



**LIFESAVING WORLD CHAMPIONSHIPS ADELAIDE 2018**  
**INTERCLUB TEAMS OPEN & YOUTH: SERC**  
**VENUE: SOUTH AUSTRALIA AQUATIC & LEISURE CENTRE**  
**DATE: 26<sup>th</sup> November to 29<sup>th</sup> November**  
**COMPETITION PROGRAMME**

**SUNDAY: 25 NOVEMBER**

| BRIEFING    |  |
|-------------|--|
| 18h00–19h00 | Briefing: InterClub Team Managers Open and Youth: Pool and Ocean at Admin Marquee, Glenelg |

**MONDAY: 26 NOVEMBER**

| BRIEFING    |   |
|-------------|---|
| 16h30–17h30 | Briefing: InterClub Technical Officials Open and Youth: Pool at the South Australia Aquatic and Leisure Centre. <b>Note this will be held immediately after the SERC in the SAALC function room</b> |

|  |
|--|
| <b>OPEN &amp; YOUTH POOL COMPETITION: SERC</b> |
|--|

| OPEN & YOUTH POOL COMPETITION SERC |  |       |
|------------------------------------|--|-------|
| Time                               | Event  | Type  |
| 07h00                              | Safety Meeting   |       |
| 07h20                              | Briefing: InterClub Teams Youth and Open: SERC: Technical Officials at pool. |       |
| 08h30                              | Marshalling commences for Youth Teams & Lock Up Opens                        |       |
| 08h45                              | Lockup closes for Youth Teams  |       |
| 08h45                              | Preparation of pool  |       |
| 09h15                              | SERC heats for Youth Teams   | Final |
| 10h30                              | <b>Break</b>   |       |
| 10h45                              | <b>Victory Ceremony SERC Youth Teams</b>                                     |       |
| 11h00                              | Marshalling commences for Open Teams & Lock Up Opens                         |       |
| 11h30                              | Lockup closes for open teams   |       |
| 11h30                              | Preparation of pool  |       |
| 12h00                              | SERC for Open Teams  | Heats |
| 13h30                              | <b>Break</b>   |       |
| 14h00                              | Marshalling commences for Open Teams & Lock Up Opens                         |       |
| 14h15                              | Lockup closes for Open Teams   |       |
| 14h15                              | Preparation of pool  |       |
| 14h45                              | SERC Final for Open Teams  | Final |
| 15h45                              | <b>Break</b>   |       |
| 16h00                              | <b>Victory Ceremony SERC Open Teams</b>                                      |       |



**LIFESAVING WORLD CHAMPIONSHIPS ADELAIDE 2018**  
**INTERCLUB TEAMS OPEN: POOL**  
**VENUE: SOUTH AUSTRALIA AQUATIC & LEISURE CENTRE**  
**DATE: 27<sup>th</sup> November to 29<sup>th</sup> November**  
**COMPETITION PROGRAMME**

**MONDAY: 26 NOVEMBER**

**BRIEFING**

|               |  |
|---------------|--|
| 16h30 – 17h30 | Briefing: InterClub Technical Officials Open and Youth: Pool at the South Australia Aquatic and Leisure Centre.<br><b>Note this will be held immediately after the SERC in the SAALC function room</b> |
|---------------|--|

**TUESDAY: 27 NOVEMBER**

**OPEN POOL COMPETITION: HEATS: DAY 1**

| Time  | Gender | Event  | Type  |
|-------|--------|--|-------|
| 07h00 |        | Warm-up  |       |
| 07h15 |        | Safety Meeting                                   |       |
| 07h30 |        | Preparation of Pool                              |       |
| 07h30 |        | Team Managers Briefing by Chief Referee at pool. |       |
| 07h45 |        | Marshalling commences                            |       |
| 08h00 | Female | 200m Obstacle Swim                               | Heats |
| 09h30 | Male   | 200m Obstacle Swim                               | Heats |
| 11h20 |        | Preparation of Pool                              |       |
| 11h30 | Female | Line Throw                                       | Heats |
| 12h15 | Male   | Line Throw                                       | Heats |
| 13h00 |        | Preparation of Pool                              |       |
| 13h30 | Female | 4x50m Obstacle Relay                             | Heats |
| 14h30 | Male   | 4x50m Obstacle Relay                             | Heats |

**OPEN POOL COMPETITION: FINALS: DAY 1**

| Time  | Gender      | Event                 | Type        |
|-------|-------------|-----------------------|-------------|
| 16h00 |             | Pool set up           |             |
| 16h30 |             | Marshalling commences |             |
| 16h45 | Female/Male | 200m Obstacle Swim    | B-A Finals  |
| 17h05 |             | Preparation of Pool   |             |
| 17h10 | Female/Male | Line Throw            | B- A Finals |
| 17h40 |             | Preparation of Pool   |             |
| 17h45 | Female/Male | 4x50m Obstacle Relay  | B- A Finals |

| <b>OPEN VICTORY CEREMONY: DAY 1</b> |  |               |
|-------------------------------------|--|---------------|
| <b>Time</b>                         | <b>Event</b>                                 | <b>Gender</b> |
| 18h00                               | <b>Victory Ceremony 200m Obstacle Swim</b>   | Male/Female   |
| 18h10                               | <b>Victory Ceremony Line Throw</b>           | Male/Female   |
| 18h20                               | <b>Victory Ceremony 4x50m Obstacle Relay</b> | Male/Female   |
| 18h30                               | End of day's proceedings                     |               |

### **WEDNESDAY: 28 NOVEMBER**

#### **OPEN POOL COMPETITION: HEATS: DAY 2**

| <b>Time</b> | <b>Gender</b>                                    | <b>Event</b>                     | <b>Type</b> |
|-------------|--|----------------------------------|-------------|
| 07h00       | Warm-up  |                                  |             |
| 07h15       | Safety Meeting                                   |                                  |             |
| 07h30       | Team Managers Briefing by Chief Referee at pool. |                                  |             |
| 07h45       | Pool set up / Marshalling commences              |                                  |             |
| 08h00       | Female   | 50m Manikin Carry                | Heats       |
| 09h00       | Male   | 50m Manikin Carry                | Heats       |
| 10h20       | Female   | 100m Manikin Tow with Fins       | Heats       |
| 11h30       | Male   | 100m Manikin Tow with Fins       | Heats       |
| 13h00       | Female   | 100m Rescue Medley               | Heats       |
| 13h40       | Male   | 100m Rescue Medley               | Heats       |
| 14h40       | Female   | 4x25m Manikin Relay              | Heats       |
| 15h00       | Male   | 4x25m Manikin Relay              | Heats       |
| 15h45       | Mixed  | 4x50m Mixed Pool Lifesaver Relay | Heats       |

#### **OPEN POOL COMPETITION: FINALS: DAY 2**

| <b>Time</b> | <b>Gender</b>         | <b>Event</b>                     | <b>Type</b> |
|-------------|-----------------------|----------------------------------|-------------|
| 16h30       | Warm-up               |                                  |             |
| 16h45       | Preparation of Pool   |                                  |             |
| 16h45       | Marshalling commences |                                  |             |
| 17h00       | Female/Male           | 50m Manikin Carry                | B-A Finals  |
| 17h25       | Preparation of Pool   |                                  |             |
| 17h30       | Female/Male           | 100m Manikin Tow with Fins       | B-A Finals  |
| 17h55       | Preparation of Pool   |                                  |             |
| 18h00       | Female/Male           | 100m Rescue Medley               | B-A Finals  |
| 18h25       | Preparation of Pool   |                                  |             |
| 18h30       | Female/Male           | 4x25m Manikin Relay              | B-A Finals  |
| 18h50       | Preparation of Pool   |                                  |             |
| 19h10       | Mixed                 | 4x50m Mixed Pool Lifesaver Relay | B-A Finals  |

#### **OPEN VICTORY CEREMONY: DAY 2**

| <b>Time</b> | <b>Event</b>                                       | <b>Gender</b> |
|-------------|--|---------------|
| 19h30       | <b>Victory Ceremony 50m Manikin Carry</b>          | Female/Male   |
| 19h35       | <b>Victory Ceremony 100m Manikin Tow with Fins</b> | Female/Male   |
| 19h40       | <b>Victory Ceremony 100m Rescue Medley</b>         | Female/Male   |
| 19h45       | <b>Victory Ceremony 4x25m Manikin Carry Relay</b>  | Female/Male   |
| 19h55       | <b>4x50m Mixed Pool Lifesaver Relay</b>            | Mixed         |

| OPEN VICTORY CEREMONY: DAY 2 |                          |        |
|------------------------------|--------------------------|--------|
| Time                         | Event                    | Gender |
| 20h00                        | End of day's proceedings |        |

### THURSDAY: 29 NOVEMBER

#### OPEN POOL COMPETITION: HEATS: DAY 3

| Time  | Gender | Event  | Type  |
|-------|--------|--|-------|
| 07h00 |        | Warm-up  |       |
| 07h15 |        | Safety Meeting                                   |       |
| 07h30 |        | Team Managers Briefing by Chief Referee at pool. |       |
| 07h45 |        | Pool set up / Marshalling commences              |       |
| 08h00 | Female | 100m Manikin Carry with Fins                     | Heats |
| 09h20 | Male   | 100m Manikin Carry with Fins                     | Heats |
| 11h50 |        | Preparation of Pool                              |       |
| 12h00 | Female | 200m Super Lifesaver                             | Heats |
| 13h20 | Male   | 200m Super Lifesaver                             | Heats |
| 14h50 |        | Preparation of Pool                              |       |
| 15h00 | Female | 4x50m Medley Relay                               | Heats |
| 15h30 | Male   | 4x50m Medley Relay                               | Heats |

#### OPEN POOL COMPETITION: FINALS: DAY 3

| Time  | Gender      | Event                               | Type       |
|-------|-------------|-------------------------------------|------------|
| 16h00 |             | Warm-up                             |            |
| 16h45 |             | Pool set up / Marshalling commences |            |
| 17h00 | Female/Male | 100m Manikin Carry with Fins        | B-A Finals |
| 17h25 |             | Preparation of Pool                 |            |
| 17h30 | Female/Male | 200m Super Lifesaver                | B-A Finals |
| 17h55 |             | Preparation of Pool                 |            |
| 18h00 | Female/Male | 4x50m Medley Relay                  | B-A Finals |

#### OPEN VICTORY CEREMONY: DAY 3

| Time  | Event  | Gender      |
|-------|--|-------------|
| 18h30 | <b>Victory Ceremony 100m Manikin Carry with Fins</b> | Female/Male |
| 18h40 | <b>Victory Ceremony 200m Super Lifesaver</b>         | Female/Male |
| 18h50 | <b>Victory Ceremony 4x50m Medley Relay</b>           | Female/Male |
| 19h00 | <b>Victory Ceremony Grand Aggregate Pool Events</b>  |             |
| 19h10 | End of day's proceedings                             |             |

#### Notes:

1. Other than the initial marshalling and start times for each session all other listed times are indicative and for event planning purposes only. Individuals and Teams must be available at the commencement of each session for marshalling and competition of an event listed for conduct within that session.
2. This programme and subject to change.



**LIFESAVING WORLD CHAMPIONSHIPS ADELAIDE 2018**  
**INTERCLUB TEAMS YOUTH: POOL**  
**VENUE: SOUTH AUSTRALIA AQUATIC & LEISURE CENTRE**  
**DATE: 30<sup>th</sup> November, 1<sup>st</sup> and 2<sup>nd</sup> December**  
**COMPETITION PROGRAMME**

**SUNDAY: 25 NOVEMBER**

| BRIEFING      |  |
|---------------|--|
| 18h00 – 19h00 | Briefing: InterClub Team Managers Open and Youth: Pool and Ocean at Admin Marquee, Glenelg |

**MONDAY: 26 NOVEMBER**

| BRIEFING      |  |
|---------------|--|
| 16h30 – 17h30 | Briefing: InterClub Technical Officials Open and Youth: Pool at the South Australia Aquatic and Leisure Centre.<br><b>Note this will be held immediately after the SERC in the SAALC function room</b> |

**FRIDAY: 30 NOVEMBER**

**YOUTH POOL COMPETITION: HEATS: DAY 1**

| Time  | Gender | Event  | Type  |
|-------|--------|--|-------|
| 07h00 |        | Warm-up  |       |
| 07h15 |        | Safety Meeting                                   |       |
| 07h30 |        | Preparation of Pool                              |       |
| 07h30 |        | Team Managers Briefing by Chief Referee at pool. |       |
| 07h45 |        | Marshalling commences                            |       |
| 08h00 | Female | 200m Obstacle Swim                               | Heats |
| 09h00 | Male   | 200m Obstacle Swim                               | Heats |
| 10h00 |        | Preparation of Pool                              |       |
| 10h15 | Female | Line Throw                                       | Heats |
| 10h45 | Male   | Line Throw                                       | Heats |
| 11h15 |        | Preparation of Pool                              |       |
| 12h00 | Female | 4x50m Obstacle Relay                             | Heats |
| 12h30 | Male   | 4x50m Obstacle Relay                             | Heats |

**YOUTH POOL COMPETITION: FINALS: DAY 1**

| Time  | Gender      | Event                 | Type       |
|-------|-------------|-----------------------|------------|
| 14h00 |             | Pool set up           |            |
| 14h30 |             | Marshalling commences |            |
| 14h45 | Female/Male | 200m Obstacle Swim    | B-A Finals |
| 15h05 |             | Preparation of Pool   |            |

|       |                     |                      |             |
|-------|---------------------|----------------------|-------------|
| 15h10 | Female/Male         | Line Throw           | B- A Finals |
| 15h40 | Preparation of Pool |                      |             |
| 1545  | Female/Male         | 4x50m Obstacle Relay | B- A Finals |

### YOUTH VICTORY CEREMONY: DAY 1

| Time  | Event                                 | Gender      |
|-------|---------------------------------------|-------------|
| 16h00 | Victory Ceremony 200m Obstacle Swim   | Male/Female |
| 16h10 | Victory Ceremony Line Throw           | Male/Female |
| 16h20 | Victory Ceremony 4x50m Obstacle Relay | Male/Female |
| 16h30 | End of day's proceedings              |             |

## SATURDAY: 1 DECEMBER

### YOUTH POOL COMPETITION: HEATS: DAY 2

| Time  | Gender   | Event                            | Type  |
|-------|--|----------------------------------|-------|
| 07h00 | Warm-up  |                                  |       |
| 07h15 | Safety Meeting                                   |                                  |       |
| 07h30 | Team Managers Briefing by Chief Referee at pool. |                                  |       |
| 07h45 | Pool set up / Marshalling commences              |                                  |       |
| 08h00 | Female   | 50m Manikin Carry                | Heats |
| 09h00 | Male   | 50m Manikin Carry                | Heats |
| 10h00 | Female   | 100m Manikin Tow with Fins       | Heats |
| 11h00 | Male   | 100m Manikin Tow with Fins       | Heats |
| 12h00 | Female   | 100m Rescue Medley               | Heats |
| 13h00 | Male   | 100m Rescue Medley               | Heats |
| 14h00 | Female   | 4x25m Manikin Relay              | Heats |
| 14h30 | Male   | 4x25m Manikin Relay              | Heats |
| 15h00 | Mixed  | 4x50m Mixed Pool Lifesaver Relay | Heats |

### YOUTH POOL COMPETITION: FINALS: DAY 2

| Time  | Gender                | Event                            | Type       |
|-------|-----------------------|----------------------------------|------------|
| 15h30 | Warm-up               |                                  |            |
| 15h45 | Preparation of Pool   |                                  |            |
| 15h45 | Marshalling commences |                                  |            |
| 16h00 | Female/Male           | 50m Manikin Carry                | B-A Finals |
| 16h25 | Preparation of Pool   |                                  |            |
| 16h30 | Female/Male           | 100m Manikin Tow with Fins       | B-A Finals |
| 16h55 | Preparation of Pool   |                                  |            |
| 17h00 | Female/Male           | 100m Rescue Medley               | B-A Finals |
| 17h25 | Preparation of Pool   |                                  |            |
| 17h30 | Female/Male           | 4x25m Manikin Relay              | B-A Finals |
| 17h50 | Preparation of Pool   |                                  |            |
| 18h00 | Mixed                 | 4x50m Mixed Pool Lifesaver Relay | B-A Finals |

### YOUTH VICTORY CEREMONY: DAY 2

| Time  | Event                              | Gender      |
|-------|------------------------------------|-------------|
| 18h30 | Victory Ceremony 50m Manikin Carry | Female/Male |

| <b>YOUTH VICTORY CEREMONY: DAY 2</b> |  |               |
|--------------------------------------|--|---------------|
| <b>Time</b>                          | <b>Event</b>                                       | <b>Gender</b> |
| 18h35                                | <b>Victory Ceremony 100m Manikin Tow with Fins</b> | Female/Male   |
| 18h40                                | <b>Victory Ceremony 100m Rescue Medley</b>         | Female/Male   |
| 18h45                                | <b>Victory Ceremony 4x25m Manikin Carry Relay</b>  | Female/Male   |
| 18h55                                | <b>4x50m Mixed Pool Lifesaver Relay</b>            | Mixed         |
| 19h00                                | End of day's proceedings                           |               |

## **SUNDAY: 2 DECEMBER**

### **YOUTH POOL COMPETITION: HEATS: DAY 3**

| <b>Time</b> | <b>Gender</b>                                    | <b>Event</b>                 | <b>Type</b> |
|-------------|--|------------------------------|-------------|
| 07h00       | Warm-up  |                              |             |
| 07h15       | Safety Meeting                                   |                              |             |
| 07h30       | Team Managers Briefing by Chief Referee at pool. |                              |             |
| 07h45       | Pool set up / Marshalling commences              |                              |             |
| 08h00       | Female   | 100m Manikin Carry with Fins | Heats       |
| 09h00       | Male   | 100m Manikin Carry with Fins | Heats       |
| 10h00       | Preparation of Pool                              |                              |             |
| 10h15       | Female   | 200m Super Lifesaver         | Heats       |
| 11h20       | Male   | 200m Super Lifesaver         | Heats       |
| 12h20       | Preparation of Pool                              |                              |             |
| 12h30       | Female   | 4x50m Medley Relay           | Heats       |
| 13h00       | Male   | 4x50m Medley Relay           | Heats       |

### **YOUTH POOL COMPETITION: FINALS: DAY 3**

| <b>Time</b> | <b>Gender</b>                       | <b>Event</b>                 | <b>Type</b> |
|-------------|-------------------------------------|------------------------------|-------------|
| 14h00       | Warm-up                             |                              |             |
| 14h45       | Pool set up / Marshalling commences |                              |             |
| 15h00       | Female/Male                         | 100m Manikin Carry with Fins | B-A Finals  |
| 15h25       | Preparation of Pool                 |                              |             |
| 15h30       | Female/Male                         | 200m Super Lifesaver         | B-A Finals  |
| 15h55       | Preparation of Pool                 |                              |             |
| 16h00       | Female/Male                         | 4x50m Medley Relay           | B-A Finals  |

### **YOUTH VICTORY CEREMONY: DAY 3**

| <b>Time</b> | <b>Event</b>   | <b>Gender</b> |
|-------------|--|---------------|
| 16h30       | <b>Victory Ceremony 100m Manikin Carry with Fins</b> | Female/Male   |
| 16h40       | <b>Victory Ceremony 200m Super Lifesaver</b>         | Female/Male   |
| 16h50       | <b>Victory Ceremony 4x50m Medley Relay</b>           | Female/Male   |
| 17h00       | <b>Victory Ceremony Grand Aggregate Pool Events</b>  |               |
| 17h10       | End of day's proceedings                             |               |

#### **Notes:**

1. *Other than the initial marshalling and start times for each session all other listed times are indicative and for event planning purposes only. Individuals and Teams must be available at the commencement of each session for marshalling and competition of an event listed for conduct within that session.*
2. *This programme and subject to change.*