

Australian Pool Life Saving Championships 2016

GOLD COAST AQUATIC CENTRE
THURSDAY 14TH JANUARY – SATURDAY 16TH JANUARY 2016



Australian
POOL LIFESAIVING
Championships



APLSC 2016 Entry Form

A list of events for APLSC 2016 is listed below. Please fill in your personal details and nominate which events you wish to compete in. Please also include a current time for each event (if available) for event seeding.

ATHLETE INFORMATION:

First Name		Last Name	
Date of Birth		Gender	M / F
State			
Club / Branch			
Email			

Australian Pool Life Saving Championships 2016 Event List:

Please select events you wish to compete in by nominating current times for each event (if applicable). If not please select 'NT' for No Time. *Please note this event listing is subject to change.*

Event #	Event	Please nominate a current time to enter each event or select 'NT' for No Time
DAY 1		
55	Men Under 19 CPR	
56	Women Under 19 CPR	
1	Men Under 19 200 Obstacles	
2	Women Under 19 200 Obstacles	
3	Men Under 16 200 Obstacles	
4	Women Under 16 200 Obstacles	
5	Men Open 200 Obstacles	
6	Women Open 200 Obstacles	
7	Men Under 14 100 Obstacles	
8	Women Under 14 100 Obstacles	
9	Men 30 & Over 100 Obstacles	
10	Women 30 & Over 100 Obstacles	
11	Men Open 4x50 Obstacles Relay	
12	Women Open 4x50 Obstacles Relay	
13	Mixed Under 16 4x50 Obstacles Relay	
14	Mixed Under 19 4x50 Obstacles Relay	
15	Men Under 14 50 Manikin Tow	
16	Women Under 14 50 Manikin Tow	
17	Men Under 16 12.5 Line Throw	
18	Women Under 16 12.5 Line Throw	
19	Men Open 12.5 Line Throw	
20	Women Open 12.5 Line Throw	
21	Men 30 & Over 12.5 Line Throw	
22	Women 30 & Over 12.5 Line Throw	

23	Men Under 19 12.5 Line Throw	
24	Women Under 19 12.5 Line Throw	
25	Men Under 14 10 Line Throw	
26	Women Under 14 10 Line Throw	
27	Men Under 14 100 Manikin Carry	
28	Women Under 14 100 Manikin Carry	
29	Men Under 19 100 Manikin Tow	
30	Women Under 19 100 Manikin Tow	
31	Men Under 16 100 Manikin Tow	
32	Women Under 16 100 Manikin Tow	
33	Men Open 100 Manikin Tow	
34	Women Open 100 Manikin Tow	
35	Men 30 & Over 100 Manikin Tow	
36	Women 30 & Over 100 Manikin Tow	
37	Men Under 14 50 Manikin Carry	
38	Women Under 14 50 Manikin Carry	
DAY 2		
39	Men Open 100 Manikin Carry	
40	Women Open 100 Manikin Carry	
41	Men Under 19 100 Manikin Carry	
42	Women Under 19 100 Manikin Carry	
43	Men Under 16 100 Manikin Carry	
44	Women Under 16 100 Manikin Carry	
45	Men 30 & Over 100 Manikin Carry	
46	Women 30 & Over 100 Manikin Carry	
47	Men Open 4x25 Manikin Carry Relay	
48	Women Open 4x25 Manikin Carry Relay	
49	Mixed Under 19 4x25 Manikin Carry Relay	
50	Mixed Under 16 4x25 Manikin Carry Relay	
51	Men Open 100 Rescue Medley	
52	Women Open 100 Rescue Medley	
53	Men Under 16 CPR	
54	Women Under 16 CPR	
57	Men Open CPR	
58	Women Open CPR	
59	Mixed Under 19 SERC	
60	Mixed Under 16 SERC	
61	Mixed Open SERC	
DAY 3		
62	Men Under 16 50 Manikin Carry	
63	Women Under 16 50 Manikin Carry	
64	Men Under 19 50 Manikin Carry	
65	Women Under 19 50 Manikin Carry	
66	Men Open 50 Manikin Carry	
67	Women Open 50 Manikin Carry	
68	Men 30 & Over 50 Manikin Carry	
69	Women 30 & Over 50 Manikin Carry	
70	Men Under 16 200 Superlifesaver	
71	Women Under 16 200 Superlifesaver	
72	Men Under 19 200 Superlifesaver	
73	Women Under 19 200 Superlifesaver	
74	Men Open 200 Superlifesaver	
75	Women Open 200 Superlifesaver	
76	Mixed Under 16 4x50 Medley Relay	
77	Mixed Under 19 4x50 Medley Relay	
78	Men Open 4x50 Medley Relay	
79	Women Open 4x50 Medley Relay	
80	Mixed Open 8x50 Fin Relay	

Please email your completed form to bcuttriss@rlssa.org.au by **Friday 11 December 2015**
If you require any further information regarding the APLSC 2016 please contact Ben Cuttriss, Senior Project Officer - email: bcuttriss@rlssa.org.au or phone: (02) 8217 3111