

## 2022 DHL South African Lifesaving Championship

Venue: Newton Park Pool, Gqebeha

Dates: Monday 21st March 2022

MASTER POOL COMPETITION PROGRAMME

### Monday: 21<sup>st</sup> March

OPENING CEREMONY OF THE 2022 DHL SOUTH AFRICAN LIFESAVING CHAMPIONSHIPS: MONDAY, 21<sup>st</sup> MARCH, 2022 AT 07h45 AT KINGS BEACH

POOL COMPETITIONS: DAY 1: SESSION 1				
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		Masters Pool Championships Opening Ceremony		
08h15		Preparation of Pool		
08h15		Marshalling commences		
08h30		100m Manikin Carry with Fins	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50 F-55; M-55; F-60; M-60; F-65; M-65; F-70; M-70; F-75+; M-75+	
09h00		50 Manikin Carry	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50 F-55; M-55; F-60; M-60; F-65; M-65; F-70; M-70; F-75+; M-75+	
10h30		4x25m Manikin Relay*	F-120; M-120; F-140; M-140; F-170; M-170; F-200; M-200; F-230+; M-230+	
10h45		100m Manikin Tow with Fins	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50 F-55; M-55; F-60; M-60; F-65; M-65; F-70; M-70; F-75+; M-75+	
11h15		4x50m Medley Relay*	F-120; M-120; F-140; M-140; F-170; M-170; F-200; M-200; F-230+; M-230+	
11h30		200m Obstacle Swim	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45	
12h00		100m Obstacle Swim	F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70; M-70; F-75+; M-75+	
12h20		4x50m Obstacle Relay*	F-120; M-120; F-140; M-140; F-170; M-170; F-200; M-200; F-230+; M-230+	
12h50		Preparation of the pool		
13h00		Line Throw	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50 F-55; M-55; F-60; M-60; F-65; M-65; F-70; M-70; F-75+; M-75+	
13h30		<b>Medal presentation ceremony</b>		
14h30		Opening Ceremony of the 2022 DHL South African Lifesaving Pool Championships		

#### 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.
- All events will be **timed finals**.
- The competition rules, as set out in the Competition Manual (16<sup>th</sup> Edition of February 2020) will be applied at the 2022 DHL South African Lifesaving Championships.
- Events will be combined to incorporate more than 1 age group per event.
- \*As there will be club aggregate points for pool competition for masters, all competitors taking part in team events must be from the same club\*
- 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.
- All **Covid-19 protocols** need to be always adhered to as specified at the briefings.