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Royal Life Saving Australian Pool lifesaving Championships January 17th-20th 2008

WHAT are the Australian Pool Lifesaving Championships?

The Australian Pool Lifesaving Championships are an annual lifesaving competition run by The Royal Life Saving Society Australia.

Events held at the Australian Pool Lifesaving Championships determine the competitor's ability in lifesaving with events simulating real situations which a lifesaver would encounter.

Teams from each state and territory are eligible to compete, as are individuals.

A program of events sees manikin rescue, obstacle relay, CPR competition, and rescue relays among the events contested.

WHERE are the Australian Pool Lifesaving Championships held?

Every year the Championships are held in a different location throughout Australia. The 2008 Championships will begin 17th January 2008 in Caboolture QLD at Caboolture Aquatic Centre. Spectators and media are welcome.

WHY are the Australian Pool Lifesaving Championships held?

The Championships are held to allow the opportunity for Australia's elite Lifesavers to come together testing their ability against each other in a competition.

Competitors for each of the events are competing for a place in the Australian Talent ID squad which will be selected based on performance in Caboolture.

Additionally, two development teams will be selected. The "Junior Barra's" a team of under 16 year olds, and the "Silver Barra"s, a team of under 19 year olds.

WHEN are the Australian Pool Lifesaving Championships?

Teams arrive on January 15th and 16th to prepare for four days of competition beginning on January 17. The first day of competition is for the Junior's (Under 14's) competition along with the Superlifesaver events and Open Medley. January 18, 19 and 20 are devoted to the remainder of the competition. A presentation dinner will be held on the night of January 20 at the conclusion of the competition to award prizes and announce which competitors have made it into the Talent ID Squad, Silver "Barras" team, and the Junior "Barras". The Male and Female Lifesaver of the Year will be announced, as will the team with the highest points score.

WHO competes in the Australian Pool Lifesaving Championships?

Competitors compete in age categories. At least two males and two females from each State and Territory will compete in the Under 16's category, Under 19's category, Open category and Over 30's. There is also an Under 14's Junior competition held on the first day of the Championships.

WHAT are the events at the Australian Pool Lifesaving Championships?

Events are designed to test a competitor's ability in events which simulate scenarios a real lifesaver would face.

Events include:

SIMULATED EMERGENCY RESPONSE COMPETITION (SERC)



The Simulated Emergency Response Competition tests the initiative, judgment, knowledge, and abilities of 4 lifesavers who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. This competition is judged within a 2-minute time limit. All teams respond to the identical situation and are evaluated by the same judges.

4x50 m OBSTACLE RELAY



Four competitors swim 50 m freestyle each passing under two (2) obstacles.

50 m MANIKIN CARRY



The competitor swims 25 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pick-up line. The competitor then carries the manikin to the finish edge of the pool.

100 m MANIKIN TOW WITH FINS



The competitor swims 50 m freestyle with fins and rescue tube. After touching the turning edge, the competitor fixes the rescue tube around a manikin floating at the surface at the edge and tows it to the finish.

4x25m MANIKIN RELAY



Four competitors in turn carry a manikin approximately 25 m each.

100 m MANIKIN CARRY WITH FINS



The competitor swims 50 m freestyle wearing fins and then dives to recover a submerged manikin to the surface within 10 m of the turning edge. The competitor carries the manikin to the finish edge of the pool.

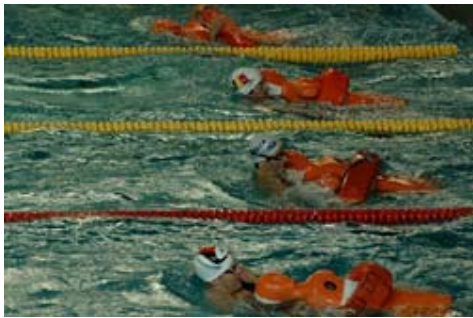
100 m RESCUE MEDLEY



The competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 17.5 m distance for men and women. The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance to the finish edge of the pool.

4x50 m MEDLEY RELAY

The first competitor swims 50 m freestyle without fins. The second competitor swims 50 m freestyle with fins. The third competitor swims 50 m freestyle pulling a rescue tube and after having touched the wall, passes the harness of the rescue tube to a fourth competitor who wears fins. The third competitor, playing the role of "victim," holds the rescue tube with both hands, while being towed 50 m by the fourth competitor to the finish.

200 m SUPER LIFESAVER

The competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within 5 m of the pick-up line and carries it to the turning edge. After touching the wall the competitor releases the manikin. In the water, the competitor dons fins and rescue tube within 5 m of the turning edge and swims 50 m freestyle. After touching the wall the competitor fixes the rescue tube around a floating manikin within 5 m of the turning edge and tows it to touch the finish edge of the pool.

LINE THROW

In this timed event, the competitor throws an unweighted line to a fellow team member located in the water approximately 12 m distant and pulls this "victim" back to the poolside.

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