

## 2022 DHL South African Lifesaving Championship

Venue: Newton Park Pool, Gqebeha

Dates: Thursday, 24th March 2022 to Saturday, 26th March 2022

NIPPER POOL COMPETITION PROGRAMME

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

**Thursday: 24<sup>th</sup> March**

POOL COMPETITIONS: DAY 1				
Time	Gender	Event	Age Group	Type
08h00	Warm-up in the competition pool			
08h30	Team Managers briefing by Chief Referee (Compulsory attendance for all Team Managers)			
09h00	Technical Officials briefing by Chief Referee (Compulsory attendance for all Technical Officials)			
09h00	Nipper Pool Championships Opening Ceremony			
09h15	Preparation of Pool			
09h15	Marshalling commences			
09h30	Girls	50m Obstacle Swim	U/9 & U/10	Final
10h15	Boys	50m Obstacle Swim	U/9 & U/10	Final
11h00	Girls	100m Obstacle Swim	U/11, U/12, U/13 & U/14	Final
11h45	Boys	100m Obstacle Swim	U/11, U/12, U/13 & U/14	Final
12h45	Mixed	4x50m Obstacle Relay	U/10, U/12 & U/14	Final
13h30	Lunch			
14h00	Marshalling commences			
14h15	Mixed	2x2 Rescue Ball Rescue Relay	U/12 & U/14	Final
16h00	<b>Medal presentation ceremony</b>			
17h00	End of day's proceedings			

**Friday: 25<sup>th</sup> March**

POOL COMPETITIONS: DAY 2				
Time	Gender	Event	Age Group	Type
07h00	Warm-up in the competition pool			
07h30	Team Managers briefing by Chief Referee			
08h00	Technical Officials briefing by Chief Referee			
08h15	Preparation of Pool			
08h15	Marshalling commences			
08h30	Girls	100m Manikin Carry with Fins	U/9, U/10, U/11, U/12, U/13 & U/14	Final
10h00	Boys	100m Manikin Carry with Fins	U/9, U/10, U/11, U/12, U/13 & U/14	Final
11h45	Mixed	4x50m RTB Medley Relay	U/10, U/12 & U/14	Final
12h30	Lunch			
13h15	Marshalling commences			
13h30	Girls	100m Super Nipper	U/13 & U/14	Final
14h00	Boys	100m Super Nipper	U/13 & U/14	Final
14h45	Mixed	4x50m Pool Lifesavers Relay	U/10, U/12 & U/14	Final
16h00	<b>Medal presentation ceremony</b>			
17h00	End of day's proceedings			

Saturday: 26<sup>th</sup> March

POOL COMPETITIONS: DAY 3				
Time	Gender	Event	Age Group	Type
07h00	Warm-up in the competition pool			
07h30	Team Managers briefing by Chief Referee			
08h00	Technical Officials briefing by Chief Referee			
08h15	Preparation of Pool			
08h15	Marshalling commences			
08h30	Girls	50m Manikin Carry	U/9, U/10, U/11, U/12, U/13 & U/14	Final
10h00	Boys	50m Manikin Carry	U/9, U/10, U/11, U/12, U/13 & U/14	Final
11h30	Mixed	4x25m Manikin Relay	U/10, U/12 & U/14	Final
12h30	Lunch			
13h40	Marshalling commences			
14h00	Girls	100m Rescue Medley	U/13 & U/14	Final
14h30	Boys	100m Rescue Medley	U/13 & U/14	Final
15h30	<b>Medal presentation ceremony</b>			
16h30	End of day's proceedings			

**Notes:**

1. 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.
2. All events will be **timed finals**.
3. The competition rules, a 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.
4. In team events, the team **may not** be made up of competitors from multiple clubs.
5. Competitors may only compete in one team per team event.
6. This is a draft program and subject to change. The programme will be finalized once entries for 2022 DHL South African Lifesaving have closed.
7. All **Covid-19 protocols** need to be always adhered to as specified at the briefings