



LIFESAVING SOCIETY®

The Lifeguarding Experts

Alberta and Northwest
Territories Branch

March 31, 2023

To: Lifesaving Sport Coaches and Clubs

Re: Lifesaving Society Alberta and Northwest Territories Pool Lifesaving Championships and Junior Games: **Warm-Ups**

Coaches and Clubs,

Please see the following warm-up assignments for your reference:

Saturday Morning:

- 620-645a: Camrose L1-3 Wetaskiwin L4-6, Pincher L7, 8
- 650-715a: Cochrane L1-4, Hinton L5, 6, Spruce L 7, 8
- 720-745a: Lethbridge L1, Okotoks L2, Calgary L3, Drayton L4, 5, Claresholm L6, Lacombe L8

Sunday Morning:

- 645a - 710a- Camrose L1-3 Wetaskiwin L4-6, Pincher L7, 8
- 715a - 740a - Cochrane L1-4, Hinton L5, 6, Spruce L 7, 8
- 745a - 810a - Lethbridge L1, Okotoks L2, Calgary L3, Drayton L4, 5, Claresholm L6, Lacombe L8

Afternoons:

- Warm-ups for afternoon are open without lane assignments.

Equipment:

- Fins are permitted for both sessions.
- Rescue tubes are permitted for afternoon sessions.

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