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|  | **2024 DHL South African Lifesaving Championships**  **Venue: Kings Park Swimming Pool, Durban**  **Dates: Monday 25th March to Wednesday 27th March 2024**  **SENIOR AND JUNIOR POOL COMPETITION PROGRAMME** |

**Monday: 25 MARCH 2024**

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| **POOL COMPETITIONS: DAY 1: SESSION 5 – HEATS AND FINALS** | | | | |
| **Time** | **Gender** | **Event** | **Age Group** | **Type** |
| 08h00 | Warm-up in competition pool | | | |
| 08h00 | Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers) | | | |
| 08h30 | Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials) | | | |
| 09h00 | Opening of the Junior & Senior Pool Championships | | | |
| 09h30 | Preparation of Pool | | | |
| 09h45 | Marshalling commences | | | |
| 10h00 | Female | 100m Manikin Tow with Fins | Open: U/19: U/17: U/15 | Heats |
| 10h30 | Male | 100m Manikin Tow with Fins | Open: U/19: U/17: U/15 | Heats |
| 11h00 | Female | 200m Obstacle Swim | Open: U/19: U/17: U/15 | Heats |
| 11h30 | Male | 200m Obstacle Swim | Open: U/19: U/17: U/15 | Heats |
| 12h00 | **Lunch** | | | |
| **POOL COMPETITIONS: DAY 1: SESSION 6 – FINALS** | | | | |
| **Time** | **Gender** | **Event** | **Age Group** | **Type** |
| 14h00 | Warm-up in the competition pool | | | |
| 14h30 | Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials) | | | |
| 15h00 | Marshalling commences | | | |
| 15h15 | Female | 200m Obstacle Swim | Open: U/19: U/17: U/15 | **Final** |
| 15h45 | Male | 200m Obstacle Swim | Open: U/19: U/17: U/15 | **Final** |
| 16h00 | Female | 4x50m Obstacle Relay | Open: Junior | **Final** |
| 16h15 | Male | 4x50m Obstacle Relay | Open: Junior | **Final** |
| 16h30 | Female | Line Throw | Open: Junior | **Final** |
| 16h45 | Male | Line Throw | Open: Junior | **Final** |
| 17h00 | Female | 100m Manikin Tow with Fins | Open: U/19: U/17: U/15 | **Final** |
| 17h15 | Male | 100m Manikin Tow with Fins | Open: U/19: U/17: U/15 | **Final** |
| 17h30 | **Medal presentation ceremony** | | | |

**Tuesday: 26th MARCH 2024**

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| **POOL COMPETITIONS: DAY 2: SESSION 7 – HEATS** | | | | | | |
| **Time** | **Gender** | | **Event** | | **Age Group** | **Type** |
| 07h00 | Warm-up in the competition pool | | | | | |
| 07h15 | 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 | | | | | |
| 08h00 | Marshalling commences | | | | | |
| 08h15 | 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 |
| 09h15 | Female | | 100m Rescue Medley | | Open: U/19: U/17: U/15 | Heats |
| 09h45 | Male | | 100m Rescue Medley | | Open: U/19: U/17: U/15 | Heats |
| 10h15 | Technical Official briefing for SERC (Compulsory Attendance for all Technical Officials) | | | | | |
| 10h15 | Preparation of Pool | | | | | |
| 10h15 | Marshalling commences for SERC | | | | | |
| 10h30 | Lock up closed for Junior & Senior SERC | | | | | |
| 10h45 | Mixed | | SERC | | Junior | **Final** |
| 11h15 | Mixed | | SERC | | Senior | **Final** |
| 12h00 | **Lunch** | | | | | |
| **POOL COMPETITIONS: DAY 2: SESSION 8 – FINALS** | | | | | | |
| **Time** | | **Gender** | | **Event** | **Age Group** | **Type** |
| 14h00 | | Warm-up in the competition pool | | | | |
| 14h30 | | Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials) | | | | |
| 14h45 | | Preparation of Pool | | | | |
| 15h00 | | Marshalling commences | | | | |
| 15h15 | | Female | | 100m Manikin Tow with Fins | Open: U/19: U/17: U/15 | **Final** |
| 15h35 | | Male | | 100m Manikin Tow with Fins | Open: U/19: U/17: U/15 | **Final** |
| 15h55 | | Female | | 100m Rescue Medley | Open: U/19: U/17: U/15 | **Final** |
| 16h20 | | Male | | 100m Rescue Medley | Open: U/19: U/17: U/15 | **Final** |
| 16h45 | | Female | | 4x50m Pool Lifesaver Relay | Open: Junior | **Final** |
| 16h00 | | Male | | 4x50m Pool Lifesaver Relay | Open: Junior | **Final** |
| 17h15 | | **Medal presentation ceremony** | | | | |

**Wednesday: 27 MARCH 2024**

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| **POOL COMPETITIONS: DAY 3: SESSION 9– HEATS** | | | | | | |
| **Time** | **Gender** | | **Event** | | **Age Group** | **Type** |
| 08h00 | Warm-up in the competition pool | | | | | |
| 08h00 | Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers) | | | | | |
| 08h30 | Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials) | | | | | |
| 09h00 | Preparation of Pool | | | | | |
| 09h15 | Marshalling commences | | | | | |
| 09h30 | Female | | 50m Manikin Carry | | Open: U/19: U/17: U/15 | Heats |
| 10h00 | Male | | 50m Manikin Carry | | Open: U/19: U/17: U/15 | Heats |
| 10h30 | Female | | 200m Super Lifesaver | | Open: U/19: U/17: U/15 | Heats |
| 11h15 | Male | | 200m Super Lifesaver | | Open: U/19: U/17: U/15 | Heats |
| 12h30 | **Lunch** | | | | | |
| **POOL COMPETITION DAY 3: SESSION 10 - FINALS** | | | | | | |
| **Time** | | **Gender** | | **Event** | **Age Group** | **Type** |
| 14h00 | | Warm-up in the competition pool | | | | |
| 14h30 | | Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials) | | | | |
| 15h00 | | Marshalling commences | | | | |
| 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** |
| 17h45 | | **Medal presentation ceremony** | | | | |

**Notes:**

1. The competition rules, a set out in the Competition Manual (17th Edition of November 2022) will be applied at the 2024 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 2024 DHL South African Lifesaving Championships have closed*.*