

# JUNIOR & SENIOR POOL COMPETITION PROGRAMME

Venue: Newton Park Pool, Port Elizabeth - Dates: Thursday 19th to Saturday 21st March 2020

Competitors Registration:  
 Team Managers Briefing:  
 Technical Officials Briefing:  
 Marshalling commences:  
 Start of first event:  
 Opening Ceremony:

From 09h30 at Newton Park Pool  
 10h00 at the Newton Park Pool  
 10h30 at the Newton Park Pool  
 10h45  
 11h00

**SATURDAY 21ST MARCH, 2020**

Thursday 19th March at 07h45 on the beach in the vicinity of  
 the Main Tower at Kings Beach

## DAY 1

### TIMED FINALS TO START AT 11AM

- 1 Boys 14-18 200 Obstacle
- 2 Girls 14-18 200 Obstacle
- 3 Men 200 Obstacle
- 4 Women 200 Obstacle
- 5 Boys 14-18 200 4 x 50m Obstacle Relay
- 6 Girls 14-18 200 4 x 50m Obstacle Relay
- 7 Men 200 4 x 50m Obstacle Relay
- 8 Women 200 4 x 50m Obstacle Relay
- 9 Boys 14-18 100 Manikin with fins
- 10 Girls 14-18 100 Manikin with fins

### TIMED FINALS TO START AT 11AM

- 11 Men 100 Manikin with fins
- 12 Women 100 Manikin with Fins
- 13 Boys 14-18 200 4 x 50 Medley Relay
- 14 Girls 14-18 200 4 x 50 Medley Relay
- 15 Men 200 4 x 50 Medley Relay
- 16 Women 200 4 x 50 Medley Relay
- 17 Boys 14-18 50 Manikin Carry
- 18 Girls 14-18 50 Manikin Carry
- 19 Men 50 Manikin Carry
- 20 Women 50 Manikin Carry





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## DAY 2

### TIMED FINALS TO START AT 8AM

21 Boys 14-18 100 Manikin Tow + Tube
22 Girls 14-18 100 Manikin Tow + Tube
23 Men 100 Manikin Tow + Tube
24 Women 100 Manikin Tow + Tube
25 Boys 14-18 100 4 x 25 Manikin Relay
26 Girls 14-18 100 4 x 25 Manikin Relay
27 Men 100 4 x 25 Manikin Relay
28 Women 100 4 x 25 Manikin Relay
29 Boys 14-18 100 Rescue Medley
30 Girls 14-18 100 Rescue Medley
31 Men 100 Rescue Medley

### TIMED FINALS TO START AT 8AM

32 Women 100 Rescue Medley
33 Boys 14-18 200 Super Lifesaver
34 Girls 14-18 200 Super Lifesaver
35 Men 200 Super Lifesaver
36 Women 200 Super Lifesaver
37 Boys 14-18 200 4X50 Pool Lifesaver Relay
38 Girls 14-18 200 4X50 Pool Lifesaver Relay
39 Men 200 4X50 Pool Lifesaver Relay
40 Women 200 4X50 Pool Lifesaver Relay

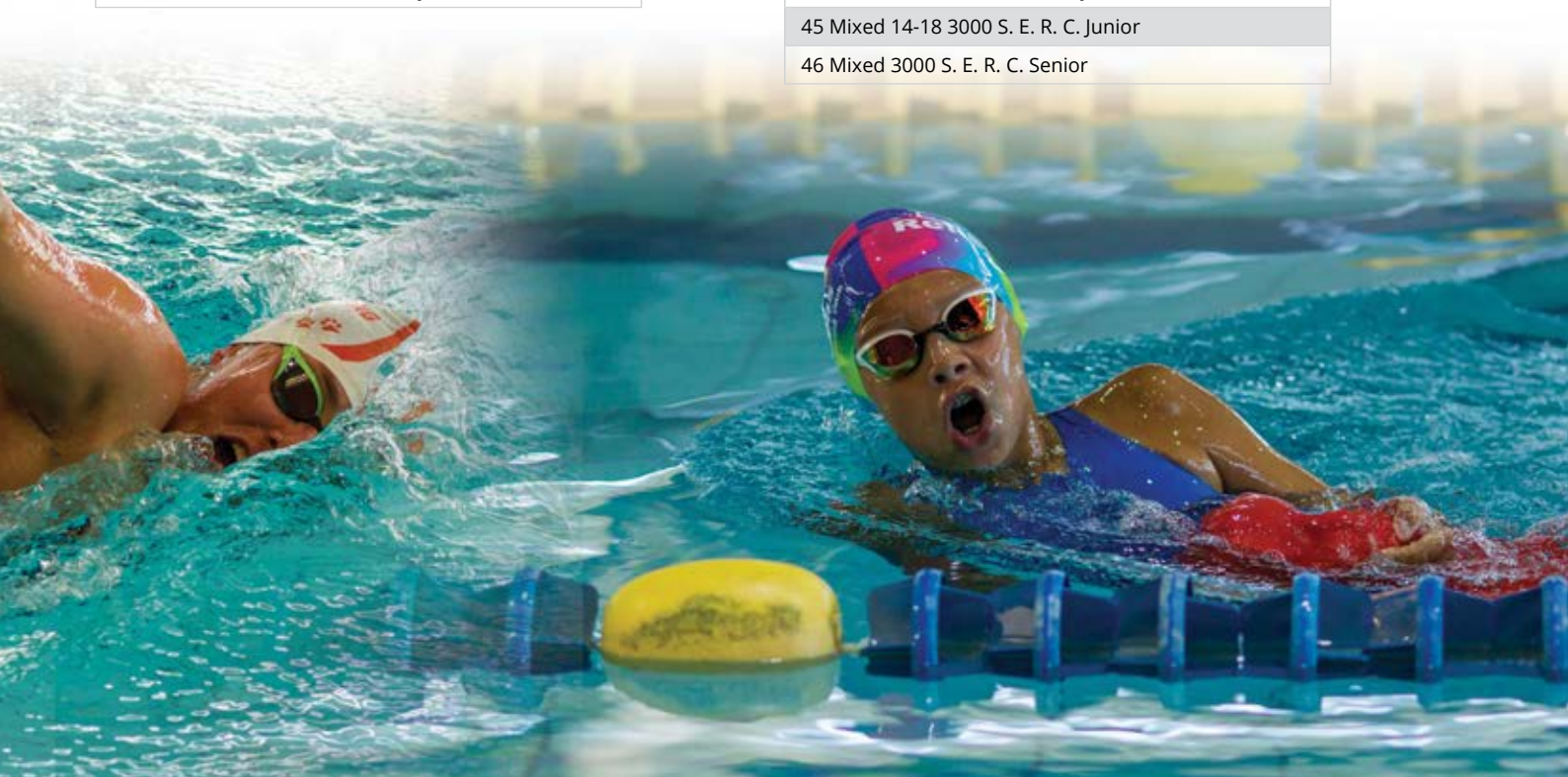
## DAY 3

### TIMED FINALS TO START AT 4.00PM

41 Boys 14-18 50 Line Throw Relay Junior
42 Girls 14-18 50 Line Throw Relay Junior

### TIMED FINALS TO START AT 4.00PM

43 Men 50 Line Throw Relay Senior
44 Women 50 Line Throw Relay Senior
45 Mixed 14-18 3000 S. E. R. C. Junior
46 Mixed 3000 S. E. R. C. Senior



### NOTES:

1. Relay events may be held as straight finals if less than 8 teams enter.
2. Junior Individual event Finals will be swum per age group U15; U17 and U19
3. In team events, the team may not be made up of competitors from multiple clubs.
4. Competitors may only compete in one team per team event.
5. Different age groups and gender events may be run concurrently (while maintaining their individual age group status).
6. The competition rules, as set out in the Competition Manual (16th Edition of February 2020) will be applied at the Wimpy South African Lifesaving Pool Championships 2020.