



2020 Eastern Regional Pool Championships

Draft Programme

Session Times

Saturday 12th 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 13th 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 12th September 2020

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 - 200m SwimW/Obstacle		
004	Masters Female - 200m SwimW/Obstacle		
005	Masters Male - 100m SwimW/Obstacle (50+yr)		
006	Masters Female - 100m SwimW/Obstacle (50+yr)		
007	Under 19 Male - 200 Swim with Obstacles		
008	Under 19 Female - 200 Swim with Obstacles		
009	Under 17 Male - 200 Swim with Obstacles		
010	Under 17 Female - 200 Swim with Obstacles		
011	Under 15 Male - 200 Swim with Obstacles		
012	Under 15 Female - 200 Swim with Obstacles		
013	Under 14 Male - 100 Swim with Obstacles		
014	Under 14 Female - 100 Swim with Obstacles		
015	Under 13 Male - 100 Swim with Obstacles		
016	Under 13 Female - 100 Swim with Obstacles		
017	Under 12 Male - 50 Swim with Obstacles		
018	Under 12 Female - 50 Swim with Obstacles		
019	Under 11 Male - 50 Swim with Obstacles		
020	Under 11 Female - 50 Swim with Obstacles		
021	Open Male - 4x50m Obstacle Relay		
022	Open Female - 4x50m Obstacle Relay		
023	Open Mixed - 4x50m Obstacle Relay		
024	Masters Mixed - 4x50m Obstacle Relay		
025	Under 19 Male - 4x50m Obstacle Relay		
026	Under 19 Female - 4x50m Obstacle Relay		
027	Under 19 Mixed - 4x50m Obstacle Relay		
028	Under 17 Male - 4x50m Obstacle Relay		
029	Under 17 Female - 4x50m Obstacle Relay		
030	Under 17 Mixed- 200m 4x50 Obstacle		
031	Under 14 Male - 200m 4x50 Obstacle		
032	Under 14 Female - 200m 4x50 Obstacle		
033	Under 14 Mixed - 200m 4x50 Obstacle		
034	Under 12 Male - 200m 4x50 Obstacle		
035	Under 12 Female - 200m 4x50 Obstacle		
036	Under 12 Mixed - 200m 4x50 Obstacle		
037	Open Male - Line Throw		
038	Open Female - Line Throw		
039	Masters Male - Line Throw		
040	Masters Female - Line Throw		
041	Under 19 Male - Line Throw		
042	Under 19 Female - Line Throw		
043	Under 17 Male - Line Throw		
044	Under 17 Female - Line Throw		

15 minute break to reset the pool for Manikin events

Session Two: Saturday 12th September 2020

Session Times: 3.15pm to 5:30 Approx.

45	Under 15 Male - 100m Manikin carry w fins		
46	Under 15 Female - 100m Manikin carry w fins		
47	Under 17 Male - 100m Manikin carry w fins		
48	Under 17 Female - 100m Manikin carry w fins		
49	Under 19 Male - 100m Manikin carry w fins		
50	Under 19 Female - 100m Manikin carry w fins		
51	Open Male - 100m Mankin Carry W/Fins		
52	Open Female - 100m Manikin Carry w/Fins		
53	Masters Male - 50m SwimWFins		
54	Masters Female - 50m SwimWFins		
55	Under 12 Male - 4x25m Brick Relay		
56	Under 12 Female - 4x25m Brick Relay		
57	Under 14 Male - 4x25m Brick Relay		
58	Under 14 Female - 4x25m Brick Relay		
59	Under 17 Male - 4x25m Manikin Relay		
60	Under 17 Female - 4x25m Manikin Relay		
61	Under 19 Male - 4x25m Manikin Relay		
62	Under 19 Female - 4x25m Manikin Relay		
63	Open Male - 4x25m Manikin Relay		
64	Open Female - 4x25m Manikin Relay		
65	Under 12 Male - 100m Tube W/patient&fins		
66	Under 12 Female - 100m Tube W/patient&fins		
67	Under 14 Male - 100m Tube W/patient&fins		
68	Under 14 Female - 100m Tube W/patient&fins		
69	Under 15 Male - 100m Manikin Tow W/Fins		
70	Under 15 Female - 100m Manikin Tow W/Fins		
71	Under 17 Male - 100m Manikin Tow W/Fins		
72	Under 17 Female - 100m Manikin Tow W/Fins		
73	Under 19 Male - 100m Manikin Tow W/Fins		
74	Under 19 Female - 100m Manikin Tow W/Fins		
75	Open Male - 100m Manikin Tow W/Fins		
76	Open Female - 100m Manikin Tow W/Fins		
77	Master Male - 100m ManikinTow/Fin		
78	Master Female - 100m ManikinTow/Fin		
79	Under 19 Mixed - 200m 4x50mPoolLifeSaverRelay		
80	Open Mixed - 200m 4x50mPoolLifeSaverRelay		

Session Three, Sunday 13th September 2020

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

Event #	Event	Heats	Notes
083	Open Male - 100m Rescue Medley		
084	Open Female - 100m Rescue Medley		
085	Under 19 Male - 100m Rescue Medley		
086	Under 19 Female - 100m Rescue Medley		
087	Under 17 Male - 100m Rescue Medley		
088	Under 17 Female - 100m Rescue Medley		
089	Under 15 Male - 100m Rescue Medley		
090	Under 15 Female - 100m Rescue Medley		
091	Under 14 Male - 50m Rescue Medley		
092	Under 14 Female - 50m Rescue Medley		
093	Under 13 Male - 50m Rescue Medley		
094	Under 13 Female - 50m Rescue Medley		
095	Under 12 Male - 50m Rescue Medley		
096	Under 12 Female - 50m Rescue Medley		
097	Under 11 Male - 50m Rescue Medley		
098	Under 11 Female - 50m Rescue Medley		
099	Open Male - 200m 4x50m Medley		
100	Open Female - 200m 4x50m Medley		
101	Open Mixed - 200m 4x50m Medley		
102	Under 19 Male - 200m 4x50m Medley		
103	Under 19 Female - 200m 4x50m Medley		
104	Under 19 Mixed- 200m 4x50m Medley		
105	Under 17 Male - 200m 4x50m Medley		
106	Under 17 Female - 200m 4x50m Medley		
107	Under 17 Mixed- 200m 4x50m Medley		
108	Under 14 Male - 200m 4x50m Medley		
109	Under 14 Female - 200m 4x50m Medley		
110	Under 14 Mixed - 200m 4x50m Medley		
111	Under 12 Male - 200m 4x50 Medley		
112	Under 12 Female - 200m 4x50m Medley		
113	Under 12 Mixed - 200m 4x50m Medley		
114	Under 19 Male - 200m Super Lifesaver		
115	Under 19 Female - 200m Super Lifesaver		
116	Open Male - 200m Super Lifesaver		
117	Open Female - 200m Super Lifesaver		
118	Under 11 Male - 50m BrickCarry W/O Fins		
119	Under 11 Female - 50m BrickCarry W/O Fins		
120	Under 12 Male - 50m BrickCarry W/O Fins		
121	Under 12 Female - 50m BrickCarry W/O Fins		
122	Under 13 Male - 50m BrickCarry W/O Fins		
123	Under 13 Female - 50m BrickCarry W/O Fins		
124	Under 14 Male - 50m BrickCarry W/O Fins		
125	Under 14 Female - 50m BrickCarry W/O Fins		

30 Minute Break Approx.

Session Four, Sunday 13th September 2020

Session Times: 1.00pm – 4.00pm Approx.

Event #	Event	Heats	Notes
126	Under 15 Male - 50m ManikinCarryW/O Fins		
127	Under 15 Female - 50m ManikinCarryW/O Fins		
128	Under 17 Male - 50m ManikinCarryW/O Fins		
129	Under 17 Female - 50m ManikinCarryW/O Fins		
130	Under 19 Male - 50m ManikinCarryW/O Fins		
131	Under 19 Female - 50m ManikinCarryW/O Fins		
132	Open Male - 50m ManikinCarryW/O Fins		
134	Open Female - 50m ManikinCarryW/O Fins		
135	Under 11 Male - 50m Swim with Fins		
136	Under 11 Female - 50m Swim with Fins		
137	Under 12 Male - 50m Swim with Fins		
138	Under 12 Female - 50m Swim with Fins		
139	Under 13 Male - 50m Swim with Fins		
140	Under 13 Female - 50m Swim with Fins		
141	Under 14 Female - 50m Swim with Fins		
142	Under 14 Male - 50m Swim with Fins		
143	Under 15 Male - 50m Swim with Fins		
144	Under 15 Female - 50m Swim with Fins		
145	Under 17 Male - 50m Swim with Fins		
146	Under 17 Female - 50m Swim with Fins		
147	Under 19 Male - 50m Swim with Fins		
148	Under 19 Female - 50m Swim with Fins		
149	Open Male - 50m Swim with Fins		
150	Open Female - 50m Swim with Fins		
151	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,

Mark Inglis
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