



**LIFESAVING WORLD CHAMPIONSHIPS ADELAIDE 2018**  
**NATIONAL TEAMS OPEN: POOL EVENTS**  
**VENUE: SOUTH AUSTRALIA AQUATIC & LEISURE CENTRE**  
**DATE: SERC: 21<sup>st</sup> NOVEMBER: POOL: 22<sup>nd</sup> & 23<sup>rd</sup> NOVEMBER**

## COMPETITION PROGRAMME

### TUESDAY: 20 NOVEMBER

BRIEFING	
14h00-15h00	Briefing National Teams Open & Youth Team Managers: Pool and SERC at the Champs Hub, Glenelg
16h00-17h00	Briefing National Teams Youth and Open: Pool: Technical Officials the Champs Hub, Glenelg

### WEDNESDAY: 21 NOVEMBER

OPEN & YOUTH POOL COMPETITION SERC		
Time	Event	Type
07h20	Briefing: National Teams Youth and Open: SERC: Technical Officials at pool.	
08h30	Marshaling commences for Youth Teams	
08h45	Lockup commences for Youth Teams	
08h45	Preparation of pool	
09h00	SERC heats for Youth Teams	Heats
10h00	<b>Break</b>	
10h30	Marshaling commences for Open Teams	
10h30	Lockup commences for Open Teams	
10h45	Preparation of pool	
11h00	SERC for Open Teams	Heats
12h30	Marshaling commences for Youth Teams Final	
12h30	Lockup commences for Youth Teams	
12h45	Preparation of pool	
13h00	SERC Finals for Youth Teams	Final
14h00	<b>Break</b>	
14h15	Marshaling commences for Open Teams	
14h15	Lockup commences for Open Teams	
14h30	Preparation of pool	
14h45	SERC Final for Open Teams	Final
16h15	<b>Victory Ceremony SERC Youth Teams</b>	
16h30	<b>Victory Ceremony SERC Open Teams</b>	

## THURSDAY: 22 NOVEMBER

### OPEN POOL COMPETITION: DAY 1

OPEN POOL COMPETITION: DAY 1 HEATS			
Time	Gender	Event	Type
07h30	Warm-up in the competition pool		
08h30	Preparation of the pool		
08h30	National Teams Managers Briefing by Chief Referee at pool		
08h45	Marshalling commences		
09h00	Female	200m Obstacle Swim	Heats
09h30	Male	200m Obstacle Swim	Heats
10h00	Female	4x50m Obstacle Relay	Heats
10h15	Male	4x50m Obstacle Relay	Heats
10h30	Female	Line Throw	Heats
10h45	Male	Line Throw	Heats
11h00	<b>Removal of obstacles, preparation of pool</b>		
11h15	Mixed	4x50m Mixed Pool Lifesaver Relay	Heats
11h45	Female	100m Rescue Medley	Heats
12h30	Male	100m Rescue Medley	Heats
13h00	Female	100m Manikin Tow with Fins	Heats
13h30	Male	100m Manikin Tow with Fins	Heats
14h00	End of Session		

OPEN POOL COMPETITION: DAY 1 FINALS			
Time	Gender	Event	Type
15h00	Warm-up in the competition pool		
15h45	Marshalling commence		
16h00	Female	200m Obstacle Swim	B-A Final
16h15	Male	200m Obstacle Swim	B-A Final
16h30	<b>Victory Ceremony SERC</b>		
16h35	Female	4x50m Obstacle Relay	B-A Final
16h50	Male	4x50m Obstacle Relay	B-A Final
17h05	<b>Victory Ceremony 200m Obstacle Swim</b>		
17h10	Female	Line Throw	B-A Final
17h25	Male	Line Throw	B-A Final
17h40	<b>Victory Ceremony 4x50m Obstacle Relay</b>		
17h45	Female	100m Rescue Medley	B-A Final
18h00	Male	100m Rescue Medley	B-A Final
18h15	<b>Victory Ceremony Line Throw</b>		
18h20	Female	100m Manikin Tow with Fins	B-A Final
18h35	Male	100m Manikin Tow with Fins	B-A Final
18h50	Mixed	4x50m Mixed Pool Lifesaver Relay	B-A Final
18h50	<b>Victory Ceremony 100m Rescue Medley</b>		
19h00	<b>Victory Ceremony 100m Manikin Tow with Fins</b>		
19h10	<b>Victory Ceremony 4x50m Mixed Pool Lifesaver Relay</b>		
19h20	End of day's proceedings		



**FRIDAY: 23 NOVEMBER**

**OPEN POOL COMPETITION: DAY 2**

<b>OPEN POOL COMPETITIONS: DAY 2: HEATS</b>			
<b>Time</b>	<b>Gender</b>	<b>Event</b>	<b>Type</b>
07h30	Warm-up in the competition pool		
08h30	Preparation of pool		
08h30	Team Managers Briefing by Chief Referee at pool		
08h45	Marshalling commence		
09h00	Female	100m Manikin Carry with Fins	Heats
09h35	Male	100m Manikin Carry with Fins	Heats
10h10	Female	50m Manikin Carry	Heats
10h50	Male	50m Manikin Carry	Heats
11h20	Female	4x25m Manikin Relay	Heats
11h35	Male	4x25m Manikin Relay	Heats
11h50	Female	200m Super Lifesaver	Heats
12h40	Male	200m Super Lifesaver	Heats
13h30	Female	4x50m Medley Relay	Heats
13h45	Male	4x50m Medley Relay	Heats
14h00	End of Session		

<b>OPEN POOL COMPETITION: DAY 3: FINALS</b>			
<b>Time</b>	<b>Gender</b>	<b>Event</b>	<b>Type</b>
15h00	Warm-up in the competition pool		
15h45	Marshalling commence		
16h00	Female	100m Manikin Carry with Fins	B-A Final
16h15	Male	100m Manikin Carry with Fins	B-A Final
16h35	Female	50m Manikin Carry	B-A Final
16h50	Male	50m Manikin Carry	B-A Final
17h05	<b>Victory Ceremony 100m Manikin Carry With Fins</b>		
17h15	Female	4x25m Manikin Relay	B-A Final
17h30	Male	4x25m Manikin Relay	B-A Final
17h45	<b>Victory Ceremony 50m Manikin Carry</b>		
17h55	Female	200m Super Lifesaver	B-A Final
18h10	Male	200m Super Lifesaver	B-A Final
18h25	<b>Victory Ceremony 4x25m Manikin Relay</b>		
18h35	Female	4 x 50m Medley Relay	B-A Final
18h50	Male	4 x 50m Medley Relay	B-A Final
19h50	<b>Victory Ceremony 200m Super Lifesaver</b>		
18h55	<b>Victory Ceremony 4 x 50m Medley Relay</b>		
19h10	<b>Victory Ceremony Grand Aggregate Open Pool Events</b>		
19h20	End of day's proceedings		



## LIFESAVING WORLD CHAMPIONSHIPS ADELAIDE 2018

### NATIONAL TEAMS YOUTH: POOL EVENTS

VENUEh SOUTH AUSTRALIA AQUATIC & LEISURE CENTRE  
DATE: SERC: 21<sup>ST</sup> NOVEMBER: POOL: 24<sup>TH</sup> & 25<sup>TH</sup> NOVEMBER

## COMPETITION PROGRAMME

### TUESDAY: 20 NOVEMBER

BRIEFING	
14h00-15h00	Briefing National Teams Open & Youth Team Managers: Pool and SERC at the Champs Hub, Glenelg
16h00-17h00	Briefing National Teams Youth and Open: Pool: Technical Officials at the Champs Hub, Glenelg

### WEDNESDAY: 21 NOVEMBER

#### POOL COMPETITION: SERC: OPEN & YOUTH DAY

### SATURDAY: 24 NOVEMBER

#### YOUTH POOL COMPETITION: DAY 1

YOUTH POOL COMPETITION: DAY 1 HEATS			
Time	Gender	Event	Type
07h30		Warm-up in the competition pool	
08h30		Preparation of the pool	
08h30		Team Managers Briefing by Chief Referee at pool	
08h45		Marshalling commences	
09h00	Female	200m Obstacle Swim	Heats
09h30	Male	200m Obstacle Swim	Heats
10h00	Female	4x50m Obstacle Relay	Heats
10h15	Male	4x50m Obstacle Relay	Heats
10h30	Female	Line Throw	Heats
10h45	Male	Line Throw	Heats
11h00		<b>Removal of obstacles, preparation of pool</b>	
11h15	Mixed	4x50m Mixed Pool Lifesaver Relay	Heats
11h45	Female	100m Rescue Medley	Heats
12h30	Male	100m Rescue Medley	Heats
13h00	Female	100m Manikin Tow with Fins	Heats
13h30	Male	100m Manikin Tow with Fins	Heats
14h00		End of Session	

#### YOUTH POOL COMPETITION: DAY 1 FINALS

Time	Gender	Event	Type
15h00	Warm-up in the competition pool		
15h45	Marshalling commence		
16h00	Female	200m Obstacle Swim	B-A Final
16h15	Male	200m Obstacle Swim	B-A Final
16h30	<b>Victory Ceremony SERC</b>		
16h40	Female	4x50m Obstacle Relay	B-A Final
16h55	Male	4x50m Obstacle Relay	B-A Final
17h10	<b>Victory Ceremony 200m Obstacle Swim</b>		
17h20	Female	Line Throw	B-A Final
17h35	Male	Line Throw	B-A Final
17h50	<b>Victory Ceremony 4x50m Obstacle Relay</b>		
18h00	Female	100m Rescue Medley	B-A Final
18h15	Male	100m Rescue Medley	B-A Final
18h39	<b>Victory Ceremony Line Throw</b>		
18h40	Female	100m Manikin Tow with Fins	B-A Final
18h55	Male	100m Manikin Tow with Fins	B-A Final
19h10	Mixed	4x50m Mixed Pool Lifesaver Relay	B-A Final
19h20	<b>Victory Ceremony 100m Rescue Medley</b>		
19h30	<b>Victory Ceremony 100m Manikin Tow with Fins</b>		
19h40	<b>Victory Ceremony 4x50m Mixed Pool Lifesaver Relay</b>		
19h50	End of day's proceedings		

## SUNDAY: 25 NOVEMBER

### YOUTH POOL COMPETITION: DAY 2

YOUTH POOL COMPETITIONS: DAY 2: HEATS			
Time	Gender	Event	Type
07h30	Warm-up in the competition pool		
08h30	Preparation of pool		
08h30	Team Managers Briefing by Chief Referee at pool		
08h45	Marshalling commence		
09h00	Female	100m Manikin Carry with Fins	Heats
09h35	Male	100m Manikin Carry with Fins	Heats
10h10	Female	50m Manikin Carry	Heats
10h50	Male	50m Manikin Carry	Heats
11h20	Female	4x25m Manikin Relay	Heats
11h35	Male	4x25m Manikin Relay	Heats
11h50	Female	200m Super Lifesaver	Heats
12h40	Male	200m Super Lifesaver	Heats
13h30	Female	4x50m Medley Relay	Heats
13h45	Male	4x50m Medley Relay	Heats
14h00	End of Session		

### YOUTH POOL COMPETITION: DAY 2: FINALS

Time	Gender	Event	Type
15h00	Warm-up in the competition pool		
15h45	Marshalling commence		
16h00	Female	100m Manikin Carry with Fins	B-A Final
16h15	Male	100m Manikin Carry with Fins	B-A Final
16h35	Female	50m Manikin Carry	B-A Final
16h50	Male	50m Manikin Carry	B-A Final
17h05	<b>Victory Ceremony 100m Manikin Carry With Fins</b>		
17h15	Female	4x25m Manikin Relay	B-A Final
17h30	Male	4x25m Manikin Relay	B-A Final
17h45	<b>Victory Ceremony 50m Manikin Carry</b>		
17h45	Female	200m Super Lifesaver	B-A Final
18h00	Male	200m Super Lifesaver	B-A Final
18h15	<b>Victory Ceremony 4x25m Manikin Relay</b>		
18h25	Female	4 x 50m Medley Relay	B-A Final
18h40	Male	4 x 50m Medley Relay	B-A Final
18h55	<b>Victory Ceremony 200m Super Lifesaver</b>		
19h05	<b>Victory Ceremony 4 x 50m Medley Relay</b>		
19h15	<b>Victory Ceremony Grand Aggregate Youth Pool Events</b>		
19h25	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. *This is a draft programme and subject to change. The programme will be finalized once entries for Lifesaving World Championships Adelaide 2018 have closed.*