



2018 Eastern Regional Pool Championships Draft Programme

Session Times

Event #1- Saturday 18th August

	Session 1	Session 2
Surf Officials Meeting	8:00am	n/a
Team Managers Meeting	8:15am	n/a
Warm up Begins	8:00am	n/a
Warm up Ends	8;40am	n/a
Session Begins	9;00am	1:00 pm
Session Ends	1:00pm	4:00pm
Prize giving	1:00pm	4:00pm

Event #2 - Saturday 29th September

Saturday 29 th September	Session 1	Session 2
Surf Officials Meeting	8:00am	n/a
Team Managers Meeting	8:15am	n/a
Warm up Begins	8:00am	n/a
Warm up Ends	8;40am	n/a
Session Begins	9;00am	1:00 pm
Session Ends	1:00pm	4:00pm
Prize giving	1:00pm	4:00pm

National Partners



Regional Partners
Primary Partner



Surf Life Saving New Zealand – Eastern Region

2 Boeing Place, Mount Maunganui 3116. PO Box 4667, Mt Maunganui 3149. www.surflifesaving.org.nz

Event #1- Saturday 18th August 2018

Session One,

Warm Up: 8.10am – 8.40am

Session Times: 9.00am – 1.00pm Approx.

Event #	Event	Heats	Notes
1	Masters Mens 50m Swim with Fins		
2	Masters Womens 50m Swim with Fins		
3	U16 Mens 100m Manikin Tow with Fins		
4	U16 Womens 100m Manikin Tow with Fins		
5	U19 Mens 100m Manikin Tow with Fins		
6	U19 Womens 100m Manikin Tow with Fins		
7	Open Mens 100m Manikin Tow with Fins		
8	Open Womens 100m Manikin Tow with Fins		
9	Masters Mens 100m Manikin Tow with Fins		
10	Masters Womens 100m Manikin Tow with Fins		
11	U16 Men's 4x 25m Manikin Relay		
12	U16 Women's 4x 25m Manikin Relay		
13	U19 Men's 4x 25m Manikin Relay		
14	U19 Women's 4x 25m Manikin Relay		
15	Open Men's 4x 25m Manikin Relay		
16	Open Women's 4x 25m Manikin Relay		
17	U16 Men's 100m Manikin Carry with Fins		
18	U16 Women's 100m Manikin Carry with Fins		
19	U19 Men's 100m Manikin Carry with Fins		
20	U19 Women's 100m Manikin Carry with Fins		
21	Open Men's 100m Manikin Carry with Fins		
22	Open Women's 100m Manikin Carry with Fins		
	15 minute break to reset the pool for Obstacle events		
23	Masters Mens 100m Swim with Obstacles		
24	Masters Womens 100m Swim with Obstacles		
25	U16 Mens 200m Swim with Obstacles		
26	U16 Womens 200m Swim with Obstacles		
27	U19 Mens 200m Swim with Obstacles		
28	U19 Womens 200m Swim with Obstacles		
29	Open Mens 200m Swim with Obstacles		
30	Open Womens 200m Swim with Obstacles		
31	Masters Mixed 4x50m Obstacle Relay		
32	U16 Mens 4x50m Obstacle Relay		
33	U16 Womens 4x50m Obstacle Relay		
34	U16 Mixed 4x50m Obstacle Relay		
35	U19 Mens 4x50m Obstacle Relay		
36	U19 Womens 4x50m Obstacle Relay		
37	U19 Mixed 4x50m Obstacle Relay		
38	Open Mens 4x50m Obstacle Relay		
39	Open Womens 4x50m Obstacle Relay		
40	Open Mixed 4x50m Obstacle Relay		
41	Masters Mens Line Throw		
42	Masters Women's Line Throw		
43	U16 Mens Line Throw		
44	U16 Womens Line Throw		
45	U19 Mens Line Throw		
46	U19 Womens Line Throw		
47	Open Mens Line Throw		
48	Open Womens Line Throw		
	Medal Presentations		

Session Two:

Session Times: 1:00pm to 4:pm Approx.

49	U14 Mens 100m Swim with Obstacles		
50	U14 Womens 100m Swim with Obstacles		
51	U13 Mens 100m Swim with Obstacles		
52	U13 Womens 100m Swim with Obstacles		
53	U12 Mens 50 Swim with Obstacles		
54	U12 Womens 50 Swim with Obstacles		
55	U11 Mens 50m Swim with Obstacles		
56	U11 Womens 50m Swim with Obstacles		
57	U14 Mens 4x50m Obstacle Relay		
58	U14 Womens 4x50m Obstacle Relay		
59	U14 Mixed 4x50m Obstacle Relay		
60	U12 Men's 4x50m Obstacle Relay		
61	U12 Women's 4x50m Obstacle Relay		
62	U12 Mixed 4x50m Obstacle Relay		
15 minute break to reset the pool for Brick events			
63	U14 Men's 4x 25m Brick Relay		
64	U14 Women's 4x 25m Brick Relay		
65	U12 Men's 4x 25m Brick Relay		
66	U12 Women's 4x 25m Brick Relay		
67	U14 Mens 100m Patient Tow with Fins		
68	U14 Womens 100m Patient Tow with Fins		
69	U12 Mens 100m Patient Tow with Fins		
70	U12 Womens 100m Patient Tow with Fins		
71	8x25m Super Mega Relay		
72	8x25m Super Mega Relay - Final		
Medal Presentations			

Additional Junior Relay event: 8 x 25m Super Mega Relay (amended 16/7/18)

The first competitor swims 25m freestyle without fins. The second competitor swims 25m freestyle with fins. The third competitor swims 25m freestyle without fins. The fourth competitor swims 25m freestyle with fins.....and so on.

This team *should* consist of 1 male and 1 Female from each of the four age categories (U11, U12, U13 and U14).**

** As this is an exhibition event composite teams will be allowed, and if necessary younger athletes may be substituted for older athletes if clubs do not have sufficient numbers to fill a team.

Event #2- Saturday 29th September 2018

Session One,

Warm Up: 8.10am – 8.40am
Session Times: 9.00am – 1:00pm Approx.

Event #	Event	Heats	Notes
1	Open Men's 100m Rescue Medley		
2	Open Women's 100m Rescue Medley		
3	U19 Men's 100m Rescue Medley		
4	U19 Women's 100m Rescue Medley		
5	U16 Men's 100m Rescue Medley		
6	U16 Women's 100m Rescue Medley		
7	Open Men's 4x50m Medley Relay		
8	Open Women's 4x50m Medley Relay		
9	Open Mixed 4x50m Medley Relay		
10	U19 Mens 4x50m Medley Relay		
11	U19 Womens 4x50m Medley Relay		
12	U19 Mixed 4x50m Medley Relay		
13	U16 Mens 4x50m Medley Relay		
14	U16 Womens 4x50m Medley Relay		
15	U16 Mixed 4x50m Medley Relay		
16	U19 Men's 200m Super Lifesaver		
17	U19 Women's 200m Super Lifesaver		
18	Open Men's 200m Super Lifesaver		
19	Open Women's 200m Super Lifesaver		
20	U16 Mens 50m Manikin carry without fins		
21	U16 Womens 50m Manikin carry without fins		
22	U19 Mens 50m Manikin carry without fins		
23	U19 Womens 50m Manikin carry without fins		
24	Open Mens 50 Manikin Carry without Fins		
25	Open Womens 50 Manikin Carry without Fins		
26	U16 Mens 50m Swim with Fins		
27	U16 Womens 50m Swim with Fins		
28	U19 Mens 50m Swim with Fins		
29	U19 Womens 50m Swim with Fins		
30	Open Mens 50m Swim with Fins		
31	Open Womens 50m Swim with Fins		
32	6x50m Mega Relay		
33	6x50m Mega Relay - Final		
	Medal Presentations		

Session Two, Sunday 29th September 2018

Session Times: 1:00pm – 4:00pm Approx.

Event #	Event	Heats	Notes
34	U14 Men's 50m Rescue Medley		
35	U14 Women's 50m Rescue Medley		
36	U13 Men's 50m Rescue Medley		
37	U13 Women's 50m Rescue Medley		
38	U12 Men's 50m Rescue Medley		
39	U12 Women's 50m Rescue Medley		
40	U11 Men's 50m Rescue Medley		
41	U11 Women's 50m Rescue Medley		
42	U14 Womens 4x50m Medley Relay		
43	U14 Mixed 4 x 50m Medley Relay		
44	U12 Men's 4x50m Medley Relay		
45	U12 Women's 4x50m Medley Relay		
46	U12 Mixed 4x50m Medley Relay		
47	U14 Mens 50m Brick Carry without Fins		
48	U14 Womens 50m Brick Carry without Fins		
49	U13 Mens 50m Brick Carry without Fins		
50	U13 Womens 50m Brick Carry without Fins		
51	U12 Mens 50m Brick Carry without Fins		
52	U12 Womens 50m Brick Carry without Fins		
53	U11 Mens 50m Brick Carry without Fins		
54	U11 Womens 50m Brick Carry without Fins		
55	U14 Mens 50m Swim with Fins		
56	U14 Womens 50m Swim with Fins		
57	U13 Mens 50m Swim with Fins		
58	U13 Womens 50m Swim with Fins		
59	U12 Mens 50m Swim with Fins		
60	U12 Womens 50m Swim with Fins		
61	U11 Mens 50m Swim with Fins		
62	U11 Womens 50m Swim with Fins		
63	8x25m Super Mega Relay		
64	8x25m Super Mega Relay - Final		
Medal Presentations			

Prizegiving:

Prizegiving will be held for all Age Category winners and Overall Top Club 5min after the last event has been completed for each session.

Time Keepers Schedule

The Time Keepers Schedule will be provided once entries have closed and club obligations established based on total club entries.

Water Crew Schedule

The Water Crew Schedule will be provided once entries have closed and club obligations established based on total club entries.

As always, if you have any questions or queries please do not hesitate to contact me.

Kind regards,

Mark Inglis
Sport Manager – Eastern Region
Surf Life Saving New Zealand
t 07 574 2061
m 0274 571 021
e Mark.inglis@surflifesaving.org.nz