

Australian Pool Lifesaving Championships 2019 - 11/01/2019 to 13/01/2019**Session Report**

Session: 1 APLSC 2019 Day 1

Day of Meet: 1 Starts at 09:30 AM Heat Interval: 120 Seconds / Back +45 Seconds

Finals	1	Men Under 19 200 Obstacles
Finals	2	Women Under 19 200 Obstacles
Finals	55	Men Under 19 100 CPR
Finals	56	Women Under 19 100 CPR
Finals	3	Men Under 16 200 Obstacles
Finals	4	Women Under 16 200 Obstacles
Finals	5	Men Open 200 Obstacles
Finals	6	Women Open 200 Obstacles
Finals	7	Men Under 14 100 Obstacles
Finals	8	Women Under 14 100 Obstacles
Finals	9	Men 30 & Over 100 Obstacles
Finals	10	Women 30 & Over 100 Obstacles
Finals	11	Men Open 4x50 Obstacle Relay Relay
Finals	12	Women Open 4x50 Obstacle Relay Relay
Finals	13	Mixed Under 16 4x50 Obstacle Relay Relay
Finals	14	Mixed Under 19 4x50 Obstacle Relay Relay
Finals	15	Men Under 14 50 Manikin Tow
Finals	16	Women Under 14 50 Manikin Tow
Finals	17	Men Under 16 125 Line Throw
Finals	18	Women Under 16 125 Line Throw
Finals	19	Men Open 125 Line Throw
Finals	20	Women Open 125 Line Throw
Finals	21	Men 30 & Over 125 Line Throw
Finals	22	Women 30 & Over 125 Line Throw
Finals	23	Men Under 19 125 Line Throw
Finals	24	Women Under 19 125 Line Throw
Finals	25	Men Under 14 10 Line Throw
Finals	26	Women Under 14 10 Line Throw
Finals	27	Men Under 14 100 Manikin Carry
Finals	28	Women Under 14 100 Manikin Carry
Finals	29	Men Under 19 100 Manikin Tow
Finals	30	Women Under 19 100 Manikin Tow
Finals	31	Men Under 16 100 Manikin Tow
Finals	32	Women Under 16 100 Manikin Tow
Finals	33	Men Open 100 Manikin Tow
Finals	34	Women Open 100 Manikin Tow
Finals	35	Men 30 & Over 100 Manikin Tow
Finals	36	Women 30 & Over 100 Manikin Tow
Finals	37	Men Under 14 50 Manikin Carry
Finals	38	Women Under 14 50 Manikin Carry

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Session: 2 APLSC 2019 Day 2

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 120 Seconds / Back +45 Seconds

Finals	39	Men Open 100 Manikin Carry
Finals	40	Women Open 100 Manikin Carry
Finals	41	Men Under 19 100 Manikin Carry
Finals	42	Women Under 19 100 Manikin Carry
Finals	43	Men Under 16 100 Manikin Carry
Finals	44	Women Under 16 100 Manikin Carry
Finals	45	Men 30 & Over 100 Manikin Carry
Finals	46	Women 30 & Over 100 Manikin Carry
Finals	47	Men Open 4x25 Manikin Carry Relay Relay
Finals	48	Women Open 4x25 Manikin Carry Relay Relay
Finals	49	Mixed Under 19 4x25 Manikin Carry Relay Re
Finals	50	Mixed Under 16 4x25 Manikin Carry Relay Re
Finals	51	Men Open 100 Rescue Medley
Finals	52	Women Open 100 Rescue Medley
Finals	53	Men Under 16 100 CPR
Finals	54	Women Under 16 100 CPR
Finals	57	Men Open 100 CPR
Finals	58	Women Open 100 CPR
Finals	59	Mixed Under 19 4x25 SERC Relay
Finals	60	Mixed Under 16 4x25 SERC Relay
Finals	61	Mixed Open 4x25 SERC Relay

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Session: 3 APLSC 2019 Day 3

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 120 Seconds / Back +45 Seconds

Finals	62 Men Under 16 50 Manikin Carry
Finals	63 Women Under 16 50 Manikin Carry
Finals	64 Men Under 19 50 Manikin Carry
Finals	65 Women Under 19 50 Manikin Carry
Finals	66 Men Open 50 Manikin Carry
Finals	67 Women Open 50 Manikin Carry
Finals	68 Men 30 & Over 50 Manikin Carry
Finals	69 Women 30 & Over 50 Manikin Carry
Finals	70 Men Under 16 200 Superlifesaver
Finals	71 Women Under 16 200 Superlifesaver
Finals	72 Men Under 19 200 Superlifesaver
Finals	73 Women Under 19 200 Superlifesaver
Finals	74 Men Open 200 Superlifesaver
Finals	75 Women Open 200 Superlifesaver
Finals	76 Mixed Under 16 4x50 Medley Relay
Finals	77 Mixed Under 19 4x50 Medley Relay
Finals	78 Men Open 4x50 Medley Relay
Finals	79 Women Open 4x50 Medley Relay
Finals	80 Mixed Open 4x100 Fin Relay Relay