

JUNIOR & SENIOR POOL COMPETITION PROGRAMME

VENUE: Newton Park Pool, Port Elizabeth - DATES: Monday 2nd April to Wednesday 4th April, 2018

NOTE:

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

Monday: 2nd April, 2018

POOL COMPETITIONS: DAY 1: SESSION 1 – HEAT AND FINAL

TIME	GENDER	EVENT	AGE GROUP	TYPE
07h30		Team Managers briefing by Chief Referee		
08h30		Technical Officials briefing by Chief Referee		
09h30		Marshalling commences for Junior SERC		
09h45		Lock up closed for Junior SERC		
09h45		Preparation of Pool		
10h10		Marshalling commences for Senior SERC		
10h20		Lock up closed for Senior SERC		
10h00	Mixed	SERC	Junior	Heats
10h30	Mixed	SECR	Senior	Heats
10h30		Marshalling commences		
10h45		Lock up closed for Junior & Senior SERC		
10:45		Preparation of Pool		
11h00	Mixed	SERC	Junior	Final
11h20	Mixed	SERC	Senior	Final
11h40		Lunch		

POOL COMPETITIONS: DAY 1: SESSION 2 – HEATS

TIME	GENDER	EVENT	AGE GROUP	TYPE
11h30		Preparation of Pool		
11h45		Marshalling commences		
12h15	Male	200m Obstacle Swim	Open; U/19; U/17; U/15	Heats
13h00	Female	200m Obstacle Swim	Open; U/19; U/17; U/15	Heats
13h45	Male	4x50m Obstacle Relay	Open; Junior	Heats
14h30	Female	4x50m Obstacle Relay	Open; Junior	Heats
15h15		Preparation of Pool		
15h30	Male	Line Throw	Open; Junior	Heats
16h00	Female	Line Throw	Open; Junior	Heats

POOL COMPETITIONS: DAY 1: SESSION 3 - FINALS

Time	Gender	Event	Age Group	Type
16h30		Preparation of Pool		
16h15		Marshalling commences		
16h30	Male	200m Obstacle Swim	Open; U/19; U/17; U/15	Final
16h50	Female	200m Obstacle Swim	Open; U/19; U/17; U/15	Final
17h10		Victory Ceremony SERC		
17h20	Male	4x50m Obstacle Relay	Open; Junior	Final
17h30	Female	4x50m Obstacle Relay	Open; Junior	Final
17h40		Victory Ceremony 200m Obstacle Swim		
17h50		Preparation of Pool		
18h00	Male	Line Throw	Open; Junior	Final
18h10	Female	Line Throw	Open; Junior	Final
18h20		Victory Ceremony 4x50m Obstacle Relay		
18h30		Victory Ceremony Line Throw		
18h40		End of day's proceedings		

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Tuesday: 3rd April, 2018

POOL COMPETITIONS: DAY 2: SESSION 4 – HEATS

TIME	GENDER	EVENT	AGE GROUP	TYPE
07h00		Warm-up in the competition pool		
08h30		Preparation of Pool		
08h00		Team Managers briefing by Chief Referee		
08h30		Technical Officials briefing by Chief Referee		
08h45		Marshalling commences		
09h00		Competition commences		
09h00	Female	100m Rescue Medley	Open; U/19; U/17; U/15	Heats
09h30	Male	100m Rescue Medley	Open; U/19; U/17; U/15	Heats
10h00	Female	4x50m Pool Lifesaver Relay	Open; Junior	Heats
10h30	Male	4x50m Pool Lifesaver Relay	Open; Junior	Heats
11h00	Female	100m Manikin Tow with Fins	Open; U/19; U/17; U/15	Heats
11h30	Male	100m Manikin Tow with Fins	Open; U/19; U/17; U/15	Heats
12h00	Female	4x25m Manikin Relay	Open; Junior	Heats
12h30	Male	4x25m Manikin Relay	Open; Junior	Heats

POOL COMPETITION DAY 2: SESSION 5 - FINALS

TIME	GENDER	EVENT	AGE GROUP	TYPE
13h00		Warm-up in the competition pool		
14h00		Marshalling commence		
14h00		Preparation of Pool		
14h30	Female	100m Rescue Medley	Open; U/19; U/17; U/15	Final
14h50	Male	100m Rescue Medley	Open; U/19; U/17; U/15	Final
15h10	Female	4x50m Pool Lifesaver Relay	Open; Junior	Final
15h30	Male	4x50m Pool Lifesaver Relay	Open; Junior	Final
15h50		Victory Ceremony 100m Rescue Medley		
16h00		Victory Ceremony 4x50m Medley Relay		
16h10	Female	100m Manikin Tow with Fins	Open; U/19; U/17; U/15	Final
16h30	Male	100m Manikin Tow with Fins	Open; U/19; U/17; U/15	Final
16h50	Female	4x25m Manikin Relay	Open; Junior	Final
17h10	Male	4x25m Manikin Relay	Open; Junior	Final
17h30		Victory Ceremony 100m Manikin Tow with Fins		
17h40		Victory Ceremony 4x25m Manikin Relay		
17h50		End of day's proceedings		

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Wednesday: 4th April, 2018

POOL COMPETITIONS DAY 3 – SESSION 6 HEATS				
TIME	GENDER	EVENT	AGE GROUP	TYPE
07h00	Warm-up in the competition pool			
08h30	Preparation of Pool			
08h00	Team Managers briefing by Chief Referee			
08h30	Technical Officials briefing by Chief Referee			
08h45	Marshalling commences			
09h00	Competition commences			
09:00	Female	100m Manikin Carry with Fins	Open; U/19; U/17; U/15	Heats
10h00	Male	100m Manikin Carry with Fins	Open; U/19; U/17; U/15	Heats
11h00	Female	4x50m Medley Relay	Open; Junior	Heats
11h15	Male	4x50m Medley Relay	Open; Junior	Heats
11h30	Female	50m Manikin Carry	Open; U/19; U/17; U/15	Heats
11h40	Male	50m Manikin Carry	Open; U/19; U/17; U/15	Heats
12h00	Female	200m Super Lifesaver	Open; U/19; U/17; U/15	Heats
13h00	Male	200m Super Lifesaver	Open; U/19; U/17; U/15	Heats
14h00	Lunch			

POOL COMPETITION DAY 2: SESSION 5 - FINALS				
TIME	GENDER	EVENT	AGE GROUP	TYPE
14h20	Warm-up in the competition pool			
14h30	Marshalling commence			
14h00	Preparation of Pool			
15h00	Female	100m Manikin Carry with Fins	Open; U/19; U/17; U/15	Final
15h20	Male	100m Manikin Carry with Fins	Open; U/19; U/17; U/15	Final
15h40	Female	4x50m Medley Relay	Open; Junior	Final
16h00	Male	4x50m Medley Relay	Open; Junior	Final
16h20	Victory Ceremony 100m Manikin Carry with Fins			
16h30	Victory Ceremony 4x50m Pool Lifesaver Relay			
16h40	Female	50m Manikin Carry	Open; U/19; U/17; U/15	Final
16h55	Male	50m Manikin Carry	Open; U/19; U/17; U/15	Final
17h10	Female	200m Super Lifesaver	Open; U/19; U/17; U/15	Final
17h30	Male	200m Super Lifesaver	Open; U/19; U/17; U/15	Final
17h50	Victory Ceremony 50m Manikin Carry			
16h00	Victory Ceremony 200m Super Lifesaver			
16h10	Victory Ceremony Grand Aggregate Pool Events			
17h50	End of day's proceedings			

Notes:

- 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.
- This is a draft program and subject to change. The programme will be finalized once entries for GT South African Lifesaving Junior and Senior Pool Championships 2018 have closed.