jack	17	CoWN Cochrane Water Ninjas	2:23.27	2:40.47
	33.49	1:12.62 (39.13)	1:58.13 (45.51)	2:40.47 (42.34)	
10	Verbaas, Ethan	18	camro City of Camrose Tsunami	2:33.60	2:43.92
	36.47	1:17.13 (40.66)	2:00.70 (43.57)	2:43.92 (43.22)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 42 Men 16-19 200 LC Meter Obstacle Swim)**

Name	Age	Team	Seed Time	Finals Time
11 Sharman, Boden	18	drvly Town of Drayton Valley L	NT	2:45.28
35.93	1:16.04 (40.11)	1:59.80 (43.76)	2:45.28 (45.48)	
12 Fitzsimmons, Eli	16	CoWN Cochrane Water Ninjas	2:36.25	2:46.83
35.84	1:18.74 (42.90)	2:03.44 (44.70)	2:46.83 (43.39)	
13 Malley, Brady	16	CoWN Cochrane Water Ninjas	3:15.80	2:47.06
36.71	1:19.05 (42.34)	2:04.19 (45.14)	2:47.06 (42.87)	
14 Gilbert, Brock	17	YJLC YMCA Calgary Royals	2:34.66	2:49.03
2:03.34	1:18.44 ()	2:49.03 (1:30.59)		
15 Wink, Brandon	18	drvly Town of Drayton Valley L	2:37.73	2:50.31
36.48	1:18.88 (42.40)	2:05.11 (46.23)	2:50.31 (45.20)	
16 Brager, Sam	17	camro City of Camrose Tsunami	2:37.26	2:54.95
36.08	1:20.72 (44.64)	2:08.48 (47.76)	2:54.95 (46.47)	
17 Tegart, Kayman	17	CoWN Cochrane Water Ninjas	3:07.70	3:04.81
39.31	1:27.03 (47.72)	2:16.87 (49.84)	3:04.81 (47.94)	
18 Hoang, Grayson	17	cwlc Calgary Winter Club Tsun	NT	3:10.77
40.89	1:28.88 (47.99)	2:20.82 (51.94)	3:10.77 (49.95)	
19 Agrey, Joshua	18	camro City of Camrose Tsunami	3:18.62	3:13.74
41.63	1:29.10 (47.47)	2:20.45 (51.35)	3:13.74 (53.29)	
20 Doherty, Liam	16	LMBM University of Lethbridge	3:52.98	3:20.59
46.33	1:39.07 (52.74)	2:31.54 (52.47)	3:20.59 (49.05)	
21 Ber, Sava	16	CoWN Cochrane Water Ninjas	3:29.44	3:35.65
46.06	1:39.56 (53.50)	2:38.13 (58.57)	3:35.65 (57.52)	

Event 42 Men 20-29 200 LC Meter Obstacle Swim

Name	Age	Team	Seed Time	Finals Time
1 Lunger, Jared	20	sprgr Tri Leisure Centre Blue	2:30.00	2:21.56
32.63	1:08.84 (36.21)	1:45.22 (36.38)	2:21.56 (36.34)	
2 Alberg-Moore, Rylun	22	drvly Town of Drayton Valley L	2:28.50	2:39.48
35.05	1:14.81 (39.76)	1:56.79 (41.98)	2:39.48 (42.69)	
3 Conway, Colin	24	CFLC Canadian Armed Forces Li	2:50.00	2:46.87
35.94	1:17.22 (41.28)	2:01.23 (44.01)	2:46.87 (45.64)	
4 Coates, Tyrrell	29	drvly Town of Drayton Valley L	NT	3:52.00
48.77	1:45.90 (57.13)	2:46.79 (1:00.89)	3:52.00 (1:05.21)	

Event 42 Men 20 & Over 200 LC Meter Obstacle Swim

Name	Age	Team	Seed Time	Finals Time
1 Lunger, Jared	20	sprgr Tri Leisure Centre Blue	2:30.00	2:21.56
32.63	1:08.84 (36.21)	1:45.22 (36.38)	2:21.56 (36.34)	
2 Alberg-Moore, Rylun	22	drvly Town of Drayton Valley L	2:28.50	2:39.48
35.05	1:14.81 (39.76)	1:56.79 (41.98)	2:39.48 (42.69)	
3 Conway, Colin	24	CFLC Canadian Armed Forces Li	2:50.00	2:46.87
35.94	1:17.22 (41.28)	2:01.23 (44.01)	2:46.87 (45.64)	
4 MacLellan, Robert	55	okot Town Of Okotoks Sharks	3:36.45	3:38.96
46.15	1:40.29 (54.14)	2:39.97 (59.68)	3:38.96 (58.99)	
5 Coates, Tyrrell	29	drvly Town of Drayton Valley L	NT	3:52.00
48.77	1:45.90 (57.13)	2:46.79 (1:00.89)	3:52.00 (1:05.21)	
6 Gledhill, Steve	70	camro City of Camrose Tsunami	3:51.67	3:56.52
53.78	1:54.75 (1:00.97)	2:58.96 (1:04.21)	3:56.52 (57.56)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

Results

Event 42 Men 30 & Over 200 LC Meter Obstacle Swim

AB LC: 2:33.57 * 2019 A. Gamble

Lethbridge

Name	Age	Team	Seed Time	Finals Time
1 MacLellan, Robert	55	okot Town Of Okotoks Sharks	3:36.45	3:38.96
	46.15	1:40.29 (54.14)	2:39.97 (59.68)	3:38.96 (58.99)
2 Gledhill, Steve	70	camro City of Camrose Tsunami	3:51.67	3:56.52
	53.78	1:54.75 (1:00.97)	2:58.96 (1:04.21)	3:56.52 (57.56)

Event 55 Women 14-19 4x50 LC Meter Relay Obstacle

AB LC: 2:21.20 * 2016 Calgary Tsunamis

Calgary Tsunamis

S. Lauf, M. Burdett, S. Bartsch, T. Donald

NATL: 2:02.13 # 2019-06-02 Pan Am Lifesaving

PanAm Lifesaving

M. Falcon, J. Gursoy, E. Rennie, M. Nyhof

Team	Relay	Seed Time	Finals Time
1 LMBM University of Lethbridge	A	NT	2:19.63*
1) Bruce, Morgan 14	2) Burgess, Nicole 15	3) Hutzul, Adison 16	4) Cutler, Brinn 14
	36.89	1:11.53 (34.64)	1:45.22 (33.69)
2 CoWN Cochrane Water Ninjas	A	NT	2:25.62
1) Bridge, Katelyn 15	2) Bashow, Rylee 15	3) Irvin, Avlea 15	4) Fisher, Danica 16
	39.44	1:12.66 (33.22)	1:52.03 (39.37)
3 CoWN Cochrane Water Ninjas	B	NT	2:26.89
1) Hayhoe, Abigail 16	2) Irvin, Csenia 17	3) Bodnar, Olivia 17	4) Carnegie, Sydney 17
	40.90	1:14.55 (33.65)	1:52.91 (38.36)
4 camro City of Camrose Tsunami	A	2:30.00	2:36.26
1) Beach, Sophia 15	2) Booth, Sarah 16	3) Castagna, Julia 15	4) Zilinski, Olivia 15
	40.45	1:21.93 (41.48)	2:36.26 (1:14.33)
5 sprgr Tri Leisure Centre Blue	A	2:25.00	2:41.62
1) Menzak, Calli 17	2) Hayward, Olivia 16	3) Hennig, Halle 16	4) Taylor, Gabrielle 16
	40.27	1:16.38 (36.11)	1:06.59 ()
		2:41.62 (1:35.03)	

Event 55 Women 20-29 4x50 LC Meter Relay Obstacle

AB LC: 2:17.89 * 2014 Calgary Tsunamis

Calgary Tsunamis

E. Dumaine, M. MacFadyen, J. Burkart, M. Axenchuk

NATL: 2:02.13 # 2019-06-02 Pan Am Lifesaving

PanAm Lifesaving

M. Falcon, J. Gursoy, E. Rennie, M. Nyhof

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L	A	NT	2:24.37
1) Birnie, Olivia 16	2) Buchan, Luca 16	3) Musiyowski, Acadia 18	4) Walker, Dallas 34
	32.13	1:10.20 (38.07)	1:48.05 (37.85)
2 cwclc Calgary Winter Club Tsun	B	NT	2:35.50
1) Owen, Olivia 17	2) Hnatiuk, Holly 22	3) Frostad, Margot 17	4) Burkart, Jessica 29
	47.87	1:22.39 (34.52)	1:59.85 (37.46)
3 camro City of Camrose Tsunami	A	2:30.00	2:37.68
1) Isik, Sevcan 19	2) Snyder, Peggy 54	3) Vogel, Kayla 17	4) Lowe, Erin 18
	43.91	1:23.68 (39.77)	2:04.48 (40.80)
4 hint Town of Hinton Stingrays	A	NT	2:49.46
1) Jones, Abby 18	2) Mack, Mayce 22	3) Maurik, Maya 19	4) Testo, Madison 16
	44.99	1:26.20 (41.21)	2:10.77 (44.57)
		2:49.46 (38.69)	

Event 55 Women 20 & Over 4x50 LC Meter Relay Obstacle

Team Relay

Seed Time

Finals Time

1 drvly Town of Drayton Valley L	A	NT	2:24.37
1) Birnie, Olivia 16	2) Buchan, Luca 16	3) Musiyowski, Acadia 18	4) Walker, Dallas 34
	32.13	1:10.20 (38.07)	1:48.05 (37.85)
		2:24.37 (36.32)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

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(Event 55 Women 20 & Over 4x50 LC Meter Relay Obstacle)

Team	Relay	Seed Time	Finals Time
2 cwclc Calgary Winter Club Tsun	B	NT	2:35.50
1) Owen, Olivia 17	2) Hnatiuk, Holly 22	3) Frostad, Margot 17	4) Burkart, Jessica 29
	47.87 1:22.39 (34.52)	1:59.85 (37.46)	2:35.50 (35.65)
3 camro City of Camrose Tsunami	A	2:30.00	2:37.68
1) Isik, Sevcan 19	2) Snyder, Peggy 54	3) Vogel, Kayla 17	4) Lowe, Erin 18
	43.91 1:23.68 (39.77)	2:04.48 (40.80)	2:37.68 (33.20)
4 hint Town of Hinton Stingrays	A	NT	2:49.46
1) Jones, Abby 18	2) Mack, Mayce 22	3) Maurik, Maya 19	4) Testo, Madison 16
	44.99 1:26.20 (41.21)	2:10.77 (44.57)	2:49.46 (38.69)
5 CoWN Cochrane Water Ninjas	A	NT	3:00.61
1) Goertzen, Holly 47	2) Watkins, Susan 51	3) Walker, Jennifer 47	4) Malley, Sarah 50
	47.33 1:45.16 (57.83)	2:21.44 (36.28)	3:00.61 (39.17)

Event 55 Women 30 & Over 4x50 LC Meter Relay Obstacle

AB LC: 2:30.05 * 2022

Cochrane

Cochrane

M. Palmer, A. Billings, A. Swedlo, M. Martin-Quevi

Team	Relay	Seed Time	Finals Time
1 CoWN Cochrane Water Ninjas	A	NT	3:00.61
1) Goertzen, Holly 47	2) Watkins, Susan 51	3) Walker, Jennifer 47	4) Malley, Sarah 50
	47.33 1:45.16 (57.83)	2:21.44 (36.28)	3:00.61 (39.17)

Event 56 Men 14-19 4x50 LC Meter Relay Obstacle

AB LC: 1:59.47 * 2017

Wetaskiwin Orcas

Wetaskiwin Orcas

T. Bailer, C. Rolston, A. Davis, A. Jerke

NATL: 1:51.48 # 2019-06-02

Pan Am Lifesaving

PanAm Lifesaving

E. Placek, M Cox, C. Smyth, E. Karlov

Team	Relay	Seed Time	Finals Time
1 wolc City of Wetaskiwin Orcas	A	NT	2:02.26
1) Wilford, Kaleb 14	2) Parsons, Ethan 15	3) Allaway-Brager, William 19	4) Rasmuson, Teague 17
	30.36 1:01.05 (30.69)	1:31.73 (30.68)	2:02.26 (30.53)
2 CoWN Cochrane Water Ninjas	A	2:00.60	2:05.05
1) Johnson, Oliver 15	2) Thibodeau, Isaac 16	3) Tegart, Kayman 17	4) Dunse, Jack 17
	29.46 59.34 (29.88)	56.52 ()	2:05.05 (1:08.53)
3 camro City of Camrose Tsunami	A	2:15.00	2:12.71
1) Marsili, Atley 16	2) Brager, Sam 17	3) Verbaas, Ethan 18	4) Agrey, Joshua 18
	31.75 1:09.31 (37.56)	58.03 ()	2:12.71 (1:14.68)
4 CoWN Cochrane Water Ninjas	B	NT	2:19.78
1) Gilbert, Corbin 15	2) Malley, Jake 14	3) Malley, Brady 16	4) Smith, Caebri 15
	32.07 1:16.82 (44.75)	1:49.62 (32.80)	2:19.78 (30.16)
5 camro City of Camrose Tsunami	B	NT	2:20.96
1) Agrey, Benjamin 15	2) Bergstrom, Logan 15	3) Isik, Serkan 14	4) Verbaas, Nolan 16
	34.47 1:12.27 (37.80)	2:20.96 (1:08.69)	

Event 56 Men 20-29 4x50 LC Meter Relay Obstacle

AB LC: 1:59.12 * 2011

Team AB

Team AB

J. Yamashita, G. Heine, S. Southwood, K. Yap Chung

NATL: 1:46.46 # 2019-10-22

Canadian Forces Lifesaving Tm

CF Lifesaving Tm

Z. Zeiler, A. Kim, M. Marier, D. Young

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L	A	NT	2:06.00
1) Alberg-Moore, Rylun 22	2) Sharman, Boden 18	3) Webb, Wyatt 16	4) Wink, Brandon 18
	31.34 1:03.85 (32.51)	1:36.19 (32.34)	2:06.00 (29.81)

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

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Event 56 Men 20 & Over 4x50 LC Meter Relay Obstacle

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L	A	NT	2:06.00
1) Alberg-Moore, Rylun 22	2) Sharman, Boden 18	3) Webb, Wyatt 16	4) Wink, Brandon 18
31.34	1:03.85 (32.51)	1:36.19 (32.34)	2:06.00 (29.81)

Event 69 Women 14-15 50 LC Meter Manikin Carry

Name	Age	Team	Seed Time	Finals Time
1 Bashow, Rylee	15	CoWN Cochrane Water Ninjas	45.38	44.89
2 Burgess, Nicole	15	LMBM University of Lethbridge	48.64	46.43
3 Cutler, Brinn	14	LMBM University of Lethbridge	49.47	46.52
4 Bridge, Katelyn	15	CoWN Cochrane Water Ninjas	49.67	48.86
5 Irvin, Avlea	15	CoWN Cochrane Water Ninjas	52.03	51.46
6 Murphy, Myla-Mae	14	wolc City of Wetaskiwin Orcas	NT	54.59
7 Castagna, Julia	15	camro City of Camrose Tsunami	53.77	55.12
8 Bruce, Morgan	14	LMBM University of Lethbridge	45.80	55.47
9 Beach, Sophia	15	camro City of Camrose Tsunami	52.71	56.34
10 Zilinski, Olivia	15	camro City of Camrose Tsunami	59.34	59.87
11 Burgess, Elyse	15	LMBM University of Lethbridge	1:10.20	1:06.90
12 Huet, Gianna	15	okot Town Of Okotoks Sharks	NT	1:15.46

Event 69 Women 14-19 50 LC Meter Manikin Carry

Name	Age	Team	Seed Time	Finals Time
AB LC: 42.32 * 2016		J. Kutash		Calgary Tsunamis
NATL: 38.27 # 2018-11-25		J. Gursoy		National Team
1 Irvin, Csenia	17	CoWN Cochrane Water Ninjas	45.73	43.79
2 Hutzul, Adison	16	LMBM University of Lethbridge	47.17	44.35
3 Fisher, Danica	16	CoWN Cochrane Water Ninjas	44.44	44.84
4 Bashow, Rylee	15	CoWN Cochrane Water Ninjas	45.38	44.89
5 Carnegie, Sydney	17	CoWN Cochrane Water Ninjas	46.99	45.59
6 Burgess, Nicole	15	LMBM University of Lethbridge	48.64	46.43
7 Cutler, Brinn	14	LMBM University of Lethbridge	49.47	46.52
8 Vogel, Kayla	17	camro City of Camrose Tsunami	45.41	47.49
9 Frostad, Margot	17	cwlc Calgary Winter Club Tsun	47.20	47.62
10 Hennig, Halle	16	sprgr Tri Leisure Centre Blue	51.14	48.15
11 Bridge, Katelyn	15	CoWN Cochrane Water Ninjas	49.67	48.86
12 Taylor, Gabrielle	16	sprgr Tri Leisure Centre Blue	44.80	50.03
13 Buchan, Luca	16	drvly Town of Drayton Valley L	50.67	50.82
14 Birnie, Olivia	16	drvly Town of Drayton Valley L	52.12	50.92
15 Irvin, Avlea	15	CoWN Cochrane Water Ninjas	52.03	51.46
16 Schamber, Raya	16	wolc City of Wetaskiwin Orcas	NT	51.56
17 Kearns, Laura	16	okot Town Of Okotoks Sharks	50.20	51.94
18 Bodnar, Olivia	17	CoWN Cochrane Water Ninjas	54.84	52.92
19 Booth, Sarah	16	camro City of Camrose Tsunami	51.18	53.03
20 Maurik, Maya	19	hint Town of Hinton Stingrays	NT	53.26
21 Hayhoe, Abigail	16	CoWN Cochrane Water Ninjas	NT	53.39
22 Kearns, Anna	18	okot Town Of Okotoks Sharks	51.54	53.73
23 Murphy, Myla-Mae	14	wolc City of Wetaskiwin Orcas	NT	54.59
24 Isik, Sevcan	19	camro City of Camrose Tsunami	56.86	54.75
25 Castagna, Julia	15	camro City of Camrose Tsunami	53.77	55.12
26 Bruce, Morgan	14	LMBM University of Lethbridge	45.80	55.47
27 Beach, Sophia	15	camro City of Camrose Tsunami	52.71	56.34
28 Lowe, Erin	18	camro City of Camrose Tsunami	55.93	56.91
29 Musiyowski, Acadia	18	drvly Town of Drayton Valley L	58.16	57.97

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

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(Event 69 Women 14-19 50 LC Meter Manikin Carry)

	Name	Age	Team	Seed Time	Finals Time
30	Hamilton, Ava	17	camro City of Camrose Tsunami	1:03.06	58.21
31	Zilinski, Olivia	15	camro City of Camrose Tsunami	59.34	59.87
32	Pumphrey, Michaela	16	okot Town Of Okotoks Sharks	1:02.54	1:03.33
33	Hayward, Olivia	16	sprgr Tri Leisure Centre Blue	57.37	1:03.71
34	Testo, Madison	16	hint Town of Hinton Stingrays	1:04.67	1:04.10
35	Burgess, Elyse	15	LMBM University of Lethbridge	1:10.20	1:06.90
36	Huet, Gianna	15	okot Town Of Okotoks Sharks	NT	1:15.46
37	Lockheart, Mattea	18	lacom City of Lacombe Sea Lion	NT	1:21.48

Event 69 Women 16-19 50 LC Meter Manikin Carry

	Name	Age	Team	Seed Time	Finals Time
1	Irvin, Csenia	17	CoWN Cochrane Water Ninjas	45.73	43.79
2	Hutzul, Adison	16	LMBM University of Lethbridge	47.17	44.35
3	Fisher, Danica	16	CoWN Cochrane Water Ninjas	44.44	44.84
4	Carnegie, Sydney	17	CoWN Cochrane Water Ninjas	46.99	45.59
5	Vogel, Kayla	17	camro City of Camrose Tsunami	45.41	47.49
6	Frostad, Margot	17	cwclc Calgary Winter Club Tsun	47.20	47.62
7	Hennig, Halle	16	sprgr Tri Leisure Centre Blue	51.14	48.15
8	Taylor, Gabrielle	16	sprgr Tri Leisure Centre Blue	44.80	50.03
9	Buchan, Luca	16	drvly Town of Drayton Valley L	50.67	50.82
10	Birnie, Olivia	16	drvly Town of Drayton Valley L	52.12	50.92
11	Schamber, Raya	16	wolc City of Wetaskiwin Orcas	NT	51.56
12	Kearns, Laura	16	okot Town Of Okotoks Sharks	50.20	51.94
13	Bodnar, Olivia	17	CoWN Cochrane Water Ninjas	54.84	52.92
14	Booth, Sarah	16	camro City of Camrose Tsunami	51.18	53.03
15	Maurik, Maya	19	hint Town of Hinton Stingrays	NT	53.26
16	Hayhoe, Abigail	16	CoWN Cochrane Water Ninjas	NT	53.39
17	Kearns, Anna	18	okot Town Of Okotoks Sharks	51.54	53.73
18	Isik, Sevcan	19	camro City of Camrose Tsunami	56.86	54.75
19	Lowe, Erin	18	camro City of Camrose Tsunami	55.93	56.91
20	Musiyowski, Acadia	18	drvly Town of Drayton Valley L	58.16	57.97
21	Hamilton, Ava	17	camro City of Camrose Tsunami	1:03.06	58.21
22	Pumphrey, Michaela	16	okot Town Of Okotoks Sharks	1:02.54	1:03.33
23	Hayward, Olivia	16	sprgr Tri Leisure Centre Blue	57.37	1:03.71
24	Testo, Madison	16	hint Town of Hinton Stingrays	1:04.67	1:04.10
25	Lockheart, Mattea	18	lacom City of Lacombe Sea Lion	NT	1:21.48

Event 69 Women 20-29 50 LC Meter Manikin Carry

AB LC: 41.47 * 2015 S. Gowsell
 NATL: 36.59 # 2011-10-01 B. Shaw

Calgary Tsunamis
 National Team

	Name	Age	Team	Seed Time	Finals Time
1	Leblanc, Mercedes	25	CFLC Canadian Armed Forces Li	39.00	39.09*
2	Mack, Mayce	22	hint Town of Hinton Stingrays	NT	58.09

Event 69 Women 30 & Over 50 LC Meter Manikin Carry

AB LC: 40.89 * 2023 D. Walker-Milan

Drayton Valley

	Name	Age	Team	Seed Time	Finals Time
1	Walker, Dallas	34	drvly Town of Drayton Valley L	39.38	40.04*
2	Palmer, Marlee	31	CFLC Canadian Armed Forces Li	44.69	43.52
3	Walker, Jennifer	47	CoWN Cochrane Water Ninjas	50.77	49.11
4	Malley, Sarah	50	CoWN Cochrane Water Ninjas	51.99	50.92
5	Frantz, Anne	46	lacom City of Lacombe Sea Lion	NT	54.35

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

Results

(Event 69 Women 30 & Over 50 LC Meter Manikin Carry)

Name	Age	Team	Seed Time	Finals Time
6 Snyder, Peggy	54	camro City of Camrose Tsunami	NT	59.24
7 Goertzen, Holly	47	CoWN Cochrane Water Ninjas	1:02.52	1:01.22
8 Branconnier, Marla	49	lacom City of Lacombe Sea Lion	NT	1:05.71
9 Watkins, Susan	51	CoWN Cochrane Water Ninjas	1:09.53	1:13.23
10 Moss, Sarah	51	okot Town Of Okotoks Sharks	1:19.50	1:16.13
11 Gudwer, Darlene	56	lacom City of Lacombe Sea Lion	NT	1:18.78

Event 70 Men 14-15 50 LC Meter Manikin Carry

Name	Age	Team	Seed Time	Finals Time
1 Johnson, Oliver	15	CoWN Cochrane Water Ninjas	36.96	36.03
2 Parsons, Ethan	15	wolc City of Wetaskiwin Orcas	41.43	38.90
3 Smith, Caebri	15	CoWN Cochrane Water Ninjas	40.46	39.50
4 Wilford, Kaleb	14	wolc City of Wetaskiwin Orcas	42.80	42.71
5 Gilbert, Corbin	15	CoWN Cochrane Water Ninjas	43.20	44.50
6 Isik, Serkan	14	camro City of Camrose Tsunami	43.23	44.89
7 Bergstrom, Logan	15	camro City of Camrose Tsunami	49.39	45.75
8 Zahara, Micah	14	wolc City of Wetaskiwin Orcas	NT	46.04
9 Agrey, Benjamin	15	camro City of Camrose Tsunami	46.83	47.92
10 Shakeshaft, Joseph	15	wolc City of Wetaskiwin Orcas	48.16	48.27
11 Wolsey, Jake	15	camro City of Camrose Tsunami	48.99	50.71
12 Malley, Jake	14	CoWN Cochrane Water Ninjas	1:16.00	1:07.98

Event 70 Men 14-19 50 LC Meter Manikin Carry

Name	Age	Team	Seed Time	Finals Time
AB LC: 36.12 * 2019		K. Knopf		Cochrane
NATL: 33.60 # 2018-11-25		E. Placek		National Team
1 Johnson, Oliver	15	CoWN Cochrane Water Ninjas	36.96	36.03*
2 Sheehan, Dawson	19	CFLC Canadian Armed Forces Li	37.00	36.46
3 Webb, Wyatt	16	drvly Town of Drayton Valley L	37.64	37.37
4 Dunse, Jack	17	CoWN Cochrane Water Ninjas	37.56	37.56
5 Thibodeau, Isaac	16	CoWN Cochrane Water Ninjas	38.30	37.94
6 Swedlo, Aaron	17	YJLC YMCA Calgary Royals	39.58	38.75
7 Parsons, Ethan	15	wolc City of Wetaskiwin Orcas	41.43	38.90
8 Allaway-Brager, William	19	wolc City of Wetaskiwin Orcas	37.50	39.38
9 Moss, Andrew	17	okot Town Of Okotoks Sharks	41.69	39.43
10 Smith, Caebri	15	CoWN Cochrane Water Ninjas	40.46	39.50
11 Malley, Brady	16	CoWN Cochrane Water Ninjas	42.61	39.92
12 Rasmuson, Teague	17	wolc City of Wetaskiwin Orcas	41.76	40.03
13 Brager, Sam	17	camro City of Camrose Tsunami	41.90	40.56
14 Gilbert, Brock	17	YJLC YMCA Calgary Royals	45.22	41.22
15 Fitzsimmons, Eli	16	CoWN Cochrane Water Ninjas	39.59	41.45
16 Wink, Brandon	18	drvly Town of Drayton Valley L	40.06	41.49
17 Marsili, Atley	16	camro City of Camrose Tsunami	43.21	41.58
18 Sharman, Boden	18	drvly Town of Drayton Valley L	NT	41.80
19 Wilford, Kaleb	14	wolc City of Wetaskiwin Orcas	42.80	42.71
20 Gilbert, Corbin	15	CoWN Cochrane Water Ninjas	43.20	44.50
21 Isik, Serkan	14	camro City of Camrose Tsunami	43.23	44.89
22 Bergstrom, Logan	15	camro City of Camrose Tsunami	49.39	45.75
23 Verbaas, Nolan	16	camro City of Camrose Tsunami	43.98	45.90
24 Zahara, Micah	14	wolc City of Wetaskiwin Orcas	NT	46.04
25 Tegart, Kayman	17	CoWN Cochrane Water Ninjas	51.97	46.51
26 Hoang, Grayson	17	cwclc Calgary Winter Club Tsun	NT	46.94

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

Results

(Event 70 Men 14-19 50 LC Meter Manikin Carry)

Name	Age	Team	Seed Time	Finals Time
27 Agrey, Benjamin	15	camro City of Camrose Tsunami	46.83	47.92
28 Dewald, Seth	16	camro City of Camrose Tsunami	44.22	48.22
29 Shakeshaft, Joseph	15	wolc City of Wetaskiwin Orcas	48.16	48.27
30 Agrey, Joshua	18	camro City of Camrose Tsunami	53.54	49.56
31 Wolsey, Jake	15	camro City of Camrose Tsunami	48.99	50.71
32 Malley, Jake	14	CoWN Cochrane Water Ninjas	1:16.00	1:07.98
--- Doherty, Liam	16	LMBM University of Lethbridge	NT	DQ
--- Ber, Sava	16	CoWN Cochrane Water Ninjas	55.64	DQ

Event 70 Men 16-19 50 LC Meter Manikin Carry

Name	Age	Team	Seed Time	Finals Time
1 Sheehan, Dawson	19	CFLC Canadian Armed Forces Li	37.00	36.46
2 Webb, Wyatt	16	drvly Town of Drayton Valley L	37.64	37.37
3 Dunse, Jack	17	CoWN Cochrane Water Ninjas	37.56	37.56
4 Thibodeau, Isaac	16	CoWN Cochrane Water Ninjas	38.30	37.94
5 Swedlo, Aaron	17	YJLC YMCA Calgary Royals	39.58	38.75
6 Allaway-Brager, William	19	wolc City of Wetaskiwin Orcas	37.50	39.38
7 Moss, Andrew	17	okot Town Of Okotoks Sharks	41.69	39.43
8 Malley, Brady	16	CoWN Cochrane Water Ninjas	42.61	39.92
9 Rasmuson, Teague	17	wolc City of Wetaskiwin Orcas	41.76	40.03
10 Brager, Sam	17	camro City of Camrose Tsunami	41.90	40.56
11 Gilbert, Brock	17	YJLC YMCA Calgary Royals	45.22	41.22
12 Fitzsimmons, Eli	16	CoWN Cochrane Water Ninjas	39.59	41.45
13 Wink, Brandon	18	drvly Town of Drayton Valley L	40.06	41.49
14 Marsili, Atley	16	camro City of Camrose Tsunami	43.21	41.58
15 Sharman, Boden	18	drvly Town of Drayton Valley L	NT	41.80
16 Verbaas, Nolan	16	camro City of Camrose Tsunami	43.98	45.90
17 Tegart, Kayman	17	CoWN Cochrane Water Ninjas	51.97	46.51
18 Hoang, Grayson	17	cwlc Calgary Winter Club Tsun	NT	46.94
19 Dewald, Seth	16	camro City of Camrose Tsunami	44.22	48.22
20 Agrey, Joshua	18	camro City of Camrose Tsunami	53.54	49.56
--- Doherty, Liam	16	LMBM University of Lethbridge	NT	DQ
--- Ber, Sava	16	CoWN Cochrane Water Ninjas	55.64	DQ

Event 70 Men 20-29 50 LC Meter Manikin Carry

Name	Age	Team	Seed Time	Finals Time
1 Alberg-Moore, Rylun	22	drvly Town of Drayton Valley L	37.70	37.72
2 Lunger, Jared	20	sprgr Tri Leisure Centre Blue	55.00	38.57
3 Conway, Colin	24	CFLC Canadian Armed Forces Li	44.00	47.79
4 Coates, Tyrrell	29	drvly Town of Drayton Valley L	NT	55.56

Event 70 Men 30 & Over 50 LC Meter Manikin Carry

Name	Age	Team	Seed Time	Finals Time
1 Quenneville, Gabriel	31	CFLC Canadian Armed Forces Li	38.00	38.77*
2 Kearns, Jeff	46	okot Town Of Okotoks Sharks	44.52	47.89
3 MacLellan, Robert	55	okot Town Of Okotoks Sharks	54.67	53.73
4 Gledhill, Steve	70	camro City of Camrose Tsunami	1:01.94	1:03.42

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****Event 83 Women 14-19 4x25 LC Meter Relay Manikin**

AB LC: 1:55.25 * 2016

Calgary Tsunamis

Calgary Tsunamis

NATL: 1:50.43 # 2019-06-02

A. Allegro, H. Wells, D. Chang, J. Kutash

Pan Am Lifesaving

PanAm Lifesaving

M. Falcon, J. Gursoy, M. Nyhof, O. Starzonski

Team	Relay	Seed Time	Finals Time
1 LMBM University of Lethbridge	A	NT	2:00.45
1) Burgess, Nicole 15	2) Bruce, Morgan 14	3) Cutler, Brinn 14	4) Hutzul, Adison 16
	43.11 2:00.45 (1:17.34)		
2 CoWN Cochrane Water Ninjas	A	NT	2:01.64
1) Bridge, Katelyn 15	2) Irvin, Avlea 15	3) Bashow, Rylee 15	4) Fisher, Danica 16
	1:07.19 2:01.64 (54.45)		
3 CoWN Cochrane Water Ninjas	B	NT	2:01.87
1) Irvin, Csenia 17	2) Hayhoe, Abigail 16	3) Bodnar, Olivia 17	4) Carnegie, Sydney 17
	1:02.04 2:01.87 (59.83)		
4 sprgr Tri Leisure Centre Blue	A	2:00.00	2:08.52
1) Menzak, Calli 17	2) Hayward, Olivia 16	3) Hennig, Halle 16	4) Taylor, Gabrielle 16
	1:03.53 2:08.52 (1:04.99)		
5 camro City of Camrose Tsunami	A	2:10.00	2:13.15
1) Beach, Sophia 15	2) Booth, Sarah 16	3) Castagna, Julia 15	4) Hamilton, Ava 17
	1:07.91 2:13.15 (1:05.24)		

Event 83 Women 20-29 4x25 LC Meter Relay Manikin

AB LC: 1:59.04 * 2016

Calgary Tsunamis

Calgary Tsunamis

NATL: 1:41.76 # 2019-10-22

S. Lauf, H. Hnatiuk, M. Burdett, M. Honeychurch

Canadian Forces Lifesaving Tm

CF Lifesaving

C. Bortolotti, M. Leblanc, J. Smit, S. Quirk

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L	A	NT	2:01.82
1) Birnie, Olivia 16	2) Buchan, Luca 16	3) Musiyowski, Acadia 18	4) Walker, Dallas 34
	1:03.82 2:01.82 (58.00)		
2 camro City of Camrose Tsunami	A	2:05.00	2:09.59
1) Isik, Sevcn 19	2) Snyder, Peggy 54	3) Vogel, Kayla 17	4) Lowe, Erin 18
	1:06.59 2:09.59 (1:03.00)		
3 hint Town of Hinton Stingrays	A	NT	2:17.29
1) Jones, Abby 18	2) Mack, Mayce 22	3) Maurik, Maya 19	4) Testo, Madison 16
	1:10.43 2:17.29 (1:06.86)		
4 cwclc Calgary Winter Club Tsun	B	NT	2:37.91
1) Owen, Olivia 17	2) Hnatiuk, Holly 22	3) Frostad, Margot 17	4) Burkart, Jessica 29
	28.32 2:37.91 (2:09.59)		

Event 83 Women 20 & Over 4x25 LC Meter Relay Manikin

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L	A	NT	2:01.82
1) Birnie, Olivia 16	2) Buchan, Luca 16	3) Musiyowski, Acadia 18	4) Walker, Dallas 34
	1:03.82 2:01.82 (58.00)		
2 camro City of Camrose Tsunami	A	2:05.00	2:09.59
1) Isik, Sevcn 19	2) Snyder, Peggy 54	3) Vogel, Kayla 17	4) Lowe, Erin 18
	1:06.59 2:09.59 (1:03.00)		
3 CoWN Cochrane Water Ninjas	A	NT	2:14.74
1) Watkins, Susan 51	2) Goertzen, Holly 47	3) Walker, Jennifer 47	4) Malley, Sarah 50
	1:18.87 2:14.74 (55.87)		
4 hint Town of Hinton Stingrays	A	NT	2:17.29
1) Jones, Abby 18	2) Mack, Mayce 22	3) Maurik, Maya 19	4) Testo, Madison 16
	1:10.43 2:17.29 (1:06.86)		

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

Results

(Event 83 Women 20 & Over 4x25 LC Meter Relay Manikin)

Team	Relay	Seed Time	Finals Time
5 cwclc Calgary Winter Club Tsun	B	NT	2:37.91
1) Owen, Olivia 17	2) Hnatiuk, Holly 22	3) Frostad, Margot 17	4) Burkart, Jessica 29
28.32	2:37.91 (2:09.59)		

Event 83 Women 30 & Over 4x25 LC Meter Relay Manikin

Team	Relay	Seed Time	Finals Time
1 CoWN Cochrane Water Ninjas	A	NT	2:14.74
1) Watkins, Susan 51	2) Goertzen, Holly 47	3) Walker, Jennifer 47	4) Malley, Sarah 50
1:18.87	2:14.74 (55.87)		

Event 84 Men 14-19 4x25 LC Meter Relay Manikin

Team	Relay	Seed Time	Finals Time
1 CoWN Cochrane Water Ninjas	A	1:35.00	1:36.78*
1) Thibodeau, Isaac 16	2) Malley, Brady 16	3) Dunse, Jack 17	4) Fitzsimmons, Eli 16
48.28	1:36.78 (48.50)		
2 wolc City of Wetaskiwin Orcas	A	NT	1:37.29*
1) Wilford, Kaleb 14	2) Parsons, Ethan 15	3) Rasmuson, Teague 17	4) Allaway-Brager, William 19
48.58	1:37.29 (48.71)		
3 CoWN Cochrane Water Ninjas	B	NT	1:43.98
1) Gilbert, Corbin 15	2) Johnson, Oliver 15	3) Tegart, Kayman 17	4) Smith, Caebri 15
49.11	1:43.98 (54.87)		
4 camro City of Camrose Tsunami	A	1:40.00	1:45.93
1) Brager, Sam 17	2) Marsili, Atley 16	3) Verbaas, Ethan 18	4) Verbaas, Nolan 16
5 camro City of Camrose Tsunami	B	NT	1:49.63
1) Agrey, Benjamin 15	2) Bergstrom, Logan 15	3) Isik, Serkan 14	4) Dewald, Seth 16

Event 84 Men 20-29 4x25 LC Meter Relay Manikin

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L	A	NT	1:44.71
1) Alberg-Moore, Rylun 22	2) Coates, Tyrrell 29	3) Webb, Wyatt 16	4) Wink, Brandon 18
54.38	1:44.71 (50.33)		

Event 84 Men 20 & Over 4x25 LC Meter Relay Manikin

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L	A	NT	1:44.71
1) Alberg-Moore, Rylun 22	2) Coates, Tyrrell 29	3) Webb, Wyatt 16	4) Wink, Brandon 18
54.38	1:44.71 (50.33)		

Event 97 Women 14-15 100 LC Meter Tow with Fins

Name	Age	Team	Seed Time	Finals Time
1 Cutler, Brinn	14	LMBM University of Lethbridge	1:27.61	1:17.17
30.37	1:17.17 (46.80)			
2 Bashow, Rylee	15	CoWN Cochrane Water Ninjas	1:26.56	1:17.32
30.24	1:17.32 (47.08)			

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

Results

(Event 97 Women 14-15 100 LC Meter Tow with Fins)

Name	Age	Team	Seed Time	Finals Time
3 Burgess, Nicole	15	LMBM University of Lethbridge	1:22.55	1:17.99
30.84	1:17.99 (47.15)			
4 Bridge, Katelyn	15	CoWN Cochrane Water Ninjas	1:22.37	1:20.45
32.24	1:20.45 (48.21)			
5 Murphy, Myla-Mae	14	wolc City of Wetaskiwin Orcas	NT	1:28.61
36.89	1:28.61 (51.72)			
6 Irvin, Avlea	15	CoWN Cochrane Water Ninjas	1:29.27	1:30.24
35.86	1:30.24 (54.38)			
7 Castagna, Julia	15	camro City of Camrose Tsunami	1:33.21	1:30.30
37.60	1:30.30 (52.70)			
8 Beach, Sophia	15	camro City of Camrose Tsunami	1:24.31	1:31.66
34.25	1:31.66 (57.41)			
9 Bruce, Morgan	14	LMBM University of Lethbridge	1:30.59	1:32.66
33.53	1:32.66 (59.13)			
10 Zilinski, Olivia	15	camro City of Camrose Tsunami	1:44.75	1:32.94
37.77	1:32.94 (55.17)			
11 Burgess, Elyse	15	LMBM University of Lethbridge	1:44.27	1:38.10
37.41	1:38.10 (1:00.69)			

Event 97 Women 14-19 100 LC Meter Tow with Fins

AB LC: 1:09.33 * 2015 S. Hilland
 NATL: 1:07.23 # 2019-06-02 K. Rasmuson

Calgary Tsunamis
 AB Lifesaving Cl

Name	Age	Team	Seed Time	Finals Time
1 Irvin, Csenia	17	CoWN Cochrane Water Ninjas	1:12.22	1:14.45
19.78	1:14.45 (54.67)			
2 Fisher, Danica	16	CoWN Cochrane Water Ninjas	1:13.28	1:15.42
30.70	1:15.42 (44.72)			
3 Vogel, Kayla	17	camro City of Camrose Tsunami	1:16.37	1:15.72
31.22	1:15.72 (44.50)			
4 Cutler, Brinn	14	LMBM University of Lethbridge	1:27.61	1:17.17
30.37	1:17.17 (46.80)			
5 Bashow, Rylee	15	CoWN Cochrane Water Ninjas	1:26.56	1:17.32
30.24	1:17.32 (47.08)			
6 Musiyowski, Acadia	18	drvly Town of Drayton Valley L	1:16.86	1:17.54
32.17	1:17.54 (45.37)			
7 Burgess, Nicole	15	LMBM University of Lethbridge	1:22.55	1:17.99
30.84	1:17.99 (47.15)			
8 Carnegie, Sydney	17	CoWN Cochrane Water Ninjas	1:20.91	1:18.25
33.84	1:18.25 (44.41)			
9 Hutzul, Adison	16	LMBM University of Lethbridge	1:27.01	1:18.67
30.94	1:18.67 (47.73)			
10 Booth, Sarah	16	camro City of Camrose Tsunami	1:14.80	1:19.01
31.85	1:19.01 (47.16)			
11 Buchan, Luca	16	drvly Town of Drayton Valley L	1:18.81	1:19.44
32.78	1:19.44 (46.66)			
12 Frostad, Margot	17	cwlc Calgary Winter Club Tsun	1:14.22	1:20.24
31.44	1:20.24 (48.80)			
13 Bridge, Katelyn	15	CoWN Cochrane Water Ninjas	1:22.37	1:20.45
32.24	1:20.45 (48.21)			
14 Hayhoe, Abigail	16	CoWN Cochrane Water Ninjas	NT	1:21.18
34.04	1:21.18 (47.14)			
15 Schamber, Raya	16	wolc City of Wetaskiwin Orcas	NT	1:22.01
32.18	1:22.01 (49.83)			

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 97 Women 14-19 100 LC Meter Tow with Fins)**

	Name	Age	Team	Seed Time	Finals Time
16	Kearns, Laura	16	okot Town Of Okotoks Sharks	1:20.33	1:22.24
	35.24			1:22.24 (47.00)	
17	Birnie, Olivia	16	drvly Town of Drayton Valley L	1:27.34	1:22.44
	33.36			1:22.44 (49.08)	
18	Lowe, Erin	18	camro City of Camrose Tsunami	1:43.60	1:23.02
	32.11			1:23.02 (50.91)	
19	Bodnar, Olivia	17	CoWN Cochrane Water Ninjas	1:21.45	1:23.46
	36.48			1:23.46 (46.98)	
20	Hennig, Halle	16	sprgr Tri Leisure Centre Blue	1:17.38	1:23.47
	34.04			1:23.47 (49.43)	
21	Maurik, Maya	19	hint Town of Hinton Stingrays	NT	1:24.61
	32.12			1:24.61 (52.49)	
22	Menzak, Calli	17	sprgr Tri Leisure Centre Blue	1:28.00	1:25.68
	36.20			1:25.68 (49.48)	
23	Jones, Abby	18	hint Town of Hinton Stingrays	NT	1:25.87
	33.71			1:25.87 (52.16)	
24	Isik, Sevcan	19	camro City of Camrose Tsunami	1:19.04	1:26.25
	28.72			1:26.25 (57.53)	
25	Kearns, Anna	18	okot Town Of Okotoks Sharks	1:19.26	1:26.26
	35.18			1:26.26 (51.08)	
26	Murphy, Myla-Mae	14	wolc City of Wetaskiwin Orcas	NT	1:28.61
	36.89			1:28.61 (51.72)	
27	Irvin, Avlea	15	CoWN Cochrane Water Ninjas	1:29.27	1:30.24
	35.86			1:30.24 (54.38)	
28	Castagna, Julia	15	camro City of Camrose Tsunami	1:33.21	1:30.30
	37.60			1:30.30 (52.70)	
29	Beach, Sophia	15	camro City of Camrose Tsunami	1:24.31	1:31.66
	34.25			1:31.66 (57.41)	
30	Bruce, Morgan	14	LMBM University of Lethbridge	1:30.59	1:32.66
	33.53			1:32.66 (59.13)	
31	Zilinski, Olivia	15	camro City of Camrose Tsunami	1:44.75	1:32.94
	37.77			1:32.94 (55.17)	
32	Pumphrey, Michaela	16	okot Town Of Okotoks Sharks	1:44.19	1:33.40
	36.92			1:33.40 (56.48)	
33	Hamilton, Ava	17	camro City of Camrose Tsunami	1:33.90	1:35.22
	37.24			1:35.22 (57.98)	
34	Burgess, Elyse	15	LMBM University of Lethbridge	1:44.27	1:38.10
	37.41			1:38.10 (1:00.69)	
35	Testo, Madison	16	hint Town of Hinton Stingrays	1:38.69	1:38.37
	37.63			1:38.37 (1:00.74)	
36	Hayward, Olivia	16	sprgr Tri Leisure Centre Blue	1:37.01	1:55.92
	44.14			1:55.92 (1:11.78)	
37	Lockheart, Mattea	18	lacom City of Lacombe Sea Lion	NT	1:56.25
	41.34			1:56.25 (1:14.91)	

Event 97 Women 16-19 100 LC Meter Tow with Fins

	Name	Age	Team	Seed Time	Finals Time
1	Irvin, Csenia	17	CoWN Cochrane Water Ninjas	1:12.22	1:14.45
	19.78			1:14.45 (54.67)	
2	Fisher, Danica	16	CoWN Cochrane Water Ninjas	1:13.28	1:15.42
	30.70			1:15.42 (44.72)	
3	Vogel, Kayla	17	camro City of Camrose Tsunami	1:16.37	1:15.72
	31.22			1:15.72 (44.50)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 97 Women 16-19 100 LC Meter Tow with Fins)**

	Name	Age	Team	Seed Time	Finals Time
4	Musiyowski, Acadia 32.17	18	drvly Town of Drayton Valley L	1:16.86	1:17.54
					1:17.54 (45.37)
5	Carnegie, Sydney 33.84	17	CoWN Cochrane Water Ninjas	1:20.91	1:18.25
					1:18.25 (44.41)
6	Hutzul, Adison 30.94	16	LMBM University of Lethbridge	1:27.01	1:18.67
					1:18.67 (47.73)
7	Booth, Sarah 31.85	16	camro City of Camrose Tsunami	1:14.80	1:19.01
					1:19.01 (47.16)
8	Buchan, Luca 32.78	16	drvly Town of Drayton Valley L	1:18.81	1:19.44
					1:19.44 (46.66)
9	Frostad, Margot 31.44	17	cwclc Calgary Winter Club Tsun	1:14.22	1:20.24
					1:20.24 (48.80)
10	Hayhoe, Abigail 34.04	16	CoWN Cochrane Water Ninjas	NT	1:21.18
					1:21.18 (47.14)
11	Schamber, Raya 32.18	16	wolc City of Wetaskiwin Orcas	NT	1:22.01
					1:22.01 (49.83)
12	Kearns, Laura 35.24	16	okot Town Of Okotoks Sharks	1:20.33	1:22.24
					1:22.24 (47.00)
13	Birnie, Olivia 33.36	16	drvly Town of Drayton Valley L	1:27.34	1:22.44
					1:22.44 (49.08)
14	Lowe, Erin 32.11	18	camro City of Camrose Tsunami	1:43.60	1:23.02
					1:23.02 (50.91)
15	Bodnar, Olivia 36.48	17	CoWN Cochrane Water Ninjas	1:21.45	1:23.46
					1:23.46 (46.98)
16	Hennig, Halle 34.04	16	sprgr Tri Leisure Centre Blue	1:17.38	1:23.47
					1:23.47 (49.43)
17	Maurik, Maya 32.12	19	hint Town of Hinton Stingrays	NT	1:24.61
					1:24.61 (52.49)
18	Menzak, Calli 36.20	17	sprgr Tri Leisure Centre Blue	1:28.00	1:25.68
					1:25.68 (49.48)
19	Jones, Abby 33.71	18	hint Town of Hinton Stingrays	NT	1:25.87
					1:25.87 (52.16)
20	Isik, Sevcan 28.72	19	camro City of Camrose Tsunami	1:19.04	1:26.25
					1:26.25 (57.53)
21	Kearns, Anna 35.18	18	okot Town Of Okotoks Sharks	1:19.26	1:26.26
					1:26.26 (51.08)
22	Pumphrey, Michaela 36.92	16	okot Town Of Okotoks Sharks	1:44.19	1:33.40
					1:33.40 (56.48)
23	Hamilton, Ava 37.24	17	camro City of Camrose Tsunami	1:33.90	1:35.22
					1:35.22 (57.98)
24	Testo, Madison 37.63	16	hint Town of Hinton Stingrays	1:38.69	1:38.37
					1:38.37 (1:00.74)
25	Hayward, Olivia 44.14	16	sprgr Tri Leisure Centre Blue	1:37.01	1:55.92
					1:55.92 (1:11.78)
26	Lockheart, Mattea 41.34	18	lacom City of Lacombe Sea Lion	NT	1:56.25
					1:56.25 (1:14.91)

Event 97 Women 20-29 100 LC Meter Tow with FinsAB LC: **1:05.87** * 2019 **D. Walker**NATL: **1:02.39** # 2014-09-26 **A. Prayal-Brown****Drayton Valley
National Team**

	Name	Age	Team	Seed Time	Finals Time
1	Leblanc, Mercedes 26.61	25	CFLC Canadian Armed Forces Li	1:04.00	1:03.78*
					1:03.78 (37.17)

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

Results

(Event 97 Women 20-29 100 LC Meter Tow with Fins)

Name	Age	Team	Seed Time	Finals Time
2 Mack, Mayce	22	hint Town of Hinton Stingrays	NT	1:27.92
	33.23	1:27.92 (54.69)		

Event 97 Women 30 & Over 100 LC Meter Tow with Fins

AB LC: 1:07.22 * 2022		D. Walker-Milan		Drayton Valley	
Name	Age	Team	Seed Time	Finals Time	
1 Walker, Dallas	34	drvly Town of Drayton Valley L	1:04.25	1:06.15*	
	25.80	1:06.15 (40.35)			
2 Walker, Jennifer	47	CoWN Cochrane Water Ninjas	1:25.21	1:21.99	
	34.42	1:21.99 (47.57)			
3 Goertzen, Holly	47	CoWN Cochrane Water Ninjas	1:27.46	1:24.73	
	35.83	1:24.73 (48.90)			
4 Frantz, Anne	46	lacom City of Lacombe Sea Lion	NT	1:27.90	
	34.97	1:27.90 (52.93)			
5 Snyder, Peggy	54	camro City of Camrose Tsunami	NT	1:31.68	
	34.59	1:31.68 (57.09)			
6 Branconnier, Marla	49	lacom City of Lacombe Sea Lion	NT	1:35.13	
	37.24	1:35.13 (57.89)			
7 Watkins, Susan	51	CoWN Cochrane Water Ninjas	1:39.78	1:42.98	
	44.21	1:42.98 (58.77)			
8 Moss, Sarah	51	okot Town Of Okotoks Sharks	1:53.93	1:53.14	
	43.47	1:53.14 (1:09.67)			
--- Malley, Sarah	50	CoWN Cochrane Water Ninjas	1:24.94	DQ	
	32.28	DQ (53.76)			

Event 98 Men 14-15 100 LC Meter Tow with Fins

Name	Age	Team	Seed Time	Finals Time	
1 Johnson, Oliver	15	CoWN Cochrane Water Ninjas	1:04.87	1:02.59	
	25.36	1:02.59 (37.23)			
2 Smith, Caebri	15	CoWN Cochrane Water Ninjas	1:05.93	1:04.19	
	26.77	1:04.19 (37.42)			
3 Parsons, Ethan	15	wolc City of Wetaskiwin Orcas	1:11.01	1:05.16	
	27.16	1:05.16 (38.00)			
4 Isik, Serkan	14	camro City of Camrose Tsunami	1:11.60	1:08.17	
	28.65	1:08.17 (39.52)			
5 Wilford, Kaleb	14	wolc City of Wetaskiwin Orcas	1:15.35	1:10.62	
	30.46	1:10.62 (40.16)			
6 Gilbert, Corbin	15	CoWN Cochrane Water Ninjas	1:15.95	1:10.88	
	28.64	1:10.88 (42.24)			
7 Agrey, Benjamin	15	camro City of Camrose Tsunami	1:17.33	1:14.58	
	30.00	1:14.58 (44.58)			
8 Shakeshaft, Joseph	15	wolc City of Wetaskiwin Orcas	1:19.12	1:14.87	
	30.76	1:14.87 (44.11)			
9 Zahara, Micah	14	wolc City of Wetaskiwin Orcas	NT	1:15.42	
	30.10	1:15.42 (45.32)			
10 Bergstrom, Logan	15	camro City of Camrose Tsunami	1:25.53	1:22.19	
	35.32	1:22.19 (46.87)			
--- Malley, Jake	14	CoWN Cochrane Water Ninjas	1:42.47	DQ	
	38.61	DQ (52.55)			

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****Event 98 Men 14-19 100 LC Meter Tow with Fins**

AB LC: 1:01.68 * 2018 R. Alberg-Moore

Wetaskiwin Orcas

NATL: 59.29 # 2019-11-23 R. Alberg-Moore

National Team

Name	Age	Team	Seed Time	Finals Time
1 Johnson, Oliver	15	CoWN Cochrane Water Ninjas	1:04.87	1:02.59
	25.36	1:02.59 (37.23)		
2 Smith, Caebri	15	CoWN Cochrane Water Ninjas	1:05.93	1:04.19
	26.77	1:04.19 (37.42)		
3 Dunse, Jack	17	CoWN Cochrane Water Ninjas	1:02.93	1:04.26
	26.73	1:04.26 (37.53)		
4 Parsons, Ethan	15	wolc City of Wetaskiwin Orcas	1:11.01	1:05.16
	27.16	1:05.16 (38.00)		
5 Moss, Andrew	17	okot Town Of Okotoks Sharks	1:07.59	1:06.49
	27.94	1:06.49 (38.55)		
6 Thibodeau, Isaac	16	CoWN Cochrane Water Ninjas	1:08.90	1:07.10
	29.01	1:07.10 (38.09)		
7 Webb, Wyatt	16	drvly Town of Drayton Valley L	1:08.78	1:07.38
	27.09	1:07.38 (40.29)		
8 Isik, Serkan	14	camro City of Camrose Tsunami	1:11.60	1:08.17
	28.65	1:08.17 (39.52)		
9 Rasmuson, Teague	17	wolc City of Wetaskiwin Orcas	1:09.15	1:08.76
	27.68	1:08.76 (41.08)		
10 Tegart, Kayman	17	CoWN Cochrane Water Ninjas	1:16.08	1:10.54
	27.61	1:10.54 (42.93)		
11 Wilford, Kaleb	14	wolc City of Wetaskiwin Orcas	1:15.35	1:10.62
	30.46	1:10.62 (40.16)		
12 Gilbert, Corbin	15	CoWN Cochrane Water Ninjas	1:15.95	1:10.88
	28.64	1:10.88 (42.24)		
13 Fitzsimmons, Eli	16	CoWN Cochrane Water Ninjas	1:06.14	1:11.76
	28.56	1:11.76 (43.20)		
14 Verbaas, Ethan	18	camro City of Camrose Tsunami	1:09.52	1:12.55
	28.06	1:12.55 (44.49)		
15 Sharman, Boden	18	drvly Town of Drayton Valley L	NT	1:13.64
	30.79	1:13.64 (42.85)		
16 Agrey, Benjamin	15	camro City of Camrose Tsunami	1:17.33	1:14.58
	30.00	1:14.58 (44.58)		
17 Shakeshaft, Joseph	15	wolc City of Wetaskiwin Orcas	1:19.12	1:14.87
	30.76	1:14.87 (44.11)		
18 Hoang, Grayson	17	cwlc Calgary Winter Club Tsun	NT	1:14.92
	30.25	1:14.92 (44.67)		
19 Dewald, Seth	16	camro City of Camrose Tsunami	1:18.68	1:15.03
	30.77	1:15.03 (44.26)		
20 Wink, Brandon	18	drvly Town of Drayton Valley L	1:10.80	1:15.10
	29.19	1:15.10 (45.91)		
21 Ber, Sava	16	CoWN Cochrane Water Ninjas	1:16.36	1:15.34
	28.00	1:15.34 (47.34)		
22 Zahara, Micah	14	wolc City of Wetaskiwin Orcas	NT	1:15.42
	30.10	1:15.42 (45.32)		
23 Gilbert, Brock	17	YJLC YMCA Calgary Royals	1:09.85	1:15.59
	29.07	1:15.59 (46.52)		
24 Marsili, Atley	16	camro City of Camrose Tsunami	1:14.80	1:18.23
	18.06	1:18.23 (1:00.17)		
25 Doherty, Liam	16	LMBM University of Lethbridge	NT	1:18.31
	30.97	1:18.31 (47.34)		

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 98 Men 14-19 100 LC Meter Tow with Fins)**

	Name	Age	Team	Seed Time	Finals Time
26	Malley, Brady	16	CoWN Cochrane Water Ninjas	1:23.84	1:18.77
	30.10			1:18.77 (48.67)	
27	Agrey, Joshua	18	camro City of Camrose Tsunami	1:24.69	1:20.54
	31.07			1:20.54 (49.47)	
28	Bergstrom, Logan	15	camro City of Camrose Tsunami	1:25.53	1:22.19
	35.32			1:22.19 (46.87)	
29	Verbaas, Nolan	16	camro City of Camrose Tsunami	1:23.38	1:25.04
	30.40			1:25.04 (54.64)	
---	Malley, Jake	14	CoWN Cochrane Water Ninjas	1:42.47	DQ
	38.61			DQ (52.55)	
---	Swedlo, Aaron	17	YJLC YMCA Calgary Royals	1:02.85	DQ
	26.74			DQ (40.06)	
---	Sheehan, Dawson	19	CFLC Canadian Armed Forces Li	1:02.00	DQ
	24.06			DQ (42.45)	

Event 98 Men 16-19 100 LC Meter Tow with Fins

	Name	Age	Team	Seed Time	Finals Time
1	Dunse, Jack	17	CoWN Cochrane Water Ninjas	1:02.93	1:04.26
	26.73			1:04.26 (37.53)	
2	Moss, Andrew	17	okot Town Of Okotoks Sharks	1:07.59	1:06.49
	27.94			1:06.49 (38.55)	
3	Thibodeau, Isaac	16	CoWN Cochrane Water Ninjas	1:08.90	1:07.10
	29.01			1:07.10 (38.09)	
4	Webb, Wyatt	16	drvly Town of Drayton Valley L	1:08.78	1:07.38
	27.09			1:07.38 (40.29)	
5	Rasmuson, Teague	17	wolc City of Wetaskiwin Orcas	1:09.15	1:08.76
	27.68			1:08.76 (41.08)	
6	Tegart, Kayman	17	CoWN Cochrane Water Ninjas	1:16.08	1:10.54
	27.61			1:10.54 (42.93)	
7	Fitzsimmons, Eli	16	CoWN Cochrane Water Ninjas	1:06.14	1:11.76
	28.56			1:11.76 (43.20)	
8	Verbaas, Ethan	18	camro City of Camrose Tsunami	1:09.52	1:12.55
	28.06			1:12.55 (44.49)	
9	Sharman, Boden	18	drvly Town of Drayton Valley L	NT	1:13.64
	30.79			1:13.64 (42.85)	
10	Hoang, Grayson	17	cwlc Calgary Winter Club Tsun	NT	1:14.92
	30.25			1:14.92 (44.67)	
11	Dewald, Seth	16	camro City of Camrose Tsunami	1:18.68	1:15.03
	30.77			1:15.03 (44.26)	
12	Wink, Brandon	18	drvly Town of Drayton Valley L	1:10.80	1:15.10
	29.19			1:15.10 (45.91)	
13	Ber, Sava	16	CoWN Cochrane Water Ninjas	1:16.36	1:15.34
	28.00			1:15.34 (47.34)	
14	Gilbert, Brock	17	YJLC YMCA Calgary Royals	1:09.85	1:15.59
	29.07			1:15.59 (46.52)	
15	Marsili, Atley	16	camro City of Camrose Tsunami	1:14.80	1:18.23
	18.06			1:18.23 (1:00.17)	
16	Doherty, Liam	16	LMBM University of Lethbridge	NT	1:18.31
	30.97			1:18.31 (47.34)	
17	Malley, Brady	16	CoWN Cochrane Water Ninjas	1:23.84	1:18.77
	30.10			1:18.77 (48.67)	
18	Agrey, Joshua	18	camro City of Camrose Tsunami	1:24.69	1:20.54
	31.07			1:20.54 (49.47)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

Results

(Event 98 Men 16-19 100 LC Meter Tow with Fins)

Name	Age	Team	Seed Time	Finals Time
19 Verbaas, Nolan	16	camro City of Camrose Tsunami	1:23.38	1:25.04
	30.40	1:25.04 (54.64)		
--- Sheehan, Dawson	19	CFLC Canadian Armed Forces Li	1:02.00	DQ
	24.06	DQ (42.45)		
--- Swedlo, Aaron	17	YJLC YMCA Calgary Royals	1:02.85	DQ
	26.74	DQ (40.06)		

Event 98 Men 20-29 100 LC Meter Tow with Fins

Name	Age	Team	Seed Time	Finals Time
1 Lunger, Jared	20	sprgr Tri Leisure Centre Blue	55.00	1:03.81
	25.61	1:03.81 (38.20)		
2 Alberg-Moore, Rylun	22	drvly Town of Drayton Valley L	1:03.53	1:04.70
	26.84	1:04.70 (37.86)		
3 Conway, Colin	24	CFLC Canadian Armed Forces Li	1:09.00	1:06.26
	25.83	1:06.26 (40.43)		
4 Coates, Tyrrell	29	drvly Town of Drayton Valley L	NT	1:22.64
	33.94	1:22.64 (48.70)		
5 Beard, A.J.	26	wolc City of Wetaskiwin Orcas	NT	1:24.22
	30.86	1:24.22 (53.36)		

Event 98 Men 30 & Over 100 LC Meter Tow with Fins

Name	Age	Team	Seed Time	Finals Time
1 Quenneville, Gabriel	31	CFLC Canadian Armed Forces Li	1:02.00	1:00.20*
	24.54	1:00.20 (35.66)		
2 Kearns, Jeff	46	okot Town Of Okotoks Sharks	1:26.49	1:20.60
	34.42	1:20.60 (46.18)		
3 MacLellan, Robert	55	okot Town Of Okotoks Sharks	1:23.45	1:22.32
	33.04	1:22.32 (49.28)		
4 Gledhill, Steve	70	camro City of Camrose Tsunami	1:32.51	1:40.26
	41.60	1:40.26 (58.66)		

Event 111 Women 14-19 4x50 LC Meter Medley Relay

Team	Relay	Seed Time	Finals Time
1 LMBM University of Lethbridge	A	NT	2:10.59
	1) Cutler, Brinn 14	2) Bruce, Morgan 14	3) Burgess, Nicole 15
	32.10	2:10.59 (1:38.49)	4) Hutzul, Adison 16
2 CoWN Cochrane Water Ninjas	A	NT	2:10.63
	1) Bridge, Katelyn 15	2) Irvin, Avlea 15	3) Bashow, Rylee 15
	35.13	1:05.29 (30.16)	4) Fisher, Danica 16
		58.61 ()	2:10.63 (1:12.02)
3 CoWN Cochrane Water Ninjas	B	NT	2:17.04
	1) Hayhoe, Abigail 16	2) Bodnar, Olivia 17	3) Irvin, Csenia 17
	36.90	1:04.89 (27.99)	4) Carnegie, Sydney 17
		1:40.13 (35.24)	2:17.04 (36.91)
4 camro City of Camrose Tsunami	A	2:30.00	2:27.94
	1) Beach, Sophia 15	2) Booth, Sarah 16	3) Castagna, Julia 15
	34.05	1:03.37 (29.32)	4) Zilinski, Olivia 15
		1:02.73 ()	2:27.94 (1:25.21)

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

Results

(Event 111 Women 14-19 4x50 LC Meter Medley Relay)

Team	Relay	Seed Time	Finals Time
5 sprgr Tri Leisure Centre Blue	A	2:30.00	2:35.88
1) Taylor, Gabrielle 16	2) Hayward, Olivia 16	3) Menzak, Calli 17	4) Hennig, Halle 16
44.34	1:11.74 (27.40)	1:05.76 ()	2:35.88 (1:30.12)

Event 111 Women 20-29 4x50 LC Meter Medley Relay

AB LC: 2:02.91 * 2012

Team AB

Team AB

NATL: 1:51.05 # 2019-10-22

E. Whalen, M. Axenchuk, J. Jackson, S. Gowsell

Canadian Forces Lifesaving Tm

CF Lifesaving

M. Leblanc, J. Smit, S. McLean, C. Bortolotti

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L	A	NT	2:12.18
1) Birnie, Olivia 16	2) Buchan, Luca 16	3) Musiyowski, Acadia 18	4) Walker, Dallas 34
33.37	55.11 (21.74)	52.69 ()	2:12.18 (1:19.49)
2 camro City of Camrose Tsunami	A	2:40.00	2:18.37
1) Isik, Sevcn 19	2) Snyder, Peggy 54	3) Vogel, Kayla 17	4) Lowe, Erin 18
36.91	1:03.06 (26.15)	2:18.37 (1:15.31)	
3 hint Town of Hinton Stingrays	A	NT	2:36.17
1) Jones, Abby 18	2) Mack, Mayce 22	3) Maurik, Maya 19	4) Testo, Madison 16
37.91	1:10.54 (32.63)	1:03.37 ()	2:36.17 (1:32.80)
4 lacom City of Lacombe Sea Lion	A	NT	2:54.53
1) Lockheart, Mattea 18	2) Branconnier, Marla 49	3) Frantz, Anne 46	4) Gudwer, Darlene 56
50.74	1:30.21 (39.47)	1:10.90 ()	2:54.53 (1:43.63)

Event 111 Women 20 & Over 4x50 LC Meter Medley Relay

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L	A	NT	2:12.18
1) Birnie, Olivia 16	2) Buchan, Luca 16	3) Musiyowski, Acadia 18	4) Walker, Dallas 34
33.37	55.11 (21.74)	52.69 ()	2:12.18 (1:19.49)
2 camro City of Camrose Tsunami	A	2:40.00	2:18.37
1) Isik, Sevcn 19	2) Snyder, Peggy 54	3) Vogel, Kayla 17	4) Lowe, Erin 18
36.91	1:03.06 (26.15)	2:18.37 (1:15.31)	
3 hint Town of Hinton Stingrays	A	NT	2:36.17
1) Jones, Abby 18	2) Mack, Mayce 22	3) Maurik, Maya 19	4) Testo, Madison 16
37.91	1:10.54 (32.63)	1:03.37 ()	2:36.17 (1:32.80)
4 CoWN Cochrane Water Ninjas	A	NT	2:37.32
1) Walker, Jennifer 47	2) Watkins, Susan 51	3) Goertzen, Holly 47	4) Malley, Sarah 50
33.22	1:09.95 (36.73)	56.64 ()	2:37.32 (1:40.68)
5 lacom City of Lacombe Sea Lion	A	NT	2:54.53
1) Lockheart, Mattea 18	2) Branconnier, Marla 49	3) Frantz, Anne 46	4) Gudwer, Darlene 56
50.74	1:30.21 (39.47)	1:10.90 ()	2:54.53 (1:43.63)

Event 111 Women 30 & Over 4x50 LC Meter Medley Relay

AB LC: 2:12.66 * 2022

Cochrane

Cochrane

M.Martin-Quevillon, A.Billings, M.Palmer, A.Swedlo

Team	Relay	Seed Time	Finals Time
1 CoWN Cochrane Water Ninjas	A	NT	2:37.32
1) Walker, Jennifer 47	2) Watkins, Susan 51	3) Goertzen, Holly 47	4) Malley, Sarah 50
33.22	1:09.95 (36.73)	56.64 ()	2:37.32 (1:40.68)

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****Event 112 Men 14-19 4x50 LC Meter Medley Relay**

AB LC: 1:44.77 * 2017

Wetaskiwin Orcas

Wetaskiwin Orcas

NATL: 1:42.80 # 2018-06-03

C. Rolston, A. Jerke, A. Davis, T. Bailer

Lifesaving Club of Markham

LC of Markham

A. Cheung, M. Suen, D. Tse, I Yurikh

Team	Relay	Seed Time	Finals Time
1 CoWN Cochrane Water Ninjas	A	1:53.60	1:52.47
1) Dunse, Jack 17	2) Fitzsimmons, Eli 16	3) Malley, Brady 16	4) Thibodeau, Isaac 16
28.13	49.26 (21.13)	52.82 (3.56)	1:52.47 (59.65)
2 CoWN Cochrane Water Ninjas	B	NT	1:55.64
1) Smith, Caebri 15	2) Ber, Sava 16	3) Gilbert, Corbin 15	4) Johnson, Oliver 15
27.86	53.35 (25.49)	54.98 (1.63)	1:55.64 (1:00.66)
3 wolc City of Wetaskiwin Orcas	A	NT	1:56.49
1) Wilford, Kaleb 14	2) Parsons, Ethan 15	3) Shakeshaft, Joseph 15	4) Rasmuson, Teague 17
28.38	56.80 (28.42)	1:26.43 (29.63)	1:56.49 (30.06)
4 camro City of Camrose Tsunami	A	1:55.00	1:59.50
1) Brager, Sam 17	2) Dewald, Seth 16	3) Marsili, Atley 16	4) Verbaas, Ethan 18
28.40	54.05 (25.65)	1:59.50 (1:05.45)	
5 camro City of Camrose Tsunami	B	NT	2:02.01
1) Agrey, Benjamin 15	2) Bergstrom, Logan 15	3) Isik, Serkan 14	4) Wolsey, Jake 15
32.33	58.40 (26.07)	1:10.16 (11.76)	2:02.01 (51.85)

Event 112 Men 20-29 4x50 LC Meter Medley Relay

AB LC: 1:48.78 * 2011

Team AB

Team AB

NATL: 1:40.19 # 2014-04-27

G. Heine, J. Yamashita, S. Southwood, K. Yap Chung

Ottawa Valley Lifesaving Club

Ottawa Valley LC

J. Verreault, J. Andersen, B. Trevisan, E. Trevisan

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L	A	NT	2:04.09
1) Alberg-Moore, Rylun 22	2) Coates, Tyrrell 29	3) Sharman, Boden 18	4) Webb, Wyatt 16
28.48	59.21 (30.73)	51.13 ()	2:04.09 (1:12.96)

Event 112 Men 20 & Over 4x50 LC Meter Medley Relay

Team	Relay	Seed Time	Finals Time
1 drvly Town of Drayton Valley L	A	NT	2:04.09
1) Alberg-Moore, Rylun 22	2) Coates, Tyrrell 29	3) Sharman, Boden 18	4) Webb, Wyatt 16
28.48	59.21 (30.73)	51.13 ()	2:04.09 (1:12.96)

Event 133 Women 14-15 200 LC Meter Super Lifesaver

Name	Age	Team	Seed Time	Finals Time
1 Bashow, Rylee	15	CoWN Cochrane Water Ninjas	3:15.05	3:06.79
32.82	1:26.77 (53.95)	2:15.02 (48.25)	3:06.79 (51.77)	
2 Burgess, Nicole	15	LMBM University of Lethbridge	3:13.99	3:10.60
35.87	1:33.27 (57.40)	2:19.32 (46.05)	3:10.60 (51.28)	
3 Cutler, Brinn	14	LMBM University of Lethbridge	3:29.38	3:17.47
36.35	1:34.97 (58.62)	2:25.39 (50.42)	3:17.47 (52.08)	
4 Bridge, Katelyn	15	CoWN Cochrane Water Ninjas	3:25.99	3:19.84
38.65	1:39.78 (1:01.13)	2:28.64 (48.86)	3:19.84 (51.20)	
5 Irvin, Avlea	15	CoWN Cochrane Water Ninjas	3:22.55	3:21.95
37.88	1:39.84 (1:01.96)	2:27.21 (47.37)	3:21.95 (54.74)	
6 Murphy, Myla-Mae	14	wolc City of Wetaskiwin Orcas	NT	3:24.67
40.78	1:41.33 (1:00.55)	2:29.40 (48.07)	3:24.67 (55.27)	
7 Bruce, Morgan	14	LMBM University of Lethbridge	3:40.99	3:29.40
37.29	1:42.24 (1:04.95)	2:32.03 (49.79)	3:29.40 (57.37)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 133 Women 14-15 200 LC Meter Super Lifesaver)**

Name	Age	Team	Seed Time	Finals Time
8 Castagna, Julia	15	camro City of Camrose Tsunami	3:34.55	3:42.70
42.25	1:50.70 (1:08.45)	2:45.80 (55.10)	3:42.70 (56.90)	
9 Beach, Sophia	15	camro City of Camrose Tsunami	3:42.83	3:44.37
41.47	1:53.76 (1:12.29)	2:47.03 (53.27)	3:44.37 (57.34)	
10 Zilinski, Olivia	15	camro City of Camrose Tsunami	3:50.96	3:47.48
43.08	1:56.35 (1:13.27)	2:48.64 (52.29)	3:47.48 (58.84)	
11 Burgess, Elyse	15	LMBM University of Lethbridge	4:10.07	4:04.33
43.09	2:04.79 (1:21.70)	3:01.13 (56.34)	4:04.33 (1:03.20)	
12 Huet, Gianna	15	okot Town Of Okotoks Sharks	NT	4:54.65
25.78		3:44.77 ()	4:54.65 (1:09.88)	

Event 133 Women 14-19 200 LC Meter Super Lifesaver

Name	Age	Team	Seed Time	Finals Time
1 Carnegie, Sydney	17	CoWN Cochrane Water Ninjas	3:13.22	3:06.64
35.93	1:31.08 (55.15)	2:19.69 (48.61)	3:06.64 (46.95)	
2 Bashow, Rylee	15	CoWN Cochrane Water Ninjas	3:15.05	3:06.79
32.82	1:26.77 (53.95)	2:15.02 (48.25)	3:06.79 (51.77)	
3 Fisher, Danica	16	CoWN Cochrane Water Ninjas	3:05.05	3:07.95
34.42	1:32.80 (58.38)	2:19.41 (46.61)	3:07.95 (48.54)	
4 Vogel, Kayla	17	camro City of Camrose Tsunami	3:08.86	3:08.43
35.56	1:32.24 (56.68)	2:21.04 (48.80)	3:08.43 (47.39)	
5 Hutzul, Adison	16	LMBM University of Lethbridge	3:23.24	3:08.71
36.13	1:30.28 (54.15)	2:17.60 (47.32)	3:08.71 (51.11)	
6 Irvin, Csenia	17	CoWN Cochrane Water Ninjas	3:10.00	3:09.24
34.76	1:35.40 (1:00.64)	2:21.43 (46.03)	3:09.24 (47.81)	
7 Burgess, Nicole	15	LMBM University of Lethbridge	3:13.99	3:10.60
35.87	1:33.27 (57.40)	2:19.32 (46.05)	3:10.60 (51.28)	
8 Cutler, Brinn	14	LMBM University of Lethbridge	3:29.38	3:17.47
36.35	1:34.97 (58.62)	2:25.39 (50.42)	3:17.47 (52.08)	
9 Bridge, Katelyn	15	CoWN Cochrane Water Ninjas	3:25.99	3:19.84
38.65	1:39.78 (1:01.13)	2:28.64 (48.86)	3:19.84 (51.20)	
10 Buchan, Luca	16	drvly Town of Drayton Valley L	3:22.37	3:19.89
40.39	1:39.30 (58.91)	2:29.67 (50.37)	3:19.89 (50.22)	
11 Irvin, Avlea	15	CoWN Cochrane Water Ninjas	3:22.55	3:21.95
37.88	1:39.84 (1:01.96)	2:27.21 (47.37)	3:21.95 (54.74)	
12 Murphy, Myla-Mae	14	wolc City of Wetaskiwin Orcas	NT	3:24.67
40.78	1:41.33 (1:00.55)	2:29.40 (48.07)	3:24.67 (55.27)	
13 Bodnar, Olivia	17	CoWN Cochrane Water Ninjas	3:39.63	3:26.55
	1:49.41 ()	2:38.62 (49.21)	3:26.55 (47.93)	
14 Hennig, Halle	16	sprgr Tri Leisure Centre Blue	3:21.55	3:27.57
39.09	1:44.80 (1:05.71)	2:33.13 (48.33)	3:27.57 (54.44)	
15 Bruce, Morgan	14	LMBM University of Lethbridge	3:40.99	3:29.40
37.29	1:42.24 (1:04.95)	2:32.03 (49.79)	3:29.40 (57.37)	
16 Musiyowski, Acadia	18	drvly Town of Drayton Valley L	NT	3:29.66
43.60	1:52.50 (1:08.90)	2:43.74 (51.24)	3:29.66 (45.92)	
17 Booth, Sarah	16	camro City of Camrose Tsunami	3:35.15	3:31.65
39.43	1:47.84 (1:08.41)	2:37.29 (49.45)	3:31.65 (54.36)	
18 Hayhoe, Abigail	16	CoWN Cochrane Water Ninjas	NT	3:32.36
44.16	1:50.77 (1:06.61)	2:41.30 (50.53)	3:32.36 (51.06)	
19 Schamber, Raya	16	wolc City of Wetaskiwin Orcas	NT	3:34.85
40.00	1:44.39 (1:04.39)	2:39.94 (55.55)	3:34.85 (54.91)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 133 Women 14-19 200 LC Meter Super Lifesaver)**

Name	Age	Team	Seed Time	Finals Time
20 Birnie, Olivia	16	drvly Town of Drayton Valley L	3:28.00	3:35.13
39.31	1:47.72 (1:08.41)	2:38.98 (51.26)	3:35.13 (56.15)	
21 Kearns, Anna	18	okot Town Of Okotoks Sharks	3:36.29	3:36.32
41.37	1:44.27 (1:02.90)	2:40.91 (56.64)	3:36.32 (55.41)	
22 Kearns, Laura	16	okot Town Of Okotoks Sharks	3:41.60	3:38.28
40.97	1:49.09 (1:08.12)	2:43.43 (54.34)	3:38.28 (54.85)	
23 Castagna, Julia	15	camro City of Camrose Tsunami	3:34.55	3:42.70
42.25	1:50.70 (1:08.45)	2:45.80 (55.10)	3:42.70 (56.90)	
24 Beach, Sophia	15	camro City of Camrose Tsunami	3:42.83	3:44.37
41.47	1:53.76 (1:12.29)	2:47.03 (53.27)	3:44.37 (57.34)	
25 Menzak, Calli	17	sprgr Tri Leisure Centre Blue	3:30.00	3:44.57
42.46	1:58.59 (1:16.13)	2:46.98 (48.39)	3:44.57 (57.59)	
26 Lowe, Erin	18	camro City of Camrose Tsunami	NT	3:46.80
43.80	1:54.30 (1:10.50)	2:49.13 (54.83)	3:46.80 (57.67)	
27 Hamilton, Ava	17	camro City of Camrose Tsunami	NT	3:47.39
	1:50.37 ()	2:47.87 (57.50)	3:47.39 (59.52)	
28 Zilinski, Olivia	15	camro City of Camrose Tsunami	3:50.96	3:47.48
43.08	1:56.35 (1:13.27)	2:48.64 (52.29)	3:47.48 (58.84)	
29 Pumphrey, Michaela	16	okot Town Of Okotoks Sharks	4:18.82	3:58.04
48.08	1:59.25 (1:11.17)	2:57.95 (58.70)	3:58.04 (1:00.09)	
30 Burgess, Elyse	15	LMBM University of Lethbridge	4:10.07	4:04.33
43.09	2:04.79 (1:21.70)	3:01.13 (56.34)	4:04.33 (1:03.20)	
31 Lockheart, Mattea	18	lacom City of Lacombe Sea Lion	NT	4:49.90
54.91	1:42.75 (47.84)	4:49.90 (3:07.15)		
32 Huet, Gianna	15	okot Town Of Okotoks Sharks	NT	4:54.65
25.78		3:44.77 ()	4:54.65 (1:09.88)	
--- Frostad, Margot	17	cwclc Calgary Winter Club Tsun	3:00.00	DQ
35.37	1:34.53 (59.16)	2:19.57 (45.04)	DQ (47.16)	

Event 133 Women 16-19 200 LC Meter Super Lifesaver

Name	Age	Team	Seed Time	Finals Time
1 Carnegie, Sydney	17	CoWN Cochrane Water Ninjas	3:13.22	3:06.64
35.93	1:31.08 (55.15)	2:19.69 (48.61)	3:06.64 (46.95)	
2 Fisher, Danica	16	CoWN Cochrane Water Ninjas	3:05.05	3:07.95
34.42	1:32.80 (58.38)	2:19.41 (46.61)	3:07.95 (48.54)	
3 Vogel, Kayla	17	camro City of Camrose Tsunami	3:08.86	3:08.43
35.56	1:32.24 (56.68)	2:21.04 (48.80)	3:08.43 (47.39)	
4 Hutzul, Adison	16	LMBM University of Lethbridge	3:23.24	3:08.71
36.13	1:30.28 (54.15)	2:17.60 (47.32)	3:08.71 (51.11)	
5 Irvin, Csenia	17	CoWN Cochrane Water Ninjas	3:10.00	3:09.24
34.76	1:35.40 (1:00.64)	2:21.43 (46.03)	3:09.24 (47.81)	
6 Buchan, Luca	16	drvly Town of Drayton Valley L	3:22.37	3:19.89
40.39	1:39.30 (58.91)	2:29.67 (50.37)	3:19.89 (50.22)	
7 Bodnar, Olivia	17	CoWN Cochrane Water Ninjas	3:39.63	3:26.55
	1:49.41 ()	2:38.62 (49.21)	3:26.55 (47.93)	
8 Hennig, Halle	16	sprgr Tri Leisure Centre Blue	3:21.55	3:27.57
39.09	1:44.80 (1:05.71)	2:33.13 (48.33)	3:27.57 (54.44)	
9 Musiyowski, Acadia	18	drvly Town of Drayton Valley L	NT	3:29.66
43.60	1:52.50 (1:08.90)	2:43.74 (51.24)	3:29.66 (45.92)	
10 Booth, Sarah	16	camro City of Camrose Tsunami	3:35.15	3:31.65
39.43	1:47.84 (1:08.41)	2:37.29 (49.45)	3:31.65 (54.36)	
11 Hayhoe, Abigail	16	CoWN Cochrane Water Ninjas	NT	3:32.36
44.16	1:50.77 (1:06.61)	2:41.30 (50.53)	3:32.36 (51.06)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 133 Women 16-19 200 LC Meter Super Lifesaver)**

Name	Age	Team	Seed Time	Finals Time
12 Schamber, Raya	16	wolc City of Wetaskiwin Orcas	NT	3:34.85
40.00	1:44.39 (1:04.39)	2:39.94 (55.55)	3:34.85 (54.91)	
13 Birnie, Olivia	16	drvly Town of Drayton Valley L	3:28.00	3:35.13
39.31	1:47.72 (1:08.41)	2:38.98 (51.26)	3:35.13 (56.15)	
14 Kearns, Anna	18	okot Town Of Okotoks Sharks	3:36.29	3:36.32
41.37	1:44.27 (1:02.90)	2:40.91 (56.64)	3:36.32 (55.41)	
15 Kearns, Laura	16	okot Town Of Okotoks Sharks	3:41.60	3:38.28
40.97	1:49.09 (1:08.12)	2:43.43 (54.34)	3:38.28 (54.85)	
16 Menzak, Calli	17	sprgr Tri Leisure Centre Blue	3:30.00	3:44.57
42.46	1:58.59 (1:16.13)	2:46.98 (48.39)	3:44.57 (57.59)	
17 Lowe, Erin	18	camro City of Camrose Tsunami	NT	3:46.80
43.80	1:54.30 (1:10.50)	2:49.13 (54.83)	3:46.80 (57.67)	
18 Hamilton, Ava	17	camro City of Camrose Tsunami	NT	3:47.39
	1:50.37 ()	2:47.87 (57.50)	3:47.39 (59.52)	
19 Pumphrey, Michaela	16	okot Town Of Okotoks Sharks	4:18.82	3:58.04
48.08	1:59.25 (1:11.17)	2:57.95 (58.70)	3:58.04 (1:00.09)	
20 Lockheart, Mattea	18	lacom City of Lacombe Sea Lion	NT	4:49.90
54.91	1:42.75 (47.84)	4:49.90 (3:07.15)		
--- Frostad, Margot	17	cwlc Calgary Winter Club Tsun	3:00.00	DQ
35.37	1:34.53 (59.16)	2:19.57 (45.04)	DQ (47.16)	

Event 133 Women 20-29 200 LC Meter Super Lifesaver

AB LC: 2:53.26 * 2018

D. Walker

Drayton Valley

NATL: 2:31.67 # 2012-11-09

C. Payne

National Team

Name	Age	Team	Seed Time	Finals Time
1 Leblanc, Mercedes	25	CFLC Canadian Armed Forces Li	2:50.00	2:39.03*
31.30	1:16.28 (44.98)	1:57.74 (41.46)	2:39.03 (41.29)	

Event 133 Women 30 & Over 200 LC Meter Super Lifesaver

AB LC: 2:52.59 * 2023

D. Walker

Drayton Valley

Name	Age	Team	Seed Time	Finals Time
1 Walker, Dallas	34	drvly Town of Drayton Valley L	2:44.65	2:49.51*
36.13	1:26.61 (50.48)	2:05.80 (39.19)	2:49.51 (43.71)	
2 Palmer, Marlee	31	CFLC Canadian Armed Forces Li	2:55.12	2:59.06
33.14	1:25.11 (51.97)	2:11.02 (45.91)	2:59.06 (48.04)	
3 Walker, Jennifer	47	CoWN Cochrane Water Ninjas	3:40.33	3:25.26
39.04	1:42.85 (1:03.81)	2:31.13 (48.28)	3:25.26 (54.13)	
4 Malley, Sarah	50	CoWN Cochrane Water Ninjas	3:40.35	3:31.00
38.83	1:41.19 (1:02.36)	1:40.56 ()	3:31.00 (1:50.44)	
5 Goertzen, Holly	47	CoWN Cochrane Water Ninjas	3:59.26	3:47.21
46.84	2:00.66 (1:13.82)	2:52.47 (51.81)	3:47.21 (54.74)	
6 Snyder, Peggy	54	camro City of Camrose Tsunami	NT	3:51.62
41.46	1:54.06 (1:12.60)	2:51.16 (57.10)	3:51.62 (1:00.46)	
7 Watkins, Susan	51	CoWN Cochrane Water Ninjas	4:35.45	4:32.79
58.41	2:30.05 (1:31.64)	3:32.48 (1:02.43)	4:32.79 (1:00.31)	
8 Gudwer, Darlene	56	lacom City of Lacombe Sea Lion	NT	4:52.80
57.32	2:26.87 (1:29.55)	3:38.99 (1:12.12)	4:52.80 (1:13.81)	
9 Moss, Sarah	51	okot Town Of Okotoks Sharks	5:17.69	5:39.55
1:10.14	3:11.03 (2:00.89)	3:57.24 (46.21)	5:39.55 (1:42.31)	
--- Frantz, Anne	46	lacom City of Lacombe Sea Lion	NT	DQ
45.05	1:51.64 (1:06.59)	2:55.08 (1:03.44)	DQ (56.17)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****Event 134 Men 14-15 200 LC Meter Super Lifesaver**

Name	Age	Team	Seed Time	Finals Time
1 Johnson, Oliver	15	CoWN Cochrane Water Ninjas	2:45.00	2:35.06
29.63	1:14.41 (44.78)	1:53.34 (38.93)	2:35.06 (41.72)	
2 Smith, Caebri	15	CoWN Cochrane Water Ninjas	2:39.66	2:36.16
29.45	1:16.41 (46.96)	1:55.21 (38.80)	2:36.16 (40.95)	
3 Parsons, Ethan	15	wolc City of Wetaskiwin Orcas	2:55.00	2:40.51
27.01	1:18.21 (51.20)	1:58.47 (40.26)	2:40.51 (42.04)	
4 Gilbert, Corbin	15	CoWN Cochrane Water Ninjas	2:54.55	2:51.29
30.88	1:22.19 (51.31)	1:28.40 (6.21)	2:51.29 (1:22.89)	
5 Isik, Serkan	14	camro City of Camrose Tsunami	3:02.72	2:53.89
24.92	1:27.71 (1:02.79)	2:10.85 (43.14)	2:53.89 (43.04)	
6 Wilford, Kaleb	14	wolc City of Wetaskiwin Orcas	2:58.38	2:54.01
34.49	1:24.39 (49.90)	2:10.24 (45.85)	2:54.01 (43.77)	
7 Zahara, Micah	14	wolc City of Wetaskiwin Orcas	NT	3:16.81
41.00	1:41.45 (1:00.45)	3:16.81 (1:35.36)		
8 Agrey, Benjamin	15	camro City of Camrose Tsunami	3:27.56	3:21.32
37.76	1:38.76 (1:01.00)	2:29.63 (50.87)	3:21.32 (51.69)	
9 Wolsey, Jake	15	camro City of Camrose Tsunami	3:15.10	3:23.54
36.79	1:43.86 (1:07.07)	2:34.10 (50.24)	3:23.54 (49.44)	
10 Shakeshaft, Joseph	15	wolc City of Wetaskiwin Orcas	3:15.00	3:35.54
38.43	1:40.81 (1:02.38)	2:38.29 (57.48)	3:35.54 (57.25)	
11 Malley, Jake	14	CoWN Cochrane Water Ninjas	NT	4:00.57
43.71	1:57.23 (1:13.52)	4:00.57 (2:03.34)		

Event 134 Men 14-19 200 LC Meter Super Lifesaver

Name	Age	Team	Seed Time	Finals Time
1 Johnson, Oliver	15	CoWN Cochrane Water Ninjas	2:45.00	2:35.06
29.63	1:14.41 (44.78)	1:53.34 (38.93)	2:35.06 (41.72)	
2 Smith, Caebri	15	CoWN Cochrane Water Ninjas	2:39.66	2:36.16
29.45	1:16.41 (46.96)	1:55.21 (38.80)	2:36.16 (40.95)	
3 Parsons, Ethan	15	wolc City of Wetaskiwin Orcas	2:55.00	2:40.51
27.01	1:18.21 (51.20)	1:58.47 (40.26)	2:40.51 (42.04)	
4 Swedlo, Aaron	17	YJLC YMCA Calgary Royals	2:39.71	2:43.31
29.83	1:16.70 (46.87)	1:59.72 (43.02)	2:43.31 (43.59)	
5 Allaway-Brager, William	19	wolc City of Wetaskiwin Orcas	2:40.00	2:44.96
30.78	1:19.40 (48.62)	2:01.02 (41.62)	2:44.96 (43.94)	
6 Fitzsimmons, Eli	16	CoWN Cochrane Water Ninjas	2:37.86	2:47.79
32.16	1:23.69 (51.53)	2:05.23 (41.54)	2:47.79 (42.56)	
7 Moss, Andrew	17	okot Town Of Okotoks Sharks	2:58.11	2:50.55
32.92	1:19.95 (47.03)	2:04.74 (44.79)	2:50.55 (45.81)	
8 Dunse, Jack	17	CoWN Cochrane Water Ninjas	2:45.73	2:50.60
33.22	1:23.26 (50.04)	1:37.24 (13.98)	2:50.60 (1:13.36)	
9 Gilbert, Corbin	15	CoWN Cochrane Water Ninjas	2:54.55	2:51.29
30.88	1:22.19 (51.31)	1:28.40 (6.21)	2:51.29 (1:22.89)	
10 Sheehan, Dawson	19	CFLC Canadian Armed Forces Li	2:35.00	2:51.60
28.45	1:13.44 (44.99)	2:01.23 (47.79)	2:51.60 (50.37)	
11 Isik, Serkan	14	camro City of Camrose Tsunami	3:02.72	2:53.89
24.92	1:27.71 (1:02.79)	2:10.85 (43.14)	2:53.89 (43.04)	
12 Wilford, Kaleb	14	wolc City of Wetaskiwin Orcas	2:58.38	2:54.01
34.49	1:24.39 (49.90)	2:10.24 (45.85)	2:54.01 (43.77)	
13 Malley, Brady	16	CoWN Cochrane Water Ninjas	3:21.86	3:00.89
32.90	1:26.34 (53.44)	2:13.26 (46.92)	3:00.89 (47.63)	

AB LC: 2:34.24 * 2012

S. Southwood

Team AB

NATL: 2:25.70 # 2019-06-02 E. Placek

PanAm Lifesaving

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 134 Men 14-19 200 LC Meter Super Lifesaver)**

Name	Age	Team	Seed Time	Finals Time
14 Sharman, Boden	18	drvly Town of Drayton Valley L	NT	3:05.55
34.87		2:16.70 ()	3:05.55 (48.85)	
15 Gilbert, Brock	17	YJLC YMCA Calgary Royals	2:54.66	3:06.09
34.84	1:30.46 (55.62)	2:18.42 (47.96)	3:06.09 (47.67)	
16 Tegart, Kayman	17	CoWN Cochrane Water Ninjas	3:18.14	3:09.09
36.53	1:32.50 (55.97)	2:21.63 (49.13)	3:09.09 (47.46)	
17 Dewald, Seth	16	camro City of Camrose Tsunami	3:20.65	3:14.79
33.15	1:34.61 (1:01.46)	2:24.46 (49.85)	3:14.79 (50.33)	
18 Zahara, Micah	14	wolc City of Wetaskiwin Orcas	NT	3:16.81
41.00	1:41.45 (1:00.45)	3:16.81 (1:35.36)		
19 Agrey, Benjamin	15	camro City of Camrose Tsunami	3:27.56	3:21.32
37.76	1:38.76 (1:01.00)	2:29.63 (50.87)	3:21.32 (51.69)	
20 Agrey, Joshua	18	camro City of Camrose Tsunami	3:26.71	3:21.57
19.72	1:40.90 (1:21.18)	2:31.10 (50.20)	3:21.57 (50.47)	
21 Wolsey, Jake	15	camro City of Camrose Tsunami	3:15.10	3:23.54
36.79	1:43.86 (1:07.07)	2:34.10 (50.24)	3:23.54 (49.44)	
22 Ber, Sava	16	CoWN Cochrane Water Ninjas	3:27.16	3:27.52
38.08	1:43.09 (1:05.01)	2:36.52 (53.43)	3:27.52 (51.00)	
23 Shakeshaft, Joseph	15	wolc City of Wetaskiwin Orcas	3:15.00	3:35.54
38.43	1:40.81 (1:02.38)	2:38.29 (57.48)	3:35.54 (57.25)	
24 Malley, Jake	14	CoWN Cochrane Water Ninjas	NT	4:00.57
43.71	1:57.23 (1:13.52)	4:00.57 (2:03.34)		
--- Hoang, Grayson	17	cwlc Calgary Winter Club Tsun	NT	DQ
37.75	1:36.04 (58.29)	2:30.86 (54.82)	DQ (55.16)	
--- Doherty, Liam	16	LMBM University of Lethbridge	NT	DQ
41.77	DQ (2:58.17)			
--- Rasmuson, Teague	17	wolc City of Wetaskiwin Orcas	2:55.96	DQ
32.51	1:23.87 (51.36)	1:17.66 ()	DQ (1:53.03)	
--- Thibodeau, Isaac	16	CoWN Cochrane Water Ninjas	2:37.24	DQ
30.95	1:19.09 (48.14)	1:57.46 (38.37)	DQ (50.66)	

Event 134 Men 16-19 200 LC Meter Super Lifesaver

Name	Age	Team	Seed Time	Finals Time
1 Swedlo, Aaron	17	YJLC YMCA Calgary Royals	2:39.71	2:43.31
29.83	1:16.70 (46.87)	1:59.72 (43.02)	2:43.31 (43.59)	
2 Allaway-Brager, William	19	wolc City of Wetaskiwin Orcas	2:40.00	2:44.96
30.78	1:19.40 (48.62)	2:01.02 (41.62)	2:44.96 (43.94)	
3 Fitzsimmons, Eli	16	CoWN Cochrane Water Ninjas	2:37.86	2:47.79
32.16	1:23.69 (51.53)	2:05.23 (41.54)	2:47.79 (42.56)	
4 Moss, Andrew	17	okot Town Of Okotoks Sharks	2:58.11	2:50.55
32.92	1:19.95 (47.03)	2:04.74 (44.79)	2:50.55 (45.81)	
5 Dunse, Jack	17	CoWN Cochrane Water Ninjas	2:45.73	2:50.60
33.22	1:23.26 (50.04)	1:37.24 (13.98)	2:50.60 (1:13.36)	
6 Sheehan, Dawson	19	CFLC Canadian Armed Forces Li	2:35.00	2:51.60
28.45	1:13.44 (44.99)	2:01.23 (47.79)	2:51.60 (50.37)	
7 Malley, Brady	16	CoWN Cochrane Water Ninjas	3:21.86	3:00.89
32.90	1:26.34 (53.44)	2:13.26 (46.92)	3:00.89 (47.63)	
8 Sharman, Boden	18	drvly Town of Drayton Valley L	NT	3:05.55
34.87		2:16.70 ()	3:05.55 (48.85)	
9 Gilbert, Brock	17	YJLC YMCA Calgary Royals	2:54.66	3:06.09
34.84	1:30.46 (55.62)	2:18.42 (47.96)	3:06.09 (47.67)	
10 Tegart, Kayman	17	CoWN Cochrane Water Ninjas	3:18.14	3:09.09
36.53	1:32.50 (55.97)	2:21.63 (49.13)	3:09.09 (47.46)	

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 134 Men 16-19 200 LC Meter Super Lifesaver)**

Name	Age	Team	Seed Time	Finals Time
11 Dewald, Seth	16	camro City of Camrose Tsunami	3:20.65	3:14.79
33.15	1:34.61 (1:01.46)	2:24.46 (49.85)	3:14.79 (50.33)	
12 Agrey, Joshua	18	camro City of Camrose Tsunami	3:26.71	3:21.57
19.72	1:40.90 (1:21.18)	2:31.10 (50.20)	3:21.57 (50.47)	
13 Ber, Sava	16	CoWN Cochrane Water Ninjas	3:27.16	3:27.52
38.08	1:43.09 (1:05.01)	2:36.52 (53.43)	3:27.52 (51.00)	
--- Doherty, Liam	16	LMBM University of Lethbridge	NT	DQ
41.77	DQ (2:58.17)			
--- Hoang, Grayson	17	cwclc Calgary Winter Club Tsun	NT	DQ
37.75	1:36.04 (58.29)	2:30.86 (54.82)	DQ (55.16)	
--- Rasmuson, Teague	17	wolc City of Wetaskiwin Orcas	2:55.96	DQ
32.51	1:23.87 (51.36)	1:17.66 ()	DQ (1:53.03)	
--- Thibodeau, Isaac	16	CoWN Cochrane Water Ninjas	2:37.24	DQ
30.95	1:19.09 (48.14)	1:57.46 (38.37)	DQ (50.66)	

Event 134 Men 20-29 200 LC Meter Super Lifesaver

AB LC: 2:24.30 * 2015 S. Southwood

Calgary Tsunamis

NATL: 2:15.15 # 2013-07-27 W. Walters

National Team

Name	Age	Team	Seed Time	Finals Time
1 Alberg-Moore, Rylun	22	drvly Town of Drayton Valley L	2:40.79	2:45.41
34.15	1:23.38 (49.23)	2:08.05 (44.67)	2:45.41 (37.36)	
2 Conway, Colin	24	CFLC Canadian Armed Forces Li	3:10.00	2:58.23
31.95	1:28.13 (56.18)	2:14.72 (46.59)	2:58.23 (43.51)	

Event 134 Men 30 & Over 200 LC Meter Super Lifesaver

AB LC: 3:03.65 * 2019 A. Gamble

Lethbridge

Name	Age	Team	Seed Time	Finals Time
1 Quenneville, Gabriel	31	CFLC Canadian Armed Forces Li	2:40.00	2:44.28*
32.47	1:19.83 (47.36)	2:03.67 (43.84)	2:44.28 (40.61)	
2 MacLellan, Robert	55	okot Town Of Okotoks Sharks	3:43.40	3:36.52
40.93	1:46.97 (1:06.04)	2:41.56 (54.59)	3:36.52 (54.96)	
3 Kearns, Jeff	46	okot Town Of Okotoks Sharks	3:53.96	3:53.29
41.92	1:42.81 (1:00.89)	2:52.00 (1:09.19)	3:53.29 (1:01.29)	
4 Gledhill, Steve	70	camro City of Camrose Tsunami	4:07.80	4:16.60
49.63	2:06.14 (1:16.51)	3:16.96 (1:10.82)	4:16.60 (59.64)	

Event 143 Women 14-19 100 LC Meter Rescue Medley

AB LC: 1:27.37 * 2016 J. Kutash

Calgary Tsunamis

NATL: 1:16.48 # 2015-11-21 H. Burton (gm)

Canada Rep Team

Name	Age	Team	Seed Time	Finals Time
1 Hutzul, Adison	16	LMBM University of Lethbridge	1:53.55	1:33.08
38.08	1:33.08 (55.00)			
2 Vogel, Kayla	17	camro City of Camrose Tsunami	1:21.12	1:34.30
34.43	1:34.30 (59.87)			
3 Bashow, Rylee	15	CoWN Cochrane Water Ninjas	1:31.57	1:34.72
33.44	1:34.72 (1:01.28)			
4 Burgess, Nicole	15	LMBM University of Lethbridge	1:43.93	1:35.16
36.72	1:35.16 (58.44)			
5 Carnegie, Sydney	17	CoWN Cochrane Water Ninjas	1:40.60	1:35.40
35.87	1:35.40 (59.53)			
6 Frostad, Margot	17	cwclc Calgary Winter Club Tsun	1:17.75	1:38.81
35.46	1:38.81 (1:03.35)			
7 Fisher, Danica	16	CoWN Cochrane Water Ninjas	1:42.41	1:39.20
35.87	1:39.20 (1:03.33)			

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 143 Women 14-19 100 LC Meter Rescue Medley)**

	Name	Age	Team	Seed Time	Finals Time
8	Irvin, Csenia	17	CoWN Cochrane Water Ninjas	1:37.62	1:41.43
	35.41	1:41.43 (1:06.02)			
9	Cutler, Brinn	14	LMBM University of Lethbridge	1:52.00	1:41.91
	38.91	1:41.91 (1:03.00)			
10	Murphy, Myla-Mae	14	wolc City of Wetaskiwin Orcas	NT	1:48.15
	43.33	1:48.15 (1:04.82)			
11	Birnie, Olivia	16	drvly Town of Drayton Valley L	1:55.88	1:48.67
	41.09	1:48.67 (1:07.58)			
12	Musiyowski, Acadia	18	drvly Town of Drayton Valley L	NT	1:54.79
	46.62	1:54.79 (1:08.17)			
13	Bruce, Morgan	14	LMBM University of Lethbridge	1:52.32	1:54.84
	38.14	1:54.84 (1:16.70)			
14	Castagna, Julia	15	camro City of Camrose Tsunami	2:03.69	1:55.92
	45.98	1:55.92 (1:09.94)			
15	Hayhoe, Abigail	16	CoWN Cochrane Water Ninjas	NT	1:57.50
	45.97	1:57.50 (1:11.53)			
16	Beach, Sophia	15	camro City of Camrose Tsunami	1:59.35	2:01.54
	43.53	2:01.54 (1:18.01)			
17	Irvin, Avlea	15	CoWN Cochrane Water Ninjas	2:01.54	2:03.76
	58.79	2:03.76 (1:04.97)			
18	Bridge, Katelyn	15	CoWN Cochrane Water Ninjas	2:00.19	2:05.70
	1:00.13	2:05.70 (1:05.57)			
19	Testo, Madison	16	hint Town of Hinton Stingrays	NT	2:07.95
	49.38	2:07.95 (1:18.57)			
20	Bodnar, Olivia	17	CoWN Cochrane Water Ninjas	2:06.85	2:11.37
	48.12	2:11.37 (1:23.25)			
21	Menzak, Calli	17	sprgr Tri Leisure Centre Blue	1:55.00	2:11.45
	51.01	2:11.45 (1:20.44)			
22	Kearns, Anna	18	okot Town Of Okotoks Sharks	1:47.74	2:11.99
	41.66	2:11.99 (1:30.33)			
23	Burgess, Elyse	15	LMBM University of Lethbridge	2:23.41	2:16.67
	45.07	2:16.67 (1:31.60)			
24	Hayward, Olivia	16	sprgr Tri Leisure Centre Blue	2:30.00	2:17.58
	52.05	2:17.58 (1:25.53)			
25	Kearns, Laura	16	okot Town Of Okotoks Sharks	1:56.59	2:18.31
	42.89	2:18.31 (1:35.42)			
26	Pumphrey, Michaela	16	okot Town Of Okotoks Sharks	2:41.41	2:32.24
	1:21.32	2:32.24 (1:10.92)			
---	Lockheart, Mattea	18	lacom City of Lacombe Sea Lion	NT	DQ
	50.06	DQ (1:20.86)			
---	Buchan, Luca	16	drvly Town of Drayton Valley L	1:32.92	DQ
	40.79	DQ (1:08.78)			
---	Hennig, Halle	16	sprgr Tri Leisure Centre Blue	1:55.00	DQ
	40.26	DQ (1:08.94)			
---	Booth, Sarah	16	camro City of Camrose Tsunami	1:49.74	DNF
	38.06				

Event 143 Women 20-29 100 LC Meter Rescue Medley

AB LC: 1:29.82 * 2015 D. Walker
NATL: 1:16.48 # 2015-11-21 H. Burton (gm)

Lethbridge
Canada Rep Team

	Name	Age	Team	Seed Time	Finals Time
1	Leblanc, Mercedes	25	CFLC Canadian Armed Forces Li	1:22.00	1:21.77*
	32.00	1:21.77 (49.77)			

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****Event 143 Women 30 & Over 100 LC Meter Rescue Medley**

AB LC: 1:29.46 * 2023		M. Palmer		Cochrane	
Name	Age	Team	Seed Time	Finals Time	
1 Palmer, Marlee	31	CFLC Canadian Armed Forces Li	1:20.00	1:30.22	
	32.03	1:30.22 (58.19)			
2 Walker, Jennifer	47	CoWN Cochrane Water Ninjas	1:52.90	1:50.55	
3 Malley, Sarah	50	CoWN Cochrane Water Ninjas	2:00.69	1:55.05	
	44.89	1:55.05 (1:10.16)			
4 Frantz, Anne	46	lacom City of Lacombe Sea Lion	NT	2:11.36	
	49.02	2:11.36 (1:22.34)			
5 Goertzen, Holly	47	CoWN Cochrane Water Ninjas	2:32.20	2:28.28	
	46.77	2:28.28 (1:41.51)			
6 Watkins, Susan	51	CoWN Cochrane Water Ninjas	3:11.09	3:16.09	
	1:05.65	3:16.09 (2:10.44)			
--- Branconnier, Marla	49	lacom City of Lacombe Sea Lion	NT	DQ	
	57.49	DQ (2:06.44)			

Event 144 Men 14-19 100 LC Meter Rescue Medley

AB LC: 1:15.00 * 2012		S. Southwood		Team AB	
NATL: 1:10.77 # 2018-11-25		R. Burton		National Team	
Name	Age	Team	Seed Time	Finals Time	
1 Johnson, Oliver	15	CoWN Cochrane Water Ninjas	1:19.36	1:15.70	
	28.92	1:15.70 (46.78)			
2 Smith, Caebri	15	CoWN Cochrane Water Ninjas	1:21.45	1:19.34	
	29.73	1:19.34 (49.61)			
3 Allaway-Brager, William	19	wolc City of Wetaskiwin Orcas	1:17.06	1:19.76	
	31.55	1:19.76 (48.21)			
4 Parsons, Ethan	15	wolc City of Wetaskiwin Orcas	1:26.57	1:19.77	
	31.24	1:19.77 (48.53)			
5 Thibodeau, Isaac	16	CoWN Cochrane Water Ninjas	1:21.53	1:19.84	
	32.19	1:19.84 (47.65)			
6 Dunse, Jack	17	CoWN Cochrane Water Ninjas	1:18.03	1:22.61	
	30.97	1:22.61 (51.64)			
7 Rasmuson, Teague	17	wolc City of Wetaskiwin Orcas	1:23.80	1:23.72	
	31.97	1:23.72 (51.75)			
8 Sheehan, Dawson	19	CFLC Canadian Armed Forces Li	1:12.00	1:23.73	
	27.57	1:23.73 (56.16)			
9 Webb, Wyatt	16	drvly Town of Drayton Valley L	1:33.74	1:24.02	
	34.30	1:24.02 (49.72)			
10 Swedlo, Aaron	17	YJLC YMCA Calgary Royals	1:20.77	1:25.51	
	32.14	1:25.51 (53.37)			
11 Wilford, Kaleb	14	wolc City of Wetaskiwin Orcas	1:23.92	1:25.83	
	32.61	1:25.83 (53.22)			
12 Moss, Andrew	17	okot Town Of Okotoks Sharks	1:25.78	1:26.88	
	33.25	1:26.88 (53.63)			
13 Marsili, Atley	16	camro City of Camrose Tsunami	1:20.91	1:27.57	
	33.09	1:27.57 (54.48)			
14 Fitzsimmons, Eli	16	CoWN Cochrane Water Ninjas	1:21.01	1:28.44	
	31.05	1:28.44 (57.39)			
15 Gilbert, Corbin	15	CoWN Cochrane Water Ninjas	1:31.16	1:29.72	
	31.61	1:29.72 (58.11)			
16 Gilbert, Brock	17	YJLC YMCA Calgary Royals	1:28.26	1:30.04	
	30.30	1:30.04 (59.74)			
17 Isik, Serkan	14	camro City of Camrose Tsunami	1:34.10	1:31.50	
	37.10	1:31.50 (54.40)			

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07

Results

(Event 144 Men 14-19 100 LC Meter Rescue Medley)

	Name	Age	Team	Seed Time	Finals Time
18	Malley, Brady	16	CoWN Cochrane Water Ninjas	1:43.88	1:31.70
	33.37	1:31.70 (58.33)			
19	Hoang, Grayson	17	cwlc Calgary Winter Club Tsun	NT	1:39.15
	41.19	1:39.15 (57.96)			
20	Tegart, Kayman	17	CoWN Cochrane Water Ninjas	1:41.19	1:39.16
	36.86	1:39.16 (1:02.30)			
21	Bergstrom, Logan	15	camro City of Camrose Tsunami	1:44.48	1:40.33
	39.86	1:40.33 (1:00.47)			
22	Sharman, Boden	18	drvly Town of Drayton Valley L	NT	1:40.71
	36.34	1:40.71 (1:04.37)			
23	Agrey, Benjamin	15	camro City of Camrose Tsunami	1:45.62	1:40.89
	38.74	1:40.89 (1:02.15)			
24	Zahara, Micah	14	wolc City of Wetaskiwin Orcas	NT	1:42.65
	38.89	1:42.65 (1:03.76)			
25	Dewald, Seth	16	camro City of Camrose Tsunami	1:28.65	1:44.21
	33.66	1:44.21 (1:10.55)			
26	Shakeshaft, Joseph	15	wolc City of Wetaskiwin Orcas	1:47.45	1:45.59
	36.02	1:45.59 (1:09.57)			
27	Agrey, Joshua	18	camro City of Camrose Tsunami	1:56.13	1:46.36
	39.99	1:46.36 (1:06.37)			
28	Wink, Brandon	18	drvly Town of Drayton Valley L	1:21.60	1:56.60
	33.61	1:56.60 (1:22.99)			
29	Ber, Sava	16	CoWN Cochrane Water Ninjas	2:01.60	1:58.07
	40.94	1:58.07 (1:17.13)			
---	Doherty, Liam	16	LMBM University of Lethbridge	NT	DQ
	40.12	DQ (1:14.41)			

Event 144 Men 20-29 100 LC Meter Rescue Medley

AB LC: 1:11.89 * 2015 S. Southwood

NATL: 1:05.79 # 2015-11-21 E. Trevisan

Calgary Tsunamis

National Team

	Name	Age	Team	Seed Time	Finals Time
1	Lunger, Jared	20	sprgr Tri Leisure Centre Blue	1:10.00	1:16.60
	28.26	1:16.60 (48.34)			
2	Alberg-Moore, Rylun	22	drvly Town of Drayton Valley L	1:13.00	1:22.59
	28.95	1:22.59 (53.64)			
3	Conway, Colin	24	CFLC Canadian Armed Forces Li	1:35.00	1:31.41
	34.00	1:31.41 (57.41)			
4	Coates, Tyrrell	29	drvly Town of Drayton Valley L	NT	2:20.76
	42.38	2:20.76 (1:38.38)			

Event 144 Men 30 & Over 100 LC Meter Rescue Medley

AB LC: 1:21.88 * 2013 D. Hrywkiw

Edmonton

	Name	Age	Team	Seed Time	Finals Time
1	Kearns, Jeff	46	okot Town Of Okotoks Sharks	1:35.41	1:49.43
	41.82	1:49.43 (1:07.61)			
2	MacLellan, Robert	55	okot Town Of Okotoks Sharks	1:54.79	2:11.14
	43.26	2:11.14 (1:27.88)			

Event 149 Mixed 14 & Over 4x12 LC Meter Relay SERC

	Team	Relay	Seed Time	Finals Time
1	drvly Town of Drayton Valley L	B	NT	0.01
	1) Bouchard, Ethan M15	2) Wink, Brandon M18	3) Marshall, Elena W15	4) Buchan, Luca W16
2	drvly Town of Drayton Valley L	A	NT	0.02
	1) Pynch, Hudson M15	2) Musiyowski, Acadia W18	3) Birnie, Olivia W16	4) Sharman, Boden M18

2024 ABNWT Pool Lifesaving Championships - 2024-04-05 to 2024-04-07**Results****(Event 149 Mixed 14 & Over 4x12 LC Meter Relay SERC)**

Team	Relay	Seed Time	Finals Time
3 wolc City of Wetaskiwin Orcas	B	NT	0.03
1) Shakeshaft, Joseph M15	2) Beard, A.J. M26	3) Zahara, Micah M14	4) Frebel, Lilly W18
4 camro City of Camrose Tsunami	B	NT	0.04
1) Snyder, Peggy W54	2) Booth, Sarah W16	3) Vogel, Kayla W17	4) Lowe, Erin W18
5 camro City of Camrose Tsunami	A	NT	0.05
1) Verbaas, Ethan M18	2) Isik, Serkan M14	3) Agrey, Benjamin M15	4) Wolsey, Jake M15
6 camro City of Camrose Tsunami	D	NT	0.06
1) Isik, Sevcen W19	2) Castagna, Julia W15	3) Zilinski, Olivia W15	4) Brager, Sam M17
7 CoWN Cochrane Water Ninjas	B	NT	0.07
1) Gilbert, Corbin M15	2) Johnson, Oliver M15	3) Malley, Brady M16	4) Thibodeau, Isaac M16
8 cwclc Calgary Winter Club Tsun	A	NT	0.08
1) Frostad, Margot W17	2) Staples, Maren W15	3) Caraher, Claire W16	4) Datta, Anjali W14
9 camro City of Camrose Tsunami	C	NT	0.09
1) Agrey, Joshua M18	2) Beach, Sophia W15	3) Marsili, Atley M16	4) Dewald, Seth M16
10 wolc City of Wetaskiwin Orcas	A	NT	0.10
1) Rasmuson, Teague M17	2) Parsons, Ethan M15	3) Wilford, Kaleb M14	4) Allaway-Brager, William M19
11 drvly Town of Drayton Valley L	C	NT	0.11
1) Hlushak, Seth M14	2) Giddey, Jaydon M15	3) Webb, Wyatt M16	4) Girard, Saylah W15
12 CoWN Cochrane Water Ninjas	A	NT	0.12
1) Bodnar, Olivia W17	2) Tegart, Kayman M17	3) Bashow, Rylee W15	4) Lindsay, Patsy W42
13 okot Town Of Okotoks Sharks	A	NT	0.13
1) Kearns, Laura W16	2) Moss, Andrew M17	3) Kearns, Anna W18	4) Pumphrey, Michaela W16
--- LMBM University of Lethbridge	A	NT	DQ
1) Hutzul, Adison W16	2) Cutler, Brinn W14	3) Merriam-Harper, Hannah W14	4) Bruce, Morgan W14
--- lacom City of Lacombe Sea Lion	A	NT	DQ
1) Frantz, Alice W15	2) Dadural, Joseph Emmanuel M15	3) Lockheart, Mattea W18	4) Perersen, Sarah W15