



2019 Eastern Regional Pool Championships

Draft Programme

Session Times

Saturday 21st September	Session 1	Session 2
Surf Officials Meeting	11.00 am	n/a
Team Managers Meeting	11.15 am	n/a
Warm up Begins	11.10 am	n/a
Warm up Ends	11.40 am	n/a
Session Begins	12.00 noon	3.15 pm
Session Ends	3.00 pm	5.30 pm

Sunday 22nd September	Session 3	Session 4
Surf Officials Meeting	8.00 am	n/a
Team Managers Meeting	8.15 am	n/a
Warm up Begins	8.00 am	n/a
Warm up Ends	8.40 am	n/a
Session Begins	9.00 am	1.00 pm
Session Ends	12.30 pm	4:00 pm
Prize giving		4:00 pm



Session One, Saturday 21st September 2019

Warm Up: 11.10am – 11.40am
Session Times: 12 noon – 3.00pm Approx.

Event #	Event	Heats	Notes
001	Open Male- 200 Swim with Obstacles		
002	Open Female - 200 Swim with Obstacles		
003	Masters Male - 100m SwimW/Obstacle		
004	Masters Female - 100m SwimW/Obstacle		
005	Under 19 Male - 200 Swim with Obstacles		
006	Under 19 Female - 200 Swim with Obstacles		
007	Under 16 Male - 200 Swim with Obstacles		
008	Under 16 Female - 200 Swim with Obstacles		
009	Under 14 Male - 100 Swim with Obstacles		
010	Under 14 Female - 100 Swim with Obstacles		
011	Under 13 Male - 100 Swim with Obstacles		
012	Under 13 Female - 100 Swim with Obstacles		
013	Under 12 Male - 50 Swim with Obstacles		
014	Under 12 Female - 50 Swim with Obstacles		
015	Under 11 Male - 50 Swim with Obstacles		
016	Under 11 Female - 50 Swim with Obstacles		
017	Open Male - 4x50m Obstacle Relay		
018	Open Female - 4x50m Obstacle Relay		
019	Open Mixed - 4x50m Obstacle Relay		
020	Masters Mixed - 4x50m Obstacle Relay		
021	Under 19 Male - 4x50m Obstacle Relay		
022	Under 19 Female - 4x50m Obstacle Relay		
023	Under 19 Mixed - 4x50m Obstacle Relay		
024	Under 16 Male - 4x50m Obstacle Relay		
025	Under 16 Female - 4x50m Obstacle Relay		
026	Under 16 Mixed- 200m 4x50 Obstacle		
027	Under 14 Male - 200m 4x50 Obstacle		
028	Under 14 Female - 200m 4x50 Obstacle		
029	Under 14 Mixed - 200m 4x50 Obstacle		
030	Under 12 Male - 200m 4x50 Obstacle		
031	Under 12 Female - 200m 4x50 Obstacle		
032	Under 12 Mixed - 200m 4x50 Obstacle		
033	Open Male - Line Throw		
034	Open Female - Line Throw		
035	Masters Male - Line Throw		
036	Masters Female - Line Throw		
037	Under 19 Male - Line Throw		
038	Under 19 Female - Line Throw		
039	Under 16 Male - Line Throw		
040	Under 16 Female - Line Throw		

15 minute break to reset the pool for Manikin events

Session Two: Saturday 21st September 2019

Session Times: 3.15pm to 5:30 Approx.

041	Under 16 Male - 100m Manikin carry w fins		
042	Under 16 Female - 100m Manikin carry w fins		
043	Under 19 Male - 100m Manikin carry w fins		
044	Under 19 Female - 100m Manikin carry w fins		
045	Open Male - 100m Mankin Carry W/Fins		
046	Open Female - 100m Manikin Carry w/Fins		
047	Masters Male - 50m SwimWFins		
048	Masters Female - 50m SwimWFins		
049	Under 12 Male - 4x25m Brick Relay		
050	Under 12 Female - 4x25m Brick Relay		
051	Under 14 Male - 4x25m Brick Relay		
052	Under 14 Female - 4x25m Brick Relay		
053	Under 16 Male - 4x25m Manikin Relay		
054	Under 16 Female - 4x25m Manikin Relay		
055	Under 19 Male - 4x25m Manikin Relay		
056	Under 19 Female - 4x25m Manikin Relay		
057	Open Male - 4x25m Manikin Relay		
058	Open Female - 4x25m Manikin Relay		
059	Under 12 Male - 100m Tube W/patient&fins		
060	Under 12 Female - 100m Tube W/patient&fins		
061	Under 14 Male - 100m Tube W/patient&fins		
062	Under 14 Female - 100m Tube W/patient&fins		
063	Under 16 Male - 100m Manikin Tow W/Fins		
064	Under 16 Female - 100m Manikin Tow W/Fins		
065	Under 19 Male - 100m Manikin Tow W/Fins		
066	Under 19 Female - 100m Manikin Tow W/Fins		
067	Open Male - 100m Manikin Tow W/Fins		
068	Open Female - 100m Manikin Tow W/Fins		
069	Master Male - 100m ManikinTow/Fin		
070	Master Female - 100m ManikinTow/Fin		
071	Open Mixed - 200m 4x50mPoolLifeSaverRelay		

Session Three, Sunday 22nd September 2019

Warm Up: 8.10am – 8.40am
Session Times: 9.00am – 12.30pm Approx.

Event #	Event	Heats	Notes
072	Open Male - 100m Rescue Medley		
073	Open Female - 100m Rescue Medley		
074	Under 19 Male - 100m Rescue Medley		
075	Under 19 Female - 100m Rescue Medley		
076	Under 16 Male - 100m Rescue Medley		
077	Under 16 Female - 100m Rescue Medley		
078	Under 14 Male - 50m Rescue Medley		
079	Under 14 Female - 50m Rescue Medley		
080	Under 13 Male - 50m Rescue Medley		
081	Under 13 Female - 50m Rescue Medley		
082	Under 12 Male - 50m Rescue Medley		
083	Under 12 Female - 50m Rescue Medley		
084	Under 11 Male - 50m Rescue Medley		
085	Under 11 Female - 50m Rescue Medley		
086	Open Male - 200m 4x50m Medley		
087	Open Female - 200m 4x50m Medley		
088	Open Mixed - 200m 4x50m Medley		
089	Under 19 Male - 200m 4x50m Medley		
090	Under 19 Female - 200m 4x50m Medley		
091	Under 19 Mixed- 200m 4x50m Medley		
092	Under 16 Male - 200m 4x50m Medley		
093	Under 16 Female - 200m 4x50m Medley		
094	Under 16 Mixed- 200m 4x50m Medley		
095	Under 14 Male - 200m 4x50m Medley		
096	Under 14 Female - 200m 4x50m Medley		
097	Under 14 Mixed - 200m 4x50m Medley		
098	Under 12 Male - 200m 4x50 Medley		
099	Under 12 Female - 200m 4x50m Medley		
100	Under 12 Mixed - 200m 4x50m Medley		
101	Under 19 Male - 200m Super Lifesaver		
102	Under 19 Female - 200m Super Lifesaver		
103	Open Male - 200m Super Lifesaver		
104	Open Female - 200m Super Lifesaver		
105	Under 11 Male - 50m BrickCarry W/O Fins		
106	Under 11 Female - 50m BrickCarry W/O Fins		
107	Under 12 Male - 50m BrickCarry W/O Fins		
108	Under 12 Female - 50m BrickCarry W/O Fins		
109	Under 13 Male - 50m BrickCarry W/O Fins		
110	Under 13 Female - 50m BrickCarry W/O Fins		
111	Under 14 Male - 50m BrickCarry W/O Fins		
112	Under 14 Female - 50m BrickCarry W/O Fins		

30 Minute Break Approx.

Session Four, Sunday 22nd September 2019

Session Times: 1.00pm – 4.00pm Approx.

Event #	Event	Heats	Notes
113	Under 16 Male - 50m ManikinCarryW/O Fins		
114	Under 16 Female - 50m ManikinCarryW/O Fins		
115	Under 19 Male - 50m ManikinCarryW/O Fins		
116	Under 19 Female - 50m ManikinCarryW/O Fins		
117	Open Male - 50m ManikinCarryW/O Fins		
118	Open Female - 50m ManikinCarryW/O Fins		
119	Under 11 Male - 50m Swim with Fins		
120	Under 11 Female - 50m Swim with Fins		
121	Under 12 Male - 50m Swim with Fins		
122	Under 12 Female - 50m Swim with Fins		
123	Under 13 Male - 50m Swim with Fins		
124	Under 13 Female - 50m Swim with Fins		
125	Under 14 Female - 50m Swim with Fins		
126	Under 14 Male - 50m Swim with Fins		
127	Under 16 Male - 50m Swim with Fins		
128	Under 16 Female - 50m Swim with Fins		
129	Under 19 Male - 50m Swim with Fins		
130	Under 19 Female - 50m Swim with Fins		
131	Open Male - 50m Swim with Fins		
132	Open Female - 50m Swim with Fins		
134	Open Mixed - 300m 6x50mMEGA		
	6x50m Mega Relay - Final		

Prizegiving:

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

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,

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