

# MASTERS POOL COMPETITION PROGRAMME

Venue: Newton Park Pool, Port Elizabeth - Dates: 23rd March 2020

<b>Competitors Registration:</b>	<b>From 15h00 at Newton Park Pool</b>
<b>Team Managers Briefing:</b>	<b>15h00 at the Newton Park Pool</b>
<b>Technical Officials Briefing:</b>	<b>15h30 at the Newton Park Pool</b>
<b>Marshalling commences:</b>	<b>15h45</b>
<b>Start of first event:</b>	<b>16h00</b>
<b>Opening Ceremony:</b>	<b>Thursday 19th March at 07h45 on the beach in the vicinity of the Main Tower at Kings Beach</b>

## TO START AT 4PM

### Event

Mixed 30-49 200 Obstacle

Mixed 50 & Over 100 Obstacle

Mixed 70 & Over 4 X 50M Obstacle Relay

Mixed 30 & Over 50 Line Throw Relay

Mixed 30 & Over 100 Manikin Tow + Tube

Mixed 70 & Over 100 4 X 25m Manikin Relay

Mixed 30 & Over 100 Manikin with fins

Mixed 70 & Over 4 x 50 Medley Rescue Relay

Mixed 30 & Over 50 Manikin Carry



## NOTE:

1. All events will be run as straight finals, seeded slowest to fastest.
2. In team events, the team may not be made up of competitors from multiple clubs.
3. Competitors may only compete in one team per team event.
4. Different age groups and gender events may be run concurrently (while maintaining their individual age group and gender status).
5. 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