

LIFESAVING

SPORT
2025
PROVINCIALS

**2025 Alberta and Northwest Territories
Pool Lifesaving Championships and Junior Games**

Event Package



April 4-6, 2025
Brookfield Residential YMCA at Seton



Competition Information:

Meet Name:

2025 Alberta and Northwest Territories Pool Lifesaving Championships and Junior Games

Meet Type:

- Championships: April 4 & 5, Long Course (50m)
- Jr Games: April 6, Short Course (25m)

Host Facility:

[Brookfield Residential YMCA at Seton, 4995 Market St SE, Calgary, AB](#)

Date of Event:

April 4-6, 2025

Entry Deadline:

March 23, 2025 11:59 PM

Meet Manager:

Amy Swedlo
(amys@lifesaving.org)

Chief Referee:

Kerry Brager
(kerry.a.brager@gmail.com)

Safety Officer:

Aryan Hedayatzadeh
(aryan.hedayatzadeh@ymcocalgary.org)

Registration Information:

Entry Fee:

\$85 per athlete.

Entry Limits:

- Maximum individual events for athletes
 - Championships: Six (6)
 - Jr Games: Four (4)
- Maximum relay events per athlete: Five (5)
- Line Throw: Limited to two (2) entries per club per age group per gender
- SERC: Limited to three (3) entries per club. Clubs may be asked to further limit their entries if the number of registrants exceed the maximum number of entry slots available for the competition.

Eligibility:

Age-up Date

Athlete age will be determined as of April 4, 2025.

Divisions

The following age divisions are established for the Alberta and Northwest Territories 2025 Provincial Championships and Junior Games.

Individual Events

- Competitors may register in only one division for individual events and must remain in their chosen division throughout the Championships.
- Athletes may compete in their division **or** in one division above, with the exception of athletes in Masters who could swim down in the Senior division. Seniors are not eligible to swim in the Masters division. Anyone swimming up (or swimming down from Masters) will be scored within that division.

Team Events

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

Important Note Regarding 14-15 Athlete Participation

For the 2025 Alberta and Northwest Territories Pool Lifesaving Championships and Junior Games, the following applies to athletes aged 14-15:

1. New Division for Championships
 - A 14-15 division has been added to the 2025 Championships. This is a new division for Championships that is intended to accommodate the large number of athletes in the age range and provide greater opportunities for medal distribution. The divisions for the Championships are as follows:
 - ◇ 14-15
 - ◇ Youth (16-19)
 - ◇ Senior (20 & Over)
 - ◇ Masters (30 & Over)

- The age groups for the Junior Games remain unchanged
 - ◇ 9 & Under
 - ◇ 10-11
 - ◇ 12-13
 - ◇ 14-15

2. Athletes Must Choose One Competition

- While athletes in the 14-15 division are eligible in either competition, they must decide whether to participate in either the Junior Games or the Championships. Athletes cannot compete in both.

3. Exception for Simulated Emergency Response Competition (SERC)

- Athletes in the 14-15 division may participate in the Simulated Emergency Response Competition (SERC) regardless of whether they are registered for the Junior Games or the Championships.

This rule applies specifically to the 2025 competition and does not set a precedent for future competitions.

Right to Participate

Only Alberta and Northwest Territories registered athletes in good standing are eligible to compete in the Alberta and Northwest Territories Junior Games or Championships.

Simulated Emergency Response Competition (SERC) Registration:

Coaches must use [this link](#) to enter SERC teams. Entries must be received by the entry deadline of March 23, 2025.

Important Note for 14-15 Division Athletes:

- Athletes in the 14-15 division may participate in the Simulated Emergency Response Competition (SERC) regardless of whether they are registered for the Junior Games or the Championships.

Coaches & Club Information:

Coaches Meetings:

- Friday (SERC) - 5:15 PM
- Saturday (Championships) - 7:30 AM
- Sunday (Jr Games) - 7:15 AM

Deck Entries:

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

Equipment:

Clubs may be asked to provide manikins and/or obstacles.

Heat Sheets:

Heat sheets will be published on the Lifesaving Sport website by Friday April 4, 2025. They will also be available for purchase at the merchandise table on Saturday April 5 and Sunday April 6.

Relay Changes:

Obstacle Relay and Line Throw changes must be submitted no later than **45 minutes** before the posted start time of the morning session.

Manikin and Medley Relay changes must be submitted no later than 10:30 AM.

Scratches:

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

Psych Sheets and Athlete Rosters:

These documents will be sent out to ALL coaches no later than Wednesday March 26, 2025 to ensure all athletes are entered correctly. Any changes should be emailed to amys@lifesaving.org by Wednesday April 2, 2025.

Warm Up and Cool Down Information:

Alberta and Northwest Territories Pool Lifesaving Junior Games

- Warm ups will be conducted in two 20 minute sessions. The last 10 minutes of each session will be reserved for dives / 1 direction swimming in all lanes in the competition pool. Fin use is permitted during the dive portion of the warm ups. Lanes in the warm up/cool down pool will remain open for 2 direction swimming for the full duration of both warm up sessions.
- Warm up assignments will be detailed in the technical bulletin which will be published after the entry deadline and prior to the competition.
- Four warm up/cool down lanes will be available throughout the meet for athlete use. Please note that athletes must be supervised by a coach when using these lanes to ensure appropriate use.

Alberta and Northwest Territories Pool Lifesaving Championships

- Warm ups will be conducted for 45 minutes. Lanes 0 and 9 will be available for 1 direction swimming throughout the warm up period. The last 10 minutes of the warm up time will be reserved for dives / 1 direction swimming in all lanes.
- There will be no lane assignments for clubs. Equipment use such as fins, rescue tubes, and

manikins is permitted throughout the warm up session.

- Two warm up/cool down lanes will be available throughout the competition for athlete use.

Event Information:

Accommodations:

Block bookings are available at two hotels:

1. **Sheraton Courtyard and Residence Inn Calgary South (3750 Market St SE, Calgary)**
 - [Reserve via this link, or](#)
 - Call 587-349-7599 and reference the group name: Lifesaving Society Room Block
 - Held until March 4, 2025
 - Includes parking and buffet breakfast
 - Option 1: Studio Suite King Bed and Sofa Bed for \$199 + GST per night at the Residence Inn
 - Option 2: Two Bedroom Suite with King Bed, Queen Bed, Sofa Bed, 2 Bathrooms for \$239 + GST per night at the Residence Inn
 - Option 3: Two Queen Beds for \$199 + GST per night at the Courtyard
2. **Holiday Inn Express Calgary South (12025 Lake Fraser Dr SE, Calgary)**
 - [Reserve via this link, or](#)
 - Call 1-403-225-3000 and reference the group name: Lifesaving YMCA
 - Held until March 5, 2025
 - Includes breakfast
 - Two Queen Beds for \$169.99 + GST per night

Awards:

Alberta and Northwest Territories Pool Lifesaving Junior Games

The ABNWT club with the highest overall point score will be declared the ABNWT Pool Lifesaving Junior Games Champions and presented with a banner.

- Medals will be presented to the 1st, 2nd, and 3rd place male and female event winners in each age group.
- Ribbons will be awarded to those in 4th - 16th place.

Alberta and Northwest Territories Pool Lifesaving Championships

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- Medals will be presented to the 1st, 2nd, and 3rd place male and female event winners in each age group.

Event Pass:

All officials, coaches, volunteers, and athletes must show an event pass to guest services to access the deck. Adults over 18 must show photo ID before gaining entry to the facility.

Athlete and coach event passes will be available for pickup at the registration desk as a club package. They are to be picked up by a club representative and distributed to their athletes and coaches.

Officials event passes will be available for pickup at the registration desk.

Merchandise:

Merchandise will be available for purchase on Saturday and Sunday at the merchandise table. Payment will be accepted by debit or credit only (no cash).

Notices:

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

Scoring

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

Seeding:

Individual Events

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

Relay Events

- The top 8 (Championships) or 10 (Jr Games) teams for each gender and age group will be seeded in adjacent lanes based on entry times. Teams that are not seeded in the top heat will be senior seeded based on entry times. Results will be separated by gender and age group for scoring awards.

Spectators:

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

Volunteers and Officials:

To run the Jr Games and Provincial Championships, many volunteers and officials are required. We strongly encourage clubs to actively recruit parents and family members for volunteering. There are many roles for which no prior experience is required, and they include a front row seat at the event.

Officials are asked to express their interest and availability using [this link](#).

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

Schedule:

Please note that times and schedules are subject to change (Schedules that are revised from established time outs and change overs will be released a week before the competition).

Day 1 - Friday April 4 (Simulated Emergency Response Competition)

Time	Event
5:00 PM	Facility Set Up
5:15 PM	Competition Check-In
5:15 PM	Coach Meeting
5:30 PM	Competitor Lock-Up / Officials Meeting
6:00 PM	Start of Session 1: Simulated Emergency Response Competition
9:00 PM	End of Day

Day 2 - Saturday April 5 (Pool Lifesaving Championships - Long Course)

Time	Event
7:00 AM	Facility Opens (Officials Check-In)
7:30 AM	Coaches Meeting
7:45 - 8:30 AM	Warm Up (Dives at 8:15 AM)
8:00 AM	Officials Meeting
8:15 AM	Scratch Deadline (Individual Entries, Obstacle Relay, and Line Throw)
8:30 AM	Opening Ceremonies
9:00 AM	Session 2: Championships AM <ul style="list-style-type: none"> • 200M Obstacle Swim • <i>Medal Presentation: SERC</i> • 4x50M Obstacle Relay • Line Throw • <i>Medal Presentation: Obstacle and Obstacle Relay</i> • 100M Rescue Medley • <i>Medal Presentation: Line Throw</i> • 100M Tow with Fins • <i>Medal Presentation: Rescue Medley</i>
10:30 AM	Scratch Deadline (Manikin and Medley Relay)
12:30 - 1:30 PM	Lunch Break
1:30 PM	Session 3: Championships PM <ul style="list-style-type: none"> • 100M Carry with Fins • <i>Medal Presentation: Tow with Fins</i> • 200M Super Lifesaver • <i>Medal Presentation: Carry with Fins</i> • 4x25M Manikin Relay • <i>Medal Presentation: Super Lifesaver</i> • 50M Carry • <i>Medal Presentation: Manikin Relay</i> • 4x50M Medley Relay • <i>Medal Presentation: Carry and Medley Relay</i>
TBD	Award Presentation - Team Championship Banner
5:30 PM	End of Day

Day 3 - Sunday April 6 (Junior Games - Short Course)

Time	Event
7:00 AM	Facility Opens (Officials Check-In)
7:15 AM	Coaches Meeting
7:30 - 8:15 AM	Warm Up
7:45 AM	Officials Meeting
7:45 AM	Scratch Deadline (Individual Entries, Obstacle Relay and Line Throw)
8:30 AM	Session 4: Junior Games AM <ul style="list-style-type: none"> • 50/100M Obstacle Swim • 4x50M Obstacle Relay • <i>Medal Presentation: Obstacle Swim</i> • Line Throw • <i>Medal Presentation: Obstacle Relay</i> • 50/100M Tow with Fins • <i>Medal Presentation: Line Throw</i>
10:30 AM	Scratch Deadline (Manikin and Medley Relay)
12:30 - 1:30 PM	Lunch Break
1:30 PM	Session 5: Junior Games PM <ul style="list-style-type: none"> • 50/100M Manikin Carry with Fins • <i>Medal Presentation: Tow with Fins</i> • 4x25 Manikin Relay • <i>Medal Presentation: Carry with Fins</i> • 50M Manikin Carry • <i>Medal Presentation: Manikin Relay</i> • 4x50 Medley Relay • <i>Medal Presentation: Carry and Medley Relay</i>
TBD	Award Presentation - Team Jr Games Championship Banner and Closing Ceremony
6:00 PM	End of Day