

Australian Pool Life Saving Championships 2016

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



Australian
POOL LIFESAVING
Championships



SCHEDULE OF EVENTS

DAY 1	Warm up 8am for 9am start
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	Warm up 8am for 9am start
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	Warm up 8am for 9am start
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 Note: This schedule is to be used for reference only and is subject to change

FURTHER INFORMATION:

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