

SURF LIFE SAVING NEW ZEALAND

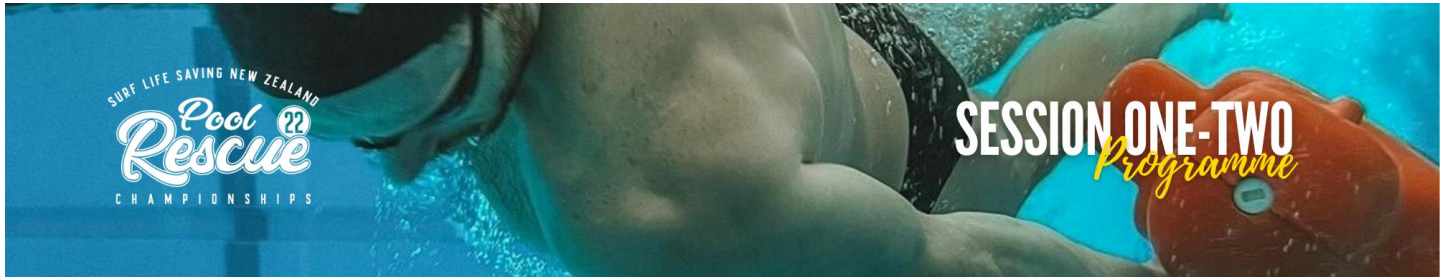
Pool Rescue 22

CHAMPIONSHIPS

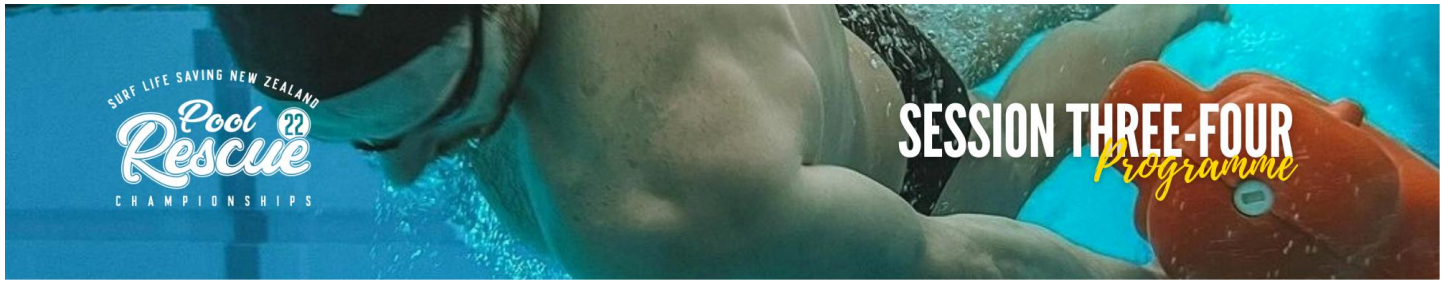
POOL Programme

Sir Owen Glenn National Aquatic Centre
7th -9th October 2022

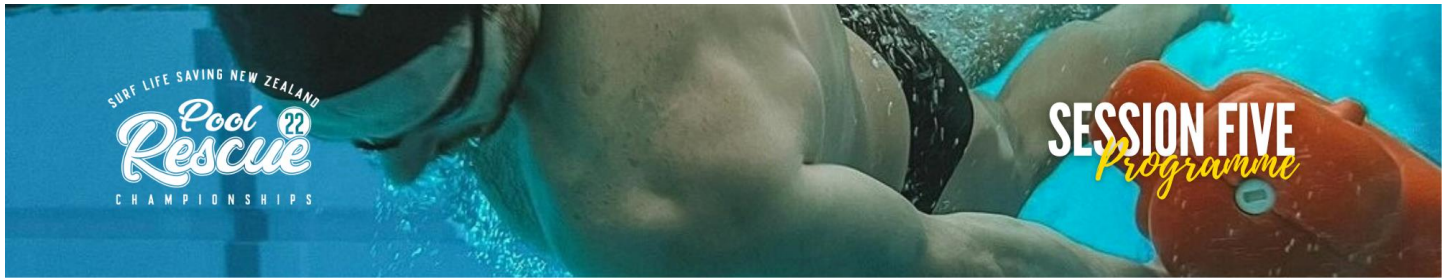
Session Overview	1	2	3	4	5
Day:	Friday 7 th	Friday 7 th	Saturday 8 th	Saturday 8 th	Sunday 9 th
	Junior Sessions		Senior & Master's Sessions		
Team Managers Meeting	8:00am		8:00am		8:15am
Surf Officials Meeting	8:30am		8:30am		8:30am
Time Keepers Meet	8:45am	12:45pm	8:45am	1.00pm	8:45am
Warm up Begins	8:00am 50m Pool	25m Pool	8:00am 50m Pool	25m Pool	8:00am 50m Pool
Warm up Ends	8:40am		8:40am		8:40am
Session Begins	9:00am	1:00pm	9:00am	1:15pm	9:00am
Session Ends	12:30pm	4:30pm	12:45pm	4:30pm	2:00pm
Prize giving	12:30pm	4:30pm	12:45pm	4:30pm	2:00pm



SESSION ONE - JUNIORS 9:00am - 12:30pm, Friday 7 th October	SESSION TWO - JUNIORS 1:00pm – 4.30pm, Friday 7 th October
100m Swim with Obstacles	50m Rescue Medley brick
Under 13 Male	Under 11 Male
Under 13 Female	Under 11 Female
Under 14 Male	Under 12 Male
Under 14 Female	Under 12 Female
50m Swim with Obstacles	Under 13 Male
Under 11 Male	Under 13 Female
Under 11 Female	Under 14 Male
Under 12 Male	Under 14 Female
Under 12 Female	4 x 50m Medley Relay
4 x 50m Obstacles Relay	Under 12 Male
Under 14 Male	Under 12 Female
Under 14 Female	Under 12 Mixed
Under 14 Mixed	Under 14 Male
Under 12 Male	Under 14 Female
Under 12 Female	Under 14 Mixed
Under 12 Mixed	100m Tube with Patient & Fins
50m Brick Carry	Under 12 Male
Under 13 Male	Under 12 Female
Under 13 Female	Under 14 Male
Under 14 Male	Under 14 Female
Under 14 Female	50m Swim with Fins
Under 11 Male	Under 11 Male
Under 11 Female	Under 11 Female
Under 12 Male	Under 12 Male
Under 12 Female	Under 12 Female
4 x 25m Brick Relay	Under 13 Male
Under 12 Male	Under 13 Female
Under 12 Female	Under 14 Male
Under 14 Male	Under 14 Female
Under 14 Female	
Prizegiving	Prizegiving



SESSION THREE - SENIOR & MASTERS 9.00am – 12.45pm, Saturday 8 th October	SESSION FOUR - SENIOR & MASTERS 1:15pm – 4.30pm, Saturday 8 th October
100m Swim with Obstacles	4 x 25m Manikin Relay
Masters Male	Masters Mixed
Masters Female	Under 17 Male
200m Swim with Obstacles	Under 17 Female
Under 15 Male	Under 19 Male
Under 15 Female	Open Male
Under 17 Male	Open Female
Under 17 Female	100m Tow with Fins
Under 19 Male	Masters Male
Under 19 Female	Masters Female
Open Male	Under 15 Male
Open Female	Under 15 Female
4 x 50m Obstacle Relay	Under 17 Male
Masters Mixed	Under 17 Female
Under 17 Male	Under 19 Male
Under 17 Female	Under 19 Female
Under 17 Mixed	Open Male
Under 19 Female	Open Female
Open Male	50m Swim with Fins
Open Female	Masters Male
Open Mixed	Masters Female
Line Throw	Under 15 Male
Masters Male	Under 15 Female
Masters Female	Under 17 Male
Under 17 Male	Under 17 Female
Under 17 Female	Under 19 Male
Under 19 Male	Under 19 Female
Under 19 Female	Open Male
Open Male	Open Female
Open Female	Prizegiving
100m Rescue Medley Manikin	
Under 17 Male	
Under 17 Female	
Under 19 Male	
Under 19 Female	
Open Male	
Open Female	
4 x 50m Pool Lifesaver Relay	
Under 19 Female	
Under 19 Mixed	
Open Male	
Open Female	
Open Mixed	
Prizegiving	



SESSION FIVE - SENIORS & MASTERS	
9.00am – 2.00pm, Sunday 9 th October	
200m Super Lifesaver	
Under 19 Male	
Under 19 Female	
Open Male	
Open Female	
4 x 50m Medley Relay	
Masters Mixed	
Under 17 Male	
Under 17 Female	
Under 17 Mixed	
Under 19 Male	
Under 19 Female	
Open Male	
Open Female	
Open Mixed	
100m Manikin Carry with Fins	
Masters Male	
Masters Female	
Under 15 Male	
Under 15 Female	
Under 17 Male	
Under 17 Female	
Under 19 Male	
Under 19 Female	
Open Male	
Open Female	
50m Manikin Carry	
Masters Male	
Masters Female	
Under 15 Male	
Under 15 Female	
Under 17 Male	
Under 17 Female	
Under 19 Male	
Under 19 Female	
Open Male	
Open Female	
Mega Relay	
Open Mixed	
Prizegiving	