

# **2022 Alberta and Northwest Territories Pool Lifesaving Championships and Junior Games**

**Saturday April 2 & Sunday April 3, 2022**

**Max Bell Regional Aquatic Centre,  
University of Lethbridge, Lethbridge, Alberta**

**Registration Package**  
**Deadline – March 25, 2022**

**2022 Alberta and Northwest Territories Pool Lifesaving Championships and Junior Games**

Saturday April 2 & Sunday April 3, 2022

Max Bell Regional Aquatic Centre, University of Lethbridge, Lethbridge, Alberta

**Event Schedule**

<b>Friday April 1, 2022</b>	
6:00 pm	Club Check-In
7:00 pm	Key Officials Meeting
<b>Saturday April 2, 2022</b>	
6:30 am	Facility Opens
6:45 am	Coaches Meeting
7:00 am	Warm Up
7:00 am	Officials Meeting
8:00 am	Opening Ceremonies
8:30 am	Start Session 1 - Games
15 and Under Events	50M Obstacle Swim 100M Obstacle Swim 4x50M Obstacle Relay Line Throw 50M Tow with Fins 100M Tow with Fins
	Award Presentations
2:00 pm	Warm Up
3:00 pm	Start of Session 2 - Championships
Open Events (14 and up)	200M Obstacle Swim 4x50M Obstacle Relay Line Throw 100M Rescue Medley 100M Tow with Fins
	Award Presentations
6:00 pm	End of Day
<b>Sunday April 3, 2022</b>	
7:00 am	Facility Opens
7:15 am	Coaches Meeting
7:30 am	Warm Up
7:30 am	Officials Meeting
8:30 am	Start of Session 3 - Games
15 and Under Events	50M Manikin Carry w Fins 100M Manikin Carry w Fins 4x25M Manikin Relay 50M Manikin Carry 4x50 Medley Relay
	Award Presentations
12:00 pm	Warm Up
1:00 pm	Start of Session 4 - Championships
Open Events (14 and up)	100M Manikin Carry w Fins 200M Superlifesaver 4x25M Manikin Carry Relay 50M Manikin Carry 4x50M Medley Relay
	Award Presentations and Closing Ceremony
6:00 pm	End of Day

**2022 Alberta and Northwest Territories Pool Lifesaving Championships and Junior Games**

Saturday April 2 & Sunday April 3, 2022

Max Bell Regional Aquatic Centre, University of Lethbridge, Lethbridge, Alberta

**Program of Events**

	Divisions						
Individual Events	9 years and Under	10-11 years	12-13 years	14-15 years	Youth 16-19	Senior 20-29	Masters
Obstacle Swim	50 m	50 m	100 m	100 m	200 m	200 m	200 m
Manikin Carry	50 m	50 m	50 m	50 m	50 m	50 m	50 m
Manikin Carry with Fins	50 m	50 m	100 m	100 m	100 m	100 m	100 m
Manikin Tow with Fins	50 m	50 m	100 m	100 m	100 m	100 m	100 m
Rescue Medley	n/a	n/a	n/a	100 m	100 m	100 m	100 m
Super Lifesaver	n/a	n/a	n/a	100 m	200 m	200 m	200m

	Divisions						
Team Events	9 years and Under	10-11 years	12-13 years	14-15 years	Youth 16-19	Senior 20-29	Masters
Line Throw	6 m	8 m	8 m	12.5 m	12.5 m	12.5 m	12.5 m
4 X 25 m Manikin Relay	4x25 m	4x25 m	4x25 m	4x25 m	4x25 m	4x25 m	4x25 m
4 X 50 m Obstacle Relay	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m
4 X 50 m Medley Relay	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m

## 2022 Alberta and Northwest Territories Pool Lifesaving Championships and Junior Games Registration Form

### Club/Individual Information

Affiliate/Club Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone (day): \_\_\_\_\_

Email: \_\_\_\_\_

### Calculate Required Payment

# \_\_\_\_\_ Competitors @ \$80.00 = \_\_\_\_\_

### Payment Options

\_\_\_\_\_ Invoice to Affiliate

\_\_\_\_\_ P.O.#: \_\_\_\_\_

\_\_\_\_\_ Cheque made payable to "The Lifesaving Society"

\_\_\_\_\_ Visa / Mastercard

Card #: \_\_\_\_\_

Expiry (mm/yr): \_\_\_\_\_ Security Code: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

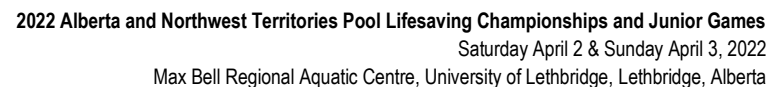
Cardholder Signature: \_\_\_\_\_

Please return this form along with your completed Event Grid Sheets by **March 25, 2022**



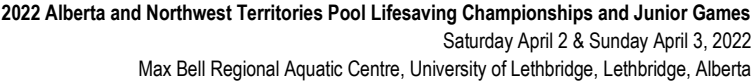
### *The Lifeguarding Experts*

Max Bell Regional Aquatic Centre, University of Lethbridge, Lethbridge, Alberta



Please complete the Event Grid Sheets by filling in each competitor's name, gender, athlete number, and current time for each event they are competing in. Designate each relay combination with a letter. Competitors are allowed to enter each event only once.

[illegible]



Please complete the Event Grid Sheets by filling in each competitor's name, gender, athlete number, and current time for each event they are competing in. Designate each relay combination with a letter. Competitors are allowed to enter each event only once.

7



### *The Lifeguarding Experts*

Saturday April 2 & Sunday April 3, 2022

Max Bell Regional Aquatic Centre, University of Lethbridge, Lethbridge, Alberta

## Event Grid Sheet – Championships

Please complete the Event Grid Sheets by filling in each competitor's name, gender, athlete number, and current time for each event they are competing in. Designate each relay combination with a letter. Competitors are allowed to enter each event only once.

[illegible]