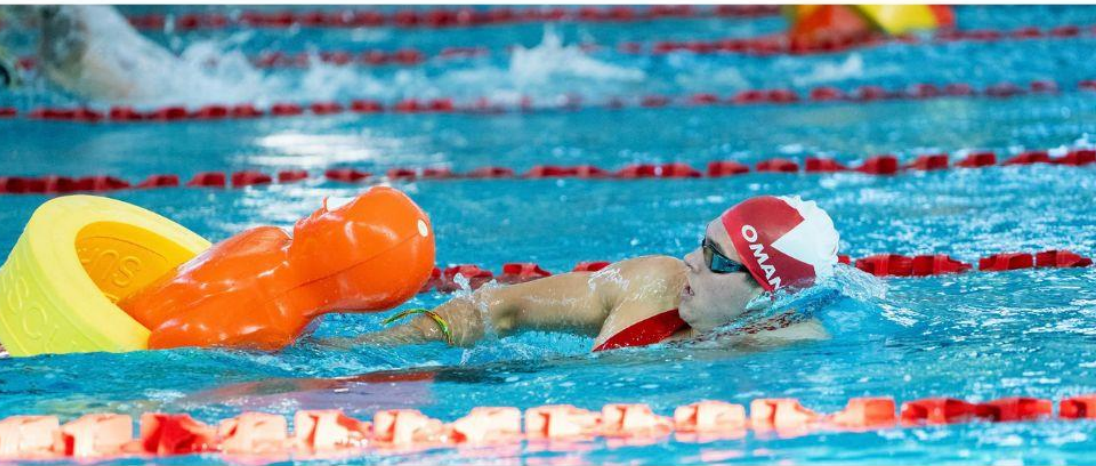




# 2024 EASTERN REGION POOL RESCUE CHAMPIONSHIPS



KEEPING OUR  
LIFESAVERS  
RESCUE READY

KIWA POOL, GISBORNE  
17-18 AUGUST 2024  
EVENT PROGRAMME

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."  
~ Michael Jordan





## Event Programming:

Welcome to the 2024 Eastern Region Pool Rescue Championships.

Please check the website [here](#) for updated information. Please note that this Programme is subject to change depending on the number of entries.

All times in this programme are indicative and the competition may run faster or slower depending on entry numbers and logistics on the day of competition.

---

## Event Timings:

Please note session timings are approximate, these will be determined by the number of final entries received.

Session		1	2	3	4
Date	Thursday 15 <sup>th</sup>	Saturday 17 <sup>th</sup>	Saturday 17 <sup>th</sup>	Sunday 18 <sup>th</sup>	Sunday 18 <sup>th</sup>
Team Managers Meeting, online	7:00pm				
Surf Officials Meeting		7:00am		7:00am	
Timekeepers Meet		7:45am	11:20am	7:45am	10.50am
Warm up Begins		7:00am	Learn to Swim Pool	7:00am	Learn to Swim Pool
Warm up Ends		7:45am	Learn to Swim Pool	7:45am	Learn to Swim Pool
<b>Session Begins</b>		<b>8:00am</b>	<b>11:30am*</b>	<b>8:00am</b>	<b>11:00am**</b>
Session Ends		11:00am	3:30pm	10:30am	12:30pm

\*Session 2 begins 30 minutes following the completion of Session 1

\*\*Session 4 begins 30 minutes following the completion of Session 3

- Please note session times for Session 2 and Session 4 are subject to change depending on entries and support to run the event
- Programs are subject to change and will be updated during the Team Managers Online Meeting Thursday 15<sup>th</sup> August, 7pm
- Medal Presentations will be scheduled during the breaks and at the conclusion of racing each day.
- Races may be combined for the purpose to fill a heat and promote good competition.

## 2024 Eastern Region Pool Rescue Championships Programme

Saturday 17th August, 2024			
Kiwa Pool, Gisborne, 50m Pool - 8am start			
No	Event	Entries	No of Heats
<b>Warm up: 7.00am; Start Session 1: 8.00am</b>			<b>8</b>
1	U14 Female / U14 Male - 4x50m Obstacle Relay	8	1
3	U14 Mixed - 4x50m Obstacle Relay	7	1
4	U12 Female - 4x50m Obstacle Relay	4	1
5	U12 Male / U12 Mixed - 4x50m Obstacle Relay	6	1
7	All Age Groups Masters Mixed Team - 4x50m Obstacle Relay	7	1
11	Open Female / Male / Mixed / U19 Female / Male / Mixed - 4x50m Obstacle Relay	7	1
17	U17 Female - 4x50m Obstacle Relay	7	1
18	U17 Male / Mixed - 4x50m Obstacle Relay	4	1
<b>Pool Reset</b>			
20	U12 Male - 50m Swim with Obstacles	9	2
21	U12 Female - 50m Swim with Obstacles	13	2
22	U11 Male - 50m Swim with Obstacles	13	2
23	U11 Female - 50m Swim with Obstacles	15	2
24	U14 Male - 100m Swim with Obstacles	14	2
25	U14 Female - 100m Swim with Obstacles	18	3
26	U13 Male - 100m Swim with Obstacles	10	2
27	U13 Female - 100m Swim with Obstacles	16	2
28	All Ages Groups Masters Male - 100m Swim with Obstacles	17	3
32	All Ages Groups Master Female - 100m Swim with Obstacles	14	2
36	U15 Male - 100m Swim with Obstacles	7	1
37	U15 Female - 100m Swim with Obstacles	17	3
38	Open Male - 200m Swim with Obstacles	5	1
39	Open / U19 Female - 200m Swim with Obstacles	6	1
40	U19 Male - 200m Swim with Obstacles	4	1
42	U17 Male - 200m Swim with Obstacles	13	2
43	U17 Female - 200m Swim with Obstacles	19	3
<b>Pool Reset</b>			
44	Open Female - Line Throw	0	0
45	Open Male - Line Throw	6	1
46	U19 Female - Line Throw	5	1
47	U19 Male - Line Throw	5	1
48	U17 Female - Line Throw	15	2
49	U17 Male - Line Throw	5	1
50	All Ages Masters Female - Line Throw	7	1
54	All Ages Masters Male - Line Throw	10	2
<b>END OF SESSION</b>			
<b>MEDAL PRESENTATIONS</b>			



## 2024 Eastern Region Pool Rescue Championships Programme

Start of Session 2 Satart approx. 11:30am			
58	Open Mixed - 6x50m Mega Relay	10	2
59	U14 Mixed - 6x50m Mega Relay	14	2
<b>Pool Reset</b>			
60	Open Male - 100m Manikin Carry with Fins	4	1
62	U19 Male - 100m Manikin Carry with Fins	7	1
63	U19 Female - 100m Manikin Carry with Fins	7	1
64	U17 Male - 100m Manikin Carry with Fins	11	2
65	U17 Female - 100m Manikin Carry with Fins	19	3
66	U15 Male - 100m Manikin Carry with Fins	6	1
67	U15 Female - 100m Manikin Carry with Fins	16	2
68	All Age Groups Masters Male - 100m Manikin Carry with Fins	18	3
72	All Ages Masters Female - 100m Manikin Carry with Fins	15	2
<b>Pool Reset</b>			
76	Open Mixed - 4x50m Pool Lifesaver Relay	7	1
<b>Pool Reset</b>			
77	U14 Female - 4x25m Brick Relay	6	1
78	U14 Male - 4x25m Brick Relay	5	1
79	U14 Mixed - 4x25m Brick Relay	4	1
80	U12 Female - 4x25m Brick Relay	4	1
81	U12 Male / Mixed - 4x25m Brick Relay	7	1
<b>Pool Reset</b>			
83	All Ages Masters Mixed Team - 4x25m Manikin Relay	7	1
87	U17 Female - 4x25m Manikin Relay	6	1
88	U17 Male / Mixed - 4x25m Manikin Relay	5	1
90	U19 Female / Male / Mixed / Open Female / Male / Mixed-4x25m Manikin Relay	7	1
<b>Pool Reset</b>			
96	U14 Male - Tube Rescue Patient Tow with Fins	13	2
97	U14 Female - Tube Rescue Patient Tow with Fins	16	2
98	U12 Male - 100m Patient Tow with Fins	9	2
99	U12 Female - Patient Tow with Fins	13	2
<b>Pool Reset</b>			
100	All Ages Masters Male - 100m Manikin Tow with Fins	18	3
104	All Ages Masters Female - 100m Manikin Tow with Fins	15	2
108	U15 Male - 100m Manikin Tow with Fins	6	1
109	U15 Female - 100m Manikin Tow with Fins	17	3
110	U17 Male - 100m Manikin Tow with Fins	11	2
111	U17 Female - 100m Manikin Tow with Fins	19	3
112	U19 Male - 100m Manikin Tow with Fins	7	1
113	U19 Female - 100m Manikin Tow with Fins	8	1
114	Open Male - 100m Manikin Tow with Fins	5	1
<b>MEDAL PRESENTATIONS</b>			

## 2024 Eastern Region Pool Rescue Championships Programme

Sunday 18th August, 2024			
Kiwa Pool, Gisborne, 50m Pool - 8am start			
No	Event	Entries	No of Heats
<b>Warm up: 7.00am; Start Session 3: 8.00am</b>			<b>8</b>
116	Open Female / Male / Mixed / U19 Female / Male / Mixed - 4x50m Medley Relay	8	1
122	U17 Female - 4x50m Medley Relay	6	1
123	U17 Male / Mixed - 4x50m Medley Relay	5	1
125	U14 Female - 4x50m Medley Relay	6	1
126	U14 Male - 4x50m Medley Relay	4	1
127	U14 Mixed - 4x50m Medley Relay	5	1
128	U12 Female - 4x50m Medley Relay	4	1
129	U12 Male / Mixed - 4x50m Medley Relay	7	1
131	All Age Groups Masters Mixed Team - 4x50m Medley Relay	7	1
<b>Pool Reset</b>			
135	Open / U19 Male - 200m Super Lifesaver	14	2
136	Open / U19 Female - 200m Super Lifesaver	11	2
<b>Pool Reset</b>			
139	U11 Female - 50m Brick Carry	15	2
140	U11 Male - 50m Brick Carry	13	2
141	U12 Female - 50m Brick Carry	12	2
142	U12 Male - 50m Brick Carry	9	2
143	U13 Female - 50m Brick Carry	16	2
144	U13 Male - 50m Brick Carry	10	2
145	U14 Female - 50m Brick Carry	18	3
146	U14 Male - 50m Brick Carry	14	2
<b>Pool Reset</b>			
147	Open Male - 100m Rescue Medley Manikin	4	1
148	Open / U19 Female - 100m Rescue Medley Manikin	7	1
149	U19 Male - 100m Rescue Medley Manikin	5	1
151	U17 Male - 100m Rescue Medley Manikin	11	2
152	U17 Female - 100m Rescue Medley Manikin	17	3
153	U15 Male - 50m Rescue Medley Manikin	2	1
154	U15 Female - 50m Rescue Medley Manikin	8	1
155	U14 Male - 50m Rescue Medley Brick	13	2
156	U14 Female - 50m Rescue Medley Brick	18	3
157	U13 Male - 50m Rescue Medley Brick	10	2
158	U13 Female - 50m Rescue Medley Brick	16	2
159	U12 Male - 50m Rescue Medley Brick	9	2
160	U12 Female - 50m Rescue Medley Brick	12	2
161	U11 Male - 50m Rescue Medley Brick	12	2
162	U11 Female - 50m Rescue Medley Brick	15	2
<b>END OF SESSION</b>			
<b>MEDAL CEREMONY</b>			



## 2024 Eastern Region Pool Rescue Championships Programme

Session 4 Start approx. 10:45am			
164	Open Male - 50m Manikin Carry	6	1
165	U19 Female - 50m Manikin Carry	7	1
166	U19 Male - 50m Manikin Carry	6	1
167	U17 Female - 50m Manikin Carry	20	3
168	U17 Male - 50m Manikin Carry	13	2
169	U15 Female - 50m Manikin Carry	16	2
170	U15 Male - 50m Manikin Carry	6	1
171	All Ages Masters Female - 50m Manikin Carry	14	2
175	All Ages Masters Male - 50m Manikin Carry	18	3
Pool Reset			
179	U14 Male - 50m Swim with Fins	14	2
180	U14 Female - 50m Swim with Fins	18	3
181	U13 Male - 50m Swim with Fins	10	2
182	U13 Female - 50m Swim with Fins	16	2
183	U12 Male - 50m Swim with Fins	10	2
184	U12 Female - 50m Swim with Fins	13	2
185	U11 Male - 50m Swim with Fins	12	2
186	U11 Female - 50m Swim with Fins	15	2
187	Open Male - 50m Swim with Fins	4	1
189	U19 Male - 50m Swim with Fins	6	1
190	U19 Female - 50m Swim with Fins	8	1
191	U17 Male - 50m Swim with Fins	13	2
192	U17 Female - 50m Swim with Fins	20	3
193	U15 Male - 50m Swim with Fins	7	1
194	U15 Female - 50m Swim with Fins	16	2
195	All Ages Masters Male - 50m Swim with Fins	18	3
199	All Ages Masters Female - 50m Swim with Fins	15	2
MEDAL PRESENTATION			

***Please Note: All times are indicative, and the competition may run faster or slower depending on entry numbers and logistics on the day of competition.***