



## Meet Package

### Camrose Tsunami Mix Masters



#### **Preamble**

The Tsunami Mix Masters meet is an early season meet only for older swimmers. The intent is to support swimmers by either inspiring them to try competitions this season or to support athletes who are wanting to gain an early baseline of their performance in a short course venue for the season.

The Try- It category is not scored, it is a fun way for Master swimmers to try some events with a modified distance.

All relay events are purely for fun. Mix it up or try something different - we are wanting to use these events to build community.

<b>Meet Information</b>	Camrose Tsunami Mix Masters Short Course, Youth, Open and Masters Age Category, Try-it category
<b>Clubs Invited</b>	Clubs registered with AB NWT Lifesaving Society
<b>Hosting Pool Information</b>	Mayer Aquatic Centre 5600 44 Ave Camrose AB T4V 5K5
<b>Date</b>	October 25, 2025
<b>Warm-ups and Race Start</b>	Warm-ups for Saturday October 25, 2025 start at 0800h Race Starts @ 09:00h
<b>Entry Deadline</b>	October 20, 2025
<b>Meet Manager</b>	Heather Barr 780.678.7700
<b>Meet Referee</b>	Kerry Brager 780.679.7455
<b>Safety Officer</b>	Carley Moon
<b>LSS AB Representative</b>	Amy Swedlo
<b>Age limit</b>	Age categories as per the AB/NWT Competition Manual 2022 Ages 14-110 years.  Try-it category available to athletes 14 years - 110 years of age.  Athletes choose events in their chosen age category and/or the Try-it category.
<b>Rulebook</b>	AB/NWT Competition Manual 2022

## Events Hosted:

Saturday - October 25, 2025							
Rescue Medley	Carry with Fins	Manikin Carry Relay	Tow with Fins	Lunch	Super Lifesaver	Medley Relay EXH	End of Day
Y/O/M distance 100m	Y/O/M distance 100m	Relay groups can be made the day of the event.	Y/O/M distance 100m		Y/O/M distance 200m	Relay groups can be made the day of the event.	
Try-it distance 50m	Try-it distance 50m	4x50m	Try-it distance 50m		Try-it distance 100m	4x50m	

<b>Entry Limit</b>	Maximum of individual events: 4 Maximum of relay events: 2
<b>Entry Requirements (if any)</b>	Must be registered and in good standing with provincial Lifesaving Society. Try-it category is for any athlete who has not previously competed in Lifesaving Sport or who is trying a new event for the first time and are wanting the shorter distance.
<b>Entry Process</b>	All entries must be completed using the following link <a href="#">Mix Master Registration Link</a> Please make a copy of the spreadsheet and save it using your team name.
<b>Entry Fee(s)</b>	\$40 per athlete

## 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

<b>Awards</b>	<p>Aggregate awards will be given for all age categories IAW AB/NWT Competition Manual (2022), Masters will receive aggregate awards for their age category IAW ILS (2025) age grouping for Masters.</p> <p>Try-it will receive a participation award.</p> <p>No placement will be awarded for relays.</p>
<b>Seeding</b>	Events will be seeded by time slow-fast and mixed gender.
<b>Officials Meeting</b>	<p>Officials will meet:</p> <p>Saturday 8:15am</p>
<b>Coaches Meeting</b>	<p>Coaches will meet:</p> <p>Saturday 8:00am</p>
<b>Warmup Information</b>	Warm-up lanes will not be assigned. Dive lanes will be designated to Lanes 1 and 8
<b>Deck Entries</b>	Deck entries will be permitted provided it does not create an extra heat.
<b>Scratches and changes</b>	<p>Scratches are to be submitted by 8:30a.</p> <p>All relays are exh and teams can be made on the fly at the time of the event.</p>
<b>Psych Sheets</b>	Psych sheets will be provided by Wednesday October 22nd. All athletes listed under the Try-it Category will be identified as EXH.
<b>Volunteers Sign-up</b>	Volunteers are needed! Please fill out the Google Form <a href="#">Mix Master Volunteer Sign-up</a>