

Water Ninjas Lifesaving Sport Competition

SENIORS Event Package



Meet Information	Seniors (14&O), Short Course Events
Hosting Pool	SLS Centre 800 Griffin Rd E Cochrane, AB T4C 2B8
Date & Warmups	Saturday November 30th 2024 Warmups @ 12:30p / Racing @ 1:30p DECK ACCESS ONLY @12:15p —we have programs until 12p and we need to be mindful
Entry Deadline	Sunday November 24th @10pm
Meet Managers	Saturday Nov 30th—Patsy Lindsay PLindsay@SLSCENTRE.com Sunday Dec 1st—Alexx Diep ADiep@SLSCENTRE.com
Meet Referee	Kerry Brager 780.679.7455
Age Limit	Minimum age is 14yrs, as of Nov 30th, 2024
Events Hosted	100m Carry with Fins 100m Rescue Medley 4x25m Manikin Relay 100/200 Super Lifesaver 4 x 50m Medley Relay *All events are self marshalled
Entry Limit	Maximum individual events per athlete: 3 Maximum Relay events per athlete: 2
Entry Procedure	All athletes must be registered online through the sport.Lifesaving.org registration portal prior to the registration deadline. Relay entries can be submitted through the website or by spreadsheet to plindsay@slscentre.com . Please ensure the full name, age, and gender of each athlete is clearly indicated for each relay.
Entry Fee	\$55.00
Facility Entry	All athletes MUST check in at Guest Services to gain access to the deck. We will update all coaches if there is a pass required to be shown. Parents are welcome to accompany younger athletes to the deck area, but only volunteers, officials, athletes, and coaches are allowed to be on deck once warmups start. No entry to the changerooms prior to 12:15p.



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- Meet Format** Finals Only
- Seeding** Athletes will be seeded based on entry times submitted with registration. Results will be separated by age group for scoring.
- Awards** Ribbons awarded for 1st to 8th place for each event, gender, and age group.

Scoring

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
20	18	16	14	13	12	11	10	8	7	6	5	4	3	2	1

- Warmup Information** Warmups will take place 12:30-1:15p and lanes will be assigned. Dives will take place in the last 10mins and all lanes will become one direction. Please no equipment during warmups.
3 Warmup/Cooldown lanes will be available in the leisure pool lanes only. Athletes require supervision by a Coach to ensure appropriate use. Athletes will not have access to hot tub, therapy pool or lazy river.

- Coaches Meeting** Friday Nov 29th @ 7:30p via teams
[COACHES MEETING](#)

- Officials Meeting** Saturday @ 12:45p

- Scratch deadline & Relay Changes** Submitted to Clerk of Course by 12:45p

- Volunteers** It takes a village to run a competition and we would love your help! Please sign up using this [VOLUNTEER FORM](#). Light snacks, coffee, and tea will be provided to volunteers and coaches. Please bring your own water bottle and to-go beverage container.

- Facility Information** Please, NO GLASS on the pool deck.
Parents are asked to remain off the pool deck unless they are volunteering.
We have Jugo Juice and Patsy’s Place located within the facility.

