

# Water Ninjas Lifesaving Sport Competition

## JUNIORS Event Package



<b>Meet Information</b>	Juniors (13&U), Short Course Events
<b>Hosting Pool</b>	SLS Centre 800 Griffin Rd E Cochrane, AB T4C 2B8
<b>Date &amp; Warmups</b>	Sunday December 1st 2024 Warmups @ 12:30p / Racing @ 1:30p DECK ACCESS ONLY @12:15p —we have programs until 12p and we need to be mindful
<b>Entry Deadline</b>	<b>Sunday November 24th @10pm</b>
<b>Meet Managers</b>	Saturday Nov 30th—Patsy Lindsay <a href="mailto:PLindsay@SLSCENTRE.com">PLindsay@SLSCENTRE.com</a> Sunday Dec 1st—Alexx Diep <a href="mailto:ADiep@SLSCENTRE.com">ADiep@SLSCENTRE.com</a>
<b>Meet Referee</b>	Kerry Brager 780.679.7455
<b>Age Limit</b>	Minimum age is 7yrs, maximum age is 13yrs as of Dec 1, 2024
<b>Events Hosted</b>	50/100m Carry with Fins 4 x 25m Manikin Relay 50m Carry 50/100m Tow with Fins 4 x 50m Medley Relay  *All events are marshalled
<b>Entry Limit</b>	Maximum individual events per athlete: 3 Maximum Relay events per athlete: 2
<b>Entry Procedure</b>	All athletes must be registered online through the <a href="https://sport.Lifesaving.org">sport.Lifesaving.org</a> registration portal prior to the registration deadline. Relay entries can be submitted through the website or by spreadsheet to <a href="mailto:plindsay@slscentre.com">plindsay@slscentre.com</a> . Please ensure the full name, age, and gender of each athlete is clearly indicated for each relay.
<b>Entry Fee</b>	\$55.00
<b>Facility Entry</b>	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** Sunday @ 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.

