

**South African Lifesaving Inter-Provincial Championships 2021**  
**Open, Youth & Nippers: Pool Programme**  
**Venue: Kings Park Pool: 24<sup>th</sup> and 25<sup>th</sup> April, 2021**

**24<sup>th</sup> April**

Event No.	Time (Aprox.)	Event	Type	Aprox. Time
	09:00	<b>Technical Officials Briefing by Chief Referee</b>		
	09:30	<b>Team Managers Briefing by Chief Referee</b>		
	10:00	<b>Opening Ceremony</b>		
	10:15 – 10:30	<b>Warm-Up</b>		
	10:30	<b>Marshalling commences</b>		
1	10:40	Line Throw – Open and Youth	Final	
2		200 m Obstacle Swim - Open and Youth *	Final	
3		100 m Obstacle Swim - Nippers	Final	
4		4 x 50 m Obstacle Relay – Open, Youth and Nippers *	Final	
5		100 m Manikin Carry with Fins – Open, Youth and Nippers *	Final	
6		100 m Rescue Medley - Open, Youth and Nippers	Final	
7		4 x 50 m Pool Lifesaver Relay – Open, Youth and Nippers	Final	
<b>End of Day 1 Pool Inter-Provincial Championships</b>				

**25<sup>th</sup> April**

Event No.	Time (Aprox.)	Gender	Type	Aprox. Time
	07:30	<b>Technical Officials and Team Managers briefing by Chief Referee</b>		
	08:00	<b>Marshalling commences</b>		
8	08:10	200 m Super Lifesaver - Open and Youth *	Final	
9		100 m Super Nipper - Nippers	Final	
10		50 m Manikin Carry - Open, Youth and Nippers *	Final	
11		100 m Manikin Tow with Fins - Open and Youth *	Final	
12		4 x 25 m Manikin Relay - Open, Youth and Nippers *	Final	
13		4 x 50 m Medley Relay Open and Youth *	Final	
14		4 x 50 m Rescue Torpedo Buoy Relay - Nippers	Final	
<b>End of Inter-Provincial Championships</b>				
<b>Prize giving after last event</b>				

**Notes:**

- \* = World Games Qualification event
- Individuals and teams must be available at the commencement of the session for marshalling and competition of an event listed.
- All events are time finals.
- This is a draft programme and subject to change.
- Order of events will be: 1 - Open Male; 2 – Open Female; 3 - Youth Male; 4 - Youth Female, 5 - Nipper Male and 6 - Nipper Female.
- Only use the lanes allocated. Keep social distances in the pool and outside the pool at all times.
- No parents, no siblings and or spectators other than the officials, coaches and chaperones will be allowed access.
- No entry to the facility will be allowed without a mask or if your name is not on the Covid Register.
- At the pool entrance each day:
  - Your temperature will be taken.

- You have to complete the compulsory Covid Register.
  - You have to submit your health monitoring form at the entrance (See attached)
10. Social distancing of 2 m between 2 people is compulsory at all times – Team Managers/Chaperones to help monitoring social distances & wearing of mask by Provincial athletes.
  11. Athletes to always wear their own face mask when not participating in their events. (Face mask to be stored in clearly marked Ziploc bag in the kit bag and not to be left lying around.)
  12. Athletes are not to spit; any coughing or sneezing is to be done into a tissue and immediately disposed of.
  13. No eating will be allowed in the marshal area.
  14. Equipment - Manikins will be provided. No other equipment will be shared.
  15. The use of communal change rooms to be kept to a minimum.
  16. No smoking in the pool arena - Smoking will only be allowed outside.