

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**

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

Event Schedule

Friday April 1, 2022	
6:00 pm	Club Check-In
7:00 pm	Key Officials Meeting
Saturday April 2, 2022	
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
Sunday April 3, 2022	
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

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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**

