

## Australian Pool Lifesaving Championships – Australian Institute of Sport, Canberra

	<b>Tuesday 13 January 2009</b>	<b>Day One Competition Wed 14 Jan 2009</b>	<b>Day Two Competition Thurs 15 Jan 2009</b>	<b>Day Three Competition Fri 16 Jan 2009</b>	<b>Day Four Competition Sat 17 Jan 2009</b>
<b>Briefings</b>		8am Officials Briefing 8am Warm Up	8am Officials Briefing 8am Warm Up	8am Officials Briefing 8.15am Security Opens in 25m pool 8.30am Security Closes	8am Officials Briefing 8am Warm Up
<b>Events</b>	Team Training – lanes to be booked by teams direct with AIS	8.45am Competition Starts  100m Obstacles - under 14  50m Manikin Carry - under 14  100m Rescue Medley (Open Event)  10m Line Throw - under 14  100m Manikin Carry with Fins - under 14  50m Manikin Tow – under 14  Open 200m - Superlifesaver  Under 19 200m -Superlifesaver  Under 16 200m - -Superlifesaver	8.45am Competition Starts  200m Obstacles  4 x 50m Obstacle relay  100m Manikin Tow with fins and rescue tube  50m Manikin Carry  4 x 25m Manikin Relay	9.00am Competition Starts  Individual Initiatives  Individual CPR – to be held in General Purpose Room during Initiative security.  Mixed team Initiatives - Open team of 4 (2 male, 2 female).	8.45am Competition Starts  100m Manikin Carry with fins  12m Line Throw  4 x 50m Rescue Tube Relay  8 x 50m F/S with Fins relay
<b>Functions</b>	5-6 pm Coaches and Managers meeting – <b>Bronze Room, Aquatic Centre AIS</b> 6-7pm Officials Meeting – <b>Bronze Room, Aquatic Centre AIS</b>	3.30pm – 5pm Welcome Function & Under 14 Presentation : <b>Marathon Room – Sport Visitors Centre, AIS. Cash bar and nibbles</b>	9am -12noon <b>VIP Function – grand stand</b>		7pm – 1am Presentation Function <b>Labor Club, Belconnen</b>