

2022 DHL South African Lifesaving Championship

Venue: Newton Park Pool, Gqebeha

Dates: Monday 21st March to Wednesday 23rd March 2022

SENIOR AND JUNIOR POOL COMPETITION PROGRAMME

OPENING CEREMONY OF THE 2022 DHL SOUTH AFRICAN LIFESAVING CHAMPIONSHIPS: MONDAY, 21ST MARCH, 2022 AT 07h45 AT KINGS BEACH

POOL COMPETITIONS: DAY 1: SESSION 1 – HEATS				
Time	Gender	Event	Age Group	Type
13h00	Opening Ceremony of the 2022 DHL South African Lifesaving Championships: Pool			
13h30	Warm-up in the competition pool			
13h30	Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers)			
14h00	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
14h30	Preparation of Pool			
14h45	Marshalling commences			
15h00	Male	200m Obstacle Swim	Open: U/19: U/17: U/15	Heats
16h00	Female	200m Obstacle Swim	Open: U/19: U/17: U/15	Heats
POOL COMPETITIONS: DAY 1: SESSION 2 – FINALS				
Time	Gender	Event	Age Group	Type
17h00	Marshalling commences			
17h15	Female	4x50m Obstacle Relay	Open: Junior	Final
17h30	Male	4x50m Obstacle Relay	Open: Junior	Final
18h00	Female	Line Throw	Open: Junior	Final
18h30	Male	Line Throw	Open: Junior	Final
19h00	End of day			

Tuesday: 22nd March

POOL COMPETITIONS: DAY 2: SESSION 3 – HEATS				
Time	Gender	Event	Age Group	Type
07h00	Warm-up in the competition pool			
07h00	Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers)			
07h30	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
08h00	Preparation of Pool			
08h15	Marshalling commences			
08h30	Female	100m Manikin Tow with Fins	Open: U/19: U/17: U/15	Heats
09h15	Male	100m Manikin Tow with Fins	Open: U/19: U/17: U/15	Heats
10h15	Female	100m Rescue Medley	Open: U/19: U/17: U/15	Heats
11h00	Male	100m Rescue Medley	Open: U/19: U/17: U/15	Heats
12h15	Lunch			
POOL COMPETITIONS: DAY 2: SESSION 4 – FINALS				
Time	Gender	Event	Age Group	Type
13h00	Warm-up in the competition pool			
13h45	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
13h35	Preparation of Pool			
13h45	Marshalling commences			
14h00	Male	200m Obstacle Swim	Open: U/19: U/17: U/15	Final
14h30	Female	200m Obstacle Swim	Open: U/19: U/17: U/15	Final
15h00	Male	100m Manikin Tow with Fins	Open: U/19: U/17: U/15	Final
15h30	Female	100m Manikin Tow with Fins	Open: U/19: U/17: U/15	Final

16h00	Female	100m Rescue Medley	Open: U/19: U/17: U/15	Final
16h30	Male	100m Rescue Medley	Open: U/19: U/17: U/15	Final
17h00	Female	4x50m Pool Lifesaver Relay	Open: Junior	Final
17h15	Male	4x50m Pool Lifesaver Rely	Open: Junior	Final
18h00	Medal presentation ceremony			
19h00	End of day			

Wednesday: 23rd March

POOL COMPETITIONS: DAY 3: SESSION 5– HEATS				
Time	Gender	Event	Age Group	Type
07h00	Warm-up in the competition pool			
07h00	Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers)			
07h30	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
07h45	Preparation of Pool			
07h45	Marshalling commences			
08h00	Female	100m Manikin Carry with Fins	Open: U/19: U/17: U/15	Heats
08h45	Male	100m Manikin Carry with Fins	Open: U/19: U/17: U/15	Heats
09h30	Female	50m Manikin Carry	Open: U/19: U/17: U/15	Heats
10h30	Male	50m Manikin Carry	Open: U/19: U/17: U/15	Heats
11h30	Female	200m Super Lifesaver	Open: U/19: U/17: U/15	Heats
12h15	Male	200m Super Lifesaver	Open: U/19: U/17: U/15	Heats
13h30	Lunch			
POOL COMPETITION DAY 3: SESSION 6 - FINALS				
Time	Gender	Event	Age Group	Type
14h00	Warm-up in the competition pool			
14h45	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
14h45	Preparation of Pool			
14h45	Marshalling commences			
14h30	Female	100m Manikin Carry with Fins	Open: U/19: U/17: U/15	Final
15h00	Male	100m Manikin Carry with Fins	Open: U/19: U/17: U/15	Final
15h15	Female	50m Manikin Carry	Open: U/19: U/17: U/15	Final
15h30	Male	50m Manikin Carry	Open: U/19: U/17: U/15	Final
15h45	Female	200m Super Lifesaver	Open: U/19: U/17: U/15	Final
16h15	Male	200m Super Lifesaver	Open: U/19: U/17: U/15	Final
16h45	Female	4x50m Medley Relay	Open: Junior	Final
17h00	Male	4x50m Medley Relay	Open: Junior	Final
17h15	Female	4x25m Manikin Relay	Open: Junior	Final
17h30	Male	4x25m Manikin Relay	Open: Junior	Final
18h00	Medal presentation ceremony			
19h00	End of day's proceedings			

Notes:

1. The competition rules, a set out in the Competition Manual (16th Edition of February, 2020) will be applied at the 2022 DHL South African Lifesaving Championships.
2. 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.
3. **All relays will be timed finals.**
4. This is a draft programme and subject to change. The programme will be finalized once entries for 2022 DHL South African Lifesaving Championships have closed.
5. All **Covid-19 protocols** need to be always adhered to as specified at the briefings.