

MASTERS POOL COMPETITION PROGRAMME

VENUE: Newton Park Pool, Port Elizabeth - DATES: Saturday 31st March, 2018

Competitors Registration:	From 08h00 at Newton Park Pool
Team Managers & Technical Officials Meeting:	07h30 at Newton Park Pool
Marshalling commences:	08h45
Start of first event:	09h00

NOTE:

The Opening ceremony for the GT South African Lifesaving Championships 2018 will be held on Sunday, 1st April, 2018 at 16h30 at King's Beach

SESSION 1: HEATS

Time	Event	Gender and Age Group
07:00	Warm-up	
07:30	Team Managers and Technical Officials briefing by Chief Referee at pool	
08:45	Preparation of the pool	
08:45	Marshalling commences	
09h00 – 09h15	200m Obstacle Swim	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45;
09h15 – 09h20	100m Obstacle Swim	F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70+; M-70+
09h20–09h40	4x50 Obstacle Relay *	F-140; M-140; F-170; M-170; F-200; M-200; F-230+; M-230+
09h40 – 09h50	Preparation of the pool	
09h50 – 10h10	Line Throw	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70+; M-70+
10h10 – 10h20	Preparation of the pool	
10h20 – 10h30	100m Manikin Carry with Fins	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70+; M-70+
10h30 – 10h45	50m Manikin Carry	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70+; M-70+
10h45 - 11h00	4 x 25m Manikin Relay*	F-140; M-140; F-170; M-170; F-200; M-200; F-230+; M-230+
11h00 – 11h15	100m Manikin Tow with Fins	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70+; M-70+
11h30 – 11h30	4 x 50m Medley Relay*	F-140; M-140; F-170; M-170; F-200; M-200; F-230+; M-230+
11h30 – 13h30	End of heats LUNCH	

MASTERS POOL COMPETITION PROGRAMME

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SESSION : FINALS

Time	Gender	Event	Age Group
13h00		Warm-up in the competition pool	
13h30		Marshalling commences	
14h00	Male & Female	200m Obstacle Swim	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50
14h10	Male & Female	100m Obstacle Swim	F-55; M-55; F-60; M-60; F-65; M-65; F-70+; M-70+
14h20	Male & Female	4x50m Obstacle Relay	F-140; M-140; F-170; M-170; F-200; M-200; F-230+; M-230+
14h30		Victory Ceremony: 200m Obstacle Swim & 100m Obstacle Swim	
14h40	Male & Female	Line Throw	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70+; M-70+
14h50		Victory Ceremony: 4 x 50m Obstacle Relay	
15h00	Male & Female	100m Manikin Carry with Fins	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70+; M-70+
15h10		Victory Ceremony: Line Throw	
15h20	Male & Female	50m Manikin Carry	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70+; M-70+
15h30		Victory Ceremony: 100m Manikin Carry with Fins	
15h40	Male & Female	100m Manikin Tow with Fins	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70+; M-70+
15h50	Male & Female	4 x 25m Manikin Relay	F-140; M-140; F-170; M-170; F-200; M-200; F-230+; M-230+
16h00		Victory Ceremony: 100m Manikin Tow with Fins & 50m Manikin Carry	
16h10	Male & Female	4 x 50m Medley Relay	F-140; M-140; F-170; M-170; F-200; M-200; F-230+; M-230+
16h20		Victory Ceremony: 4 x 25m Manikin Relay & 4 x 50m Medley Relay	
16h30		End of day's proceedings	

NOTES:

1. Other than the initial marshalling and start times for each session all other listed times are indicative and for event planning purposes only. Individuals and Teams must be available at the commencement of each session for marshalling and competition of an event listed for conduct within that session.
2. This is a draft programme and subject to change. The programme will be finalized once entries for GT South African Lifesaving Masters Pool Championships 2018 have closed.
3. Events may be combined to incorporate more than 1 age group per event.
4. * To encourage Pool Masters competition, the LSA Sport Board agreed to include Masters Team events. The Board is aware that some (most probably most) Masters will not be able to compete in team events – there for it has been agreed that for 2018, teams can be composite (i.e. made up of 3 individuals from different clubs).
5. If only 8 or less competitors report for a heat – a straight final will be held at that time.