



# 2013 Eastern Regional Pool Championships Programme

## Session Times

	<b>Session 1</b> Saturday 10 <sup>th</sup> August	<b>Session 2</b> Saturday 10 <sup>th</sup> August	<b>Session 3</b> Sunday 11 <sup>th</sup> August	<b>Session 4</b> Sunday 11 <sup>th</sup> August
Surf Officials Meeting	8.15am	n/a	8.15am	n/a
Team Managers Meeting	8.45am	n/a	8.30am	n/a
Warm up Begins	8.30am	n/a	8.00am	n/a
Warm up Ends	9.15am	n/a	8.45am	n/a
Session Begins	9.30am	1.30 pm	9.00am	1.30pm
Session Ends	1.00pm	5.00pm	1.00pm	4.30pm
Prize giving	1.00pm	5.00pm	1.00pm	4.30pm



# Session One, Saturday 10th August 2013

**Warm Up:** 8.30am – 9.15am  
**Session Times:** 9.30am – 1.00pm Approx.

Event #	Event
146	Open Men's Line Throw
246	Open Women's Line Throw
147	Masters Men's Line Throw
145	U19 Men's Line Throw
245	U19 Women's Line Throw
143	U16 Men's Line Throw
243	U16 Women's Line Throw
175	Open Men's 100m Manikin Carry with Fins
275	Open Women's 100m Manikin Carry with Fins
120	U12 Men's 100m Tube Swim with Patient and Fins
220	U12 Women's 100m Tube Swim with Patient and Fins
121	U14 Men's 100m Tube Swim with Patient and Fins
221	U14 Women's 100m Tube Swim with Patient and Fins
122	U16 Men's 100m Manikin Tow with Fins
222	U16 Women's 100m Manikin Tow with Fins
123	U19 Men's 100m Manikin Tow with Fins
223	U19 Women's 100m Manikin Tow with Fins
124	Open Men's 100m Manikin Tow with Fins
224	Open Women's 100m Manikin Tow with Fins
125	Masters Men's 100m Manikin Tow with Fins
176	U12 Men's 4x 25m Brick Relay
276	U12 Women's 4x 25m Brick Relay
177	U14 Men's 4x 25m Brick Relay
277	U14 Women's 4x 25m Brick Relay
178	U16 Men's 4x 25m Manikin Relay
278	U16 Women's 4x 25m Manikin Relay
179	U19 Men's 4x 25m Manikin Relay
279	U19 Women's 4x 25m Manikin Relay
180	Open Men's 4x 25m Manikin Relay
280	Open Women's 4x 25m Manikin Relay

**30 Minute Break Approx.**

## Prizegiving:

Prizegiving will be held for all events contested in sessions one (1) after the last event has been completed for the session.

# Session Two, Saturday 10th August 2013

**Session Times:** 1.30pm – 5.00pm Approx.

Event #	Event
188	Open Men's 100m Rescue Medley
288	Open Women's 100m Rescue Medley
187	U19 Men's 100m Rescue Medley
287	U19 Women's 100m Rescue Medley
186	U16 Men's 100m Rescue Medley
286	U16 Women's 100m Rescue Medley
185	U14 Men's 50m Rescue Medley
285	U14 Women's 50m Rescue Medley
184	U13 Men's 50m Rescue Medley
284	U13 Women's 50m Rescue Medley
183	U12 Men's 50m Rescue Medley
283	U12 Women's 50m Rescue Medley
182	U11 Men's 50m Rescue Medley
282	U11 Women's 50m Rescue Medley
174	Open Men's 4x50m Medley Relay
274	Open Women's 4x50m Medley Relay
322	Open Mixed 4x50m Medley Relay
173	U19 Men's 4x50m Medley Relay
273	U19 Women's 4x50m Medley Relay
172	U16 Men's 4x50m Medley Relay
272	U16 Women's 4x50m Medley Relay
171	U14 Men's 4x50m Medley Relay
271	U14 Women's 4x50m Medley Relay
321	U14 Mixed 4 x 50m Medley Relay
170	U12 Men's 4x50m Medley Relay
270	U12 Women's 4x50m Medley Relay
320	U12 Mixed 4x50m Medley Relay
181	Open Men's 200m Super Lifesaver
281	Open Women's 200m Super Lifesaver

## Prizegiving:

Prizegiving will be held for all events contested in sessions two (2) after the last event has been completed for the session.

# Session Three, Sunday 11th August 2013

**Warm Up:** 8.00am – 8.45am  
**Session Times:** 9.00am – 1.00pm Approx.

Event #	Event
100	U11 Mens 50m Swim with Obstacles
200	U11 Womens 50m Swim with Obstacles
101	U12 Mens 50 Swim with Obstacles
201	U12 Womens 50 Swim with Obstacles
102	U13 Mens 100m Swim with Obstacles
202	U13 Womens 100m Swim with Obstacles
103	U14 Mens 100m Swim with Obstacles
203	U14 Womens 100m Swim with Obstacles
104	U 16 Mens 200m Swim with Obstacles
204	U 16 Womens 200m Swim with Obstacles
108	U19 Mens 200m Swim with Obstacles
208	U19 Womens 200m Swim with Obstacles
109	Open Mens 200m Swim with Obstacles
209	Open Womens 200m Swim with Obstacles
107	Masters Mens 100m Swim with Obstacles
150	U12 Men's 4x50m Obstacle Relay
250	U12 Women's 4x50m Obstacle Relay
310	U12 Mixed 4x50m Obstacle Relay
151	U14 Mens 4x50m Obstacle Relay
251	U14 Womens 4x50m Obstacle Relay
311	U14 Mixed 4x50m Obstacle Relay
152	U16 Mens 4x50m Obstacle Relay
252	U16 Womens 4x50m Obstacle Relay
153	U19 Mens 4x50m Obstacle Relay
253	U19 Womens 4x50m Obstacle Relay
154	Open Mens 4x50m Obstacle Relay
312	Open Mixed 4x50m Obstacle Relay
313	Masters Mixed 4x50m Obstacle Relay
130	U11 Mens 50m Brick Carry without Fins
230	U11 Womens 50m Brick Carry without Fins
131	U12 Mens 50m Brick Carry without Fins
231	U12 Womens 50m Brick Carry without Fins
132	U13 Mens 50m Brick Carry without Fins
232	U13 Womens 50m Brick Carry without Fins
133	U14 Mens 50m Brick Carry without Fins
233	U14 Womens 50m Brick Carry without Fins

**30 Minute Break Approx.**

## Prizegiving:

Prizegiving will be held for all events contested in sessions three (3) after the last event has been completed for the session.

# Session Four, Sunday 11th August 2013

Session Times: 1.30pm – 4.30pm Approx.

Event #	Event
136	U16 Mens 50m Manikin carry without fins
236	U16 Womens 50m Manikin carry without fins
137	U19 Mens 50m Manikin carry without fins
237	U19 Womens 50m Manikin carry without fins
134	Open Mens 50 Manikin Carry without Fins
234	Open Womens 50 Manikin Carry without Fins
110	U11 Mens 50m Swim with Fins
210	U11 Womens 50m Swim with Fins
111	U12 Mens 50m Swim with Fins
211	U12 Womens 50m Swim with Fins
112	U13 Mens 50m Swim with Fins
212	U13 Womens 50m Swim with Fins
113	U14 Mens 50m Swim with Fins
213	U14 Womens 50m Swim with Fins
114	U16 Mens 50m Swim with Fins
214	U16 Womens 50m Swim with Fins
115	U19 Mens 50m Swim with Fins
215	U19 Womens 50m Swim with Fins
116	Open Mens 50m Swim with Fins
216	Open Womens 50m Swim with Fins
117	Masters Mens 50m Swim with Fins
114	<b>U16 Mens 50m Swim with Fins - Final</b>
214	<b>U16 Womens 50m Swim with Fins - Final</b>
115	<b>U19 Mens 50m Swim with Fins - Final</b>
215	<b>U19 Womens 50m Swim with Fins - Final</b>
116	<b>Open Mens 50m Swim with Fins - Final</b>
216	<b>Open Womens 50m Swim with Fins - Final</b>
117	<b>Masters Mens 50m Swim with Fins - Final</b>
323	6x50m Mega Relay
323	<b>6x50m Mega Relay - Final</b>

## Prizegiving:

Prizegiving will be held for all events contested in sessions four (4) 15min after the last event has been completed for the session.

As always if you have any questions or queries please do not hesitate to contact me on any of the means below.

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