

## Southern Region Pool Rescue Championships Event Programme v1

The Draft Programme can be found below. Please note that the Draft Programme is subject to change due to a dependence upon the number of entries.

### Key Times (Saturday 3<sup>rd</sup> September):

Team Managers Meeting:	9:15am
Surf Officials Meeting:	9:30am
Time Keepers Meeting:	9:30am
Warm Up Starts:	9:30am
Racing Starts:	10:00am
Approx. Finish Time:	4:00pm

Event Number	Senior Events
1	Under 15 Male – 50m Swim with Fins
2	Under 15 Female – 50m Swim with Fins
3	Under 17 Male – 50m Swim with Fins
4	Under 17 Female – 50m Swim with Fins
5	Under 19 Male – 50m Swim with Fins
6	Under 19 Female – 50m Swim with Fins
7	Open Male – 50m Swim with Fins
8	Open Female – 50m Swim with Fins
9	Masters Male – 50m Swim with Fins
10	Masters Female – 50m Swim with Fins
11	Under 17 Mixed – 4 x 50m Medley Relay
12	Under 19 Mixed – 4 x 50m Medley Relay
13	Open Mixed – 4 x 50m Medley Relay
14	Masters Mixed – 4 x 50m Medley Relay
<b>Set Up</b>	
15	Under 15 Male – 100m Manikin Tow with Fins
16	Under 15 Female – 100m Manikin Tow with Fins
17	Under 17 Male – 100m Manikin Tow with Fins
18	Under 17 Female – 100m Manikin Tow with Fins
19	Under 19 Male – 100m Manikin Tow with Fins
20	Under 19 Female – 100m Manikin Tow with Fins
21	Open Male – 100m Manikin Tow with Fins
22	Open Female – 100m Manikin Tow with Fins
23	Masters Male – 100m Manikin Tow with Fins
24	Masters Female – 100m Manikin Tow with Fins
<b>Set Up</b>	
25	Open Male – 100m Rescue Medley Manikin
26	Open Female – 100m Rescue Medley Manikin

<b>Set Up</b>	
27	Under 15 Male – 50m Manikin Carry
28	Under 15 Female – 50m Manikin Carry
29	Under 17 Male – 50m Manikin Carry
30	Under 17 Female – 50m Manikin Carry
31	Under 19 Male – 50m Manikin Carry
32	Under 19 Female – 50m Manikin Carry
33	Open Male – 50m Manikin Carry
34	Open Female – 50m Manikin Carry
35	Masters Male – 50m Manikin Carry
36	Masters Female – 50m Manikin Carry
<b>Set Up</b>	
37	Open Male – 100m Manikin Carry with Fins
38	Open Female – 100m Manikin Carry with Fins
39	Under 17 Male – 4 x 25m Manikin Relay
40	Under 17 Female – 4 x 25m Manikin Relay
41	Under 19 Male – 4 x 25m Manikin Relay
42	Under 19 Female – 4 x 25m Manikin Relay
43	Open Male – 4 x 25m Manikin Relay
44	Open Female – 4 x 25m Manikin Relay
45	Open Mixed – 6 x 50m Mega Relay
<b>Set Up</b>	
46	Under 15 Male – 200m Swim with Obstacles
47	Under 15 Female – 200m Swim with Obstacles
48	Under 17 Male – 200m Swim with Obstacles
49	Under 17 Female – 200m Swim with Obstacles
50	Under 19 Male – 200m Swim with Obstacles
51	Under 19 Female – 200m Swim with Obstacles
52	Open Male – 200m Swim with Obstacles
53	Open Female – 200m Swim with Obstacles
54	Masters Male – 100m Swim with Obstacles
55	Masters Female – 100m Swim with Obstacles
56	Under 17 Mixed – 4 x 50m Obstacle Relay
57	Under 19 Mixed – 4 x 50m Obstacle Relay
58	Open Mixed – 4 x 50m Obstacle Relay

59	Masters Mixed – 4 x 50m Obstacle Relay
60	Under 17 Male – Line Throw
61	Under 17 Female – Line Throw
62	Under 19 Male – Line Throw
63	Under 19 Female – Line Throw
64	Open Male – Line Throw
65	Open Female – Line Throw
66	Masters Male – Line Throw
67	Masters Female – Line Throw
<b>Event Number</b>	<b>Junior Events</b>
68	Under 14 Male – 100m Swim with Obstacles
69	Under 14 Female – 100m Swim with Obstacles
70	Under 13 Male – 100m Swim with Obstacles
71	Under 13 Female – 100m Swim with Obstacles
72	Under 12 Male – 50m Swim with Obstacles
73	Under 12 Female – 50m Swim with Obstacles
74	Under 11 Female – 50m Swim with Obstacles
75	Under 11 Male – 50m Swim with Obstacles
76	Under 10 Male – 25m Swim with Obstacles
77	Under 10 Female – 25m Swim with Obstacles
78	Under 12 Mixed – 4 x 25m Obstacle Relay
79	Under 14 Mixed – 4 x 25m Obstacle Relay
<b>Set Up</b>	
80	Under 14 Male – 50m Swim with Fins
81	Under 14 Female – 50m Swim with Fins
82	Under 13 Male – 50m Swim with Fins
83	Under 13 Female – 50m Swim with Fins
84	Under 12 Male – 50m Swim with Fins
85	Under 12 Female – 50m Swim with Fins
86	Under 11 Male – 50m Swim with Fins
87	Under 11 Female – 50m Swim with Fins
88	Under 10 Male – 25m Swim with Fins
89	Under 10 Female – 25m Swim with Fins
90	Under 14 Mixed – 4 x 50m Medley Relay
91	Under 12 Mixed – 4 x 50m Medley Relay

<b>Set Up</b>	
92	Under 14 Male – 50m Brick Carry
93	Under 14 Female – 50m Brick Carry
94	Under 13 Male – 50m Brick Carry
95	Under 13 Female – 50m Brick Carry
96	Under 12 Male – 50m Brick Carry
97	Under 12 Female – 50m Brick Carry
98	Under 11 Male – 50m Brick Carry
99	Under 11 Female – 50m Brick Carry
100	Under 14 Mixed – 4 x 25m Brick Relay
102	Under 12 Mixed – 4 x 25m Brick Relay
<b>Set Up</b>	
103	Under 14 Male – 50m Rescue Medley Brick
104	Under 14 Female – 50m Rescue Medley Brick
105	Under 13 Male – 50m Rescue Medley Brick
106	Under 13 Female – 50m Rescue Medley Brick
107	Under 12 Male – 50m Rescue Medley Brick
108	Under 12 Female – 50m Rescue Medley Brick
109	Under 11 Male – 50m Rescue Medley Brick
110	Under 11 Female – 50m Rescue Medley Brick
111	Under 14 Male – 100m Patient Tow with Fins
112	Under 14 Female – 100m Patient Tow with Fins
113	Under 12 Male – 100m Patient Tow with Fins
114	Under 12 Female – 100m Patient Tow with Fins
115	Under 11-14 Mixed – 6 x 25m Junior Mega Relay