



LIFESAVING WORLD CHAMPIONSHIPS RESCUE 2012

NATIONAL TEAMS AND NATIONAL YOUTH TEAMS

COMPETITION PROGRAMME

MONDAY 5 NOVEMBER 2012

TRAINING	
08:00 - 20:00	Training in the training pool Training in the ocean

TUESDAY 6 NOVEMBER 2012

TRAINING	
08:00 - 20:00	Training in the training and competition swimming pools. Training in the ocean

WEDNESDAY 7 NOVEMBER 2012

TRAINING AND BRIEFING	
08:00 – 11:30	Training in the training and competition swimming pools. Training in the ocean
09:00 - 10:30	Briefing National Teams and SERC at “The Pier”, Glenelg.
09:00 - 10:30	Briefing National Youth Teams and SERC at “The Pier”, Glenelg
18:00	Rescue 2012 Opening Ceremony, Mosley Square

POOL COMPETITIONS: DAY 1: SESSION 1: MARION STATE AQUATIC CENTRE

Lock up commence at 12h00

Time	Age	Gender	Event	Type
13.00	Open	Open	SERC	Heats
	16-19 Years	Open	SERC	Final
	Open	Open	SERC	Final

THURSDAY 8 NOVEMBER 2012

POOL COMPETITIONS: DAY 2: SESSION 2: MARION STATE AQUATIC CENTRE

Marshaling will commence at 07h30

Time	Age	Gender	Event	Type
06:00			Warm-up	
07:30			Pool set up	
08:00	16-19 Years	Female	200m Obstacles Swim	Heats
	16-19 Years	Male	200m Obstacles Swim	Heats
	Open	Female	200m Obstacles Swim	Heats
	Open	Male	200m Obstacles Swim	Heats
	16-19 Years	Female	4x50m Obstacle Relay	Heats
	16-19 Years	Male	4x50m Obstacle Relay	Heats
	Open	Female	4x50m Obstacle Relay	Heats
	Open	Male	4x50m Obstacle Relay	Heats
	16-19 Years	Female	100m Manikin Tow with Fins	Heats
	16-19 Years	Male	100m Manikin Tow with Fins	Heats
	Open	Female	100m Manikin Tow with Fins	Heats
	Open	Male	100m Manikin Tow with Fins	Heats
	16-19 Years	Female	100m Rescue Medley	Heats
	16-19 Years	Male	100m Rescue Medley	Heats
	Open	Female	100m Rescue Medley	Heats
	Open	Male	100m Rescue Medley	Heats
	16-19 Years	Female	4x25m Manikin Relay	Heats
	16-19 Years	Male	4x25m Manikin Relay	Heats
	Open	Female	4x25m Manikin Relay	Heats
	Open	Male	4x25m Manikin Relay	Heats

POOL COMPETITIONS: DAY 2: SESSION 3: MARION STATE AQUATIC CENTRE

Marshaling will commence at 14h00

Time	Age	Gender	Event	Type
14:30	16-19 Years	Female	200m Obstacles Swim	B & A Finals
	16-19 Years	Male	200m Obstacles Swim	B & A Finals
	Open	Female	200m Obstacles Swim	B & A Finals
	Open	Male	200m Obstacles Swim	B & A Finals
	16-19 Years	Female	4x50m Obstacle Relay	B & A Finals
	16-19 Years	Male	4x50m Obstacle Relay	B & A Finals
	Open	Female	4x50m Obstacle Relay	B & A Finals
	Open	Male	4x50m Obstacle Relay	B & A Finals
SERC Events Victory Ceremonies				
	16-19 Years	Female	100m Manikin Tow with Fins	B & A Finals
	16-19 Years	Male	100m Manikin Tow with Fins	B & A Finals
	Open	Female	100m Manikin Tow with Fins	B & A Finals
	Open	Male	100m Manikin Tow with Fins	B & A Finals
200m Obstacle Swim and 4x50m Obstacle Relay Events Victory Ceremonies				

	16-19 Years	Female	100m Rescue Medley	B & A Finals
	16-19 Years	Male	100m Rescue Medley	B & A Finals
	Open	Female	100m Rescue Medley	B & A Finals
	Open	Male	100m Rescue Medley	B & A Finals
100m Manikin Tow with Fins Events Victory Ceremonies				
	16-19 Years	Female	4x25m Manikin Relay	B & A Finals
	16-19 Years	Male	4x25m Manikin Relay	B & A Finals
	Open	Female	4x25m Manikin Relay	B & A Finals
	Open	Male	4x25m Manikin Relay	B & A Finals
100m Rescue Medley Events Victory Ceremonies				
4x25m Manikin Relay Victory Ceremonies				

FRIDAY 9 NOVEMBER 2012

POOL COMPETITIONS: DAY 3: SESSION 4: MARION STATE AQUATIC CENTRE

Marshaling will commence at 07h30

Time	Age	Gender	Event	Type
06:00			Warm-up	
07:30			Pool set up	
08:00	16-19 Years	Female	100m Manikin Carry With Fins	Heats
	16-19 Years	Male	100m Manikin Carry With Fins	Heats
	Open	Female	100m Manikin Carry With Fins	Heats
	Open	Male	100m Manikin Carry With Fins	Heats
	16-19 Years	Female	50m Manikin Carry	Heats
	16-19 Years	Male	50m Manikin Carry	Heats
	Open	Female	50m Manikin Carry	Heats
	Open	Male	50m Manikin Carry	Heats
	16-19 Years	Female	Line Throw	Heats
	16-19 Years	Male	Line Throw	Heats
	Open	Female	Line Throw	Heats
	Open	Male	Line Throw	Heats
	16-19 Years	Female	200m Super Lifesaver	Heats
	16-19 Years	Male	200m Super Lifesaver	Heats
	Open	Female	200m Super Lifesaver	Heats
	Open	Male	200m Super Lifesaver	Heats
	16-19 Years	Female	4x50m Medley Relay	Heats
	16-19 Years	Male	4x50m Medley Relay	Heats
	Open	Female	4x50m Medley Relay	Heats
	Open	Male	4x50m Medley Relay	Heats

POOL COMPETITIONS: DAY 3: SESSION 5: MARION STATE AQUATIC CENTRE

Marshaling will commence at 14h30

Time	Age	Gender	Event	Type
15:00	16-19 Years	Female	100m Manikin Carry With Fins	B & A Finals
	16-19 Years	Male	100m Manikin Carry With Fins	B & A Finals
	Open	Female	100m Manikin Carry With Fins	B & A Finals
	Open	Male	100m Manikin Carry With Fins	B & A Finals

100m Manikin Carry With Fins Events Victory Ceremonies				
	16-19 Years	Female	50m Manikin Carry	B & A Finals
	16-19 Years	Male	50m Manikin Carry	B & A Finals
	Open	Female	50m Manikin Carry	B & A Finals
	Open	Male	50m Manikin Carry	B & A Finals
50m Manikin Carry Events Victory Ceremonies				
	16-19 Years	Female	Line Throw	B & A Finals
	16-19 Years	Male	Line Throw	B & A Finals
	Open	Female	Line Throw	B & A Finals
	Open	Male	Line Throw	B & A Finals
Line Throw Events Victory Ceremonies				
	16-19 Years	Female	200m Super Lifesaver	B & A Finals
	16-19 Years	Male	200m Super Lifesaver	B & A Finals
	Open	Female	200m Super Lifesaver	B & A Finals
	Open	Male	200m Super Lifesaver	B & A Finals
200m Super Lifesaver Events Victory Ceremonies				
	16-19 Years	Female	4x50m Medley Relay	B & A Finals
	16-19 Years	Male	4x50m Medley Relay	B & A Finals
	Open	Female	4x50m Medley Relay	B & A Finals
	Open	Male	4x50m Medley Relay	B & A Finals
4x50m Medley Relay Events Victory Ceremonies				

SATURDAY 10 NOVEMBER 2012

BEACH AND OCEAN COMPETITIONS: DAY 1: GLENELG BEACH

Marshaling will commence at 08h30

Males in Water and Beach Arenas' 1 and Females in Water and Beach Arenas' 2

MALE COMPETITION: ARENA 1				
TIME	AGE	GENDER	EVENT	TYPE
09:00	16-19 Years	Male	Surf Ski Race	Heats
09:10	Open	Male	Surf Ski Race	Heats
09:20	16-19 Years	Male	Board Rescue	Heats
09:40	Open	Male	Board Rescue	Heats
09:50	16-19 Years	Male	Beach Sprint	Heats
10:05	Open	Male	Beach Sprint	Heats
10:20	16-19 Years	Male	Surf Ski Race	Semi Finals
10:30	Open	Male	Surf Ski Race	Semi Finals
10:40	16-19 Years	Male	Board Rescue	Semi Finals
10:50	Open	Male	Board Rescue	Semi Finals
11:00	16-19 Years	Male	Beach Sprint	Semi Finals
11:10	Open	Male	Beach Sprint	Semi Finals
11:20	16-19 Years	Male	Rescue Tube Rescue	Heats
11:50	Open	Male	Rescue Tube Rescue	Heats
12:00	16-19 Years	Male	Beach Relay	Heats
12:10	Open	Male	Beach Relay	Heats
12:20	16-19 Years	Male	Rescue Tube Rescue	Semi Finals
12:30	Open	Male	Rescue Tube Rescue	Semi Finals

12:40	16-19 Years	Male	Beach Relay	Semi Finals
12:50	Open	Male	Beach Relay	Semi Finals
FEMALE COMPETITION: AREANA 2				
TIME	AGE	GENDER	EVENT	TYPE
09:00	16-19 Years	Female	Board Race	Heats
09:10	Open	Female	Board Race	Heats
09:20	16-19 Years	Female	Board Rescue	Heats
09:40	Open	Female	Board Rescue	Heats
09:50	16-19 Years	Female	Beach Sprint	Heats
10:05	Open	Female	Beach Sprint	Heats
10:20	16-19 Years	Female	Board Race	Semi Finals
10:30	Open	Female	Board Race	Semi Finals
10:40	16-19 Years	Female	Board Rescue	Semi Finals
10:50	Open	Female	Board Rescue	Semi Finals
11:00	16-19 Years	Female	Beach Sprint	Semi Finals
11:10	Open	Female	Beach Sprint	Semi Finals
11:20	16-19 Years	Female	Rescue Tube Rescue	Heats
11:50	Open	Female	Rescue Tube Rescue	Heats
12:00	16-19 Years	Female	Beach Relay	Heats
12:10	Open	Female	Beach Relay	Heats
12:20	16-19 Years	Female	Rescue Tube Rescue	Semi Finals
12:30	Open	Female	Rescue Tube Rescue	Semi Finals
12:40	16-19 Years	Female	Beach Relay	Semi Finals
12:50	Open	Female	Beach Relay	Semi Finals
MALE AND FEMALE FINALS				
TIME	AGE	GENDER	EVENT	TYPE
14:00	16-19 Years	Female	Board Race	Final
14:10	Open	Female	Board Race	Final
14:20	16-19 Years	Male	Surf Ski Race	Final
14:30	Open	Male	Surf Ski Race	Final
14:40	16-19 Years	Female	Board Rescue	Final
14:50	16-19 Years	Male	Board Rescue	Final
15:00	Open	Female	Board Rescue	Final
15:10	Open	Male	Board Rescue	Final
15:20	16-19 Years	Female	Beach Sprint	Final
15:25	16-19 Years	Male	Beach Sprint	Final
15:30	Open	Female	Beach Sprint	Final
15:35	Open	Male	Beach Sprint	Final
PRESENTATIONS				
TIME	AGE	GENDER	EVENT	
15:40	16-19 Years	Female	Victory Ceremony Board Race	
15:45	Open	Female	Victory Ceremony Board Race	
15:50	16-19 Years	Male	Victory Ceremony Surf Ski Race	
15:55	Open	Male	Victory Ceremony Surf Ski Race	
16:00	16-19 Years	Female	Victory Ceremony Board Rescue	
16:05	16-19 Years	Male	Victory Ceremony Board Rescue	
16:10	Open	Female	Victory Ceremony Board Rescue	
16:15	Open	Male	Victory Ceremony Board Rescue	
16:20	16-19 Years	Female	Victory Ceremony Beach Sprint	
16:25	16-19 Years	Male	Victory Ceremony Beach Sprint	

16:30	Open	Female	Victory Ceremony Beach Sprint
16:35	Open	Male	Victory Ceremony Beach Sprint
16:40	16-19 Years	Female	Victory Ceremony Rescue Tube Rescue
16:45	16-19 Years	Male	Victory Ceremony Rescue Tube Rescue
16:50	Open	Female	Victory Ceremony Rescue Tube Rescue
16:55	Open	Male	Victory Ceremony Rescue Tube Rescue
17:00	16-19 Years	Female	Victory Ceremony Beach Relay
17:05	16-19 Years	Male	Victory Ceremony Beach Relay
17:10	Open	Female	Victory Ceremony Beach Relay
17:15	Open	Male	Victory Ceremony Beach Relay
END OF COMPETITION DAY 1			

SUNDAY 11 OCTOBER 2012

BEACH AND OCEAN COMPETITIONS: DAY 2: GLENELG BEACH

Marshaling will commence at 08h30

Please note that at 10h55 the Championships will halt to observe 1 minute silence at 11h00 in honour of Remembrance Day.

Male in Ocean Arena 1 and Beach Flag Arena 1
Female in Ocean Arena 2 and Beach Flag Arena 2

MALE COMPETITION				
TIME	AGE	GENDER	EVENT	TYPE
09:00	16-19 Years	Male	Board Race	Heats
09:10	Open	Male	Board Race	Heats
09:20	16-19 Years	Male	Surf Race	Heats
09:30	Open	Male	Surf Race	Heats
09:40	16-19 Years	Male	Beach flags	Heats
09:55	Open	Male	Beach Flags	Heats
10:10	16-19 Years	Male	Board Race	Semi Finals
10:20	Open	Male	Board Race	Semi Finals
10:30	16-19 Years	Male	Surf Race	Semi Finals
10:40	Open	Male	Surf Race	Semi Finals
10:50	16-19 Years	Male	Oceanman	Heats
11:05	Open	Male	Oceanman	Heats
11:20	16-19 Years	Male	Oceanman Relay	Heats
11:35	Open	Male	Oceanman Relay	Heats
11:50	16-19 Years	Male	Beach flags	Semi Finals
12:05	Open	Male	Beach Flags	Semi Finals
12:20	16-19 Years	Male	Oceanman	Semi Finals
12:35	Open	Male	Oceanman	Semi Finals
12:50	16-19 Years	Male	Oceanman Relay	Semi Finals
13:05	Open	Male	Oceanman Relay	Semi Finals
FEMALE COMPETITION				
TIME	AGE	GENDER	EVENT	TYPE
09:00	16-19 Years	Female	Surf Ski Race	Heats
09:10	Open	Female	Surf Ski Race	Heats
09:20	16-19 Years	Female	Surf Race	Heats
09:30	Open	Female	Surf Race	Heats

09:40	16-19 Years	Female	Beach Flags	Heats
09:55	Open	Female	Beach Flags	Heats
10:10	16-19 Years	Female	Surf Ski Race	Semi Finals
10:20	Open	Female	Surf Ski Race	Semi Finals
10:30	16-19 Years	Female	Surf Race	Semi Finals
10:40	Open	Female	Surf Race	Semi Finals
10:50	16-19 Years	Female	Oceanwoman	Heats
11:05	Open	Female	Oceanwoman	Heats
11:20	16-19 Years	Female	Oceanwoman Relay	Heats
11:35	Open	Female	Oceanwoman Relay	Heats
11:50	16-19 Years	Female	Beach Flags	Semi Finals
11:05	Open	Female	Beach Flags	Semi Finals
12:20	16-19 Years	Female	Oceanwoman	Semi Finals
12:35	Open	Female	Oceanwoman	Semi Finals
12:50	16-19 Years	Female	Oceanwoman Relay	Semi Finals
13:05	Open	Female	Oceanwoman Relay	Semi Finals
MALE AND FEMALE FINALS				
TIME	AGE	GENDER	EVENT	TYPE
14:00	16-19 Years	Female	Surf Ski Race	Final
14:10	Open	Female	Surf Ski Race	Final
14:20	16-19 Years	Male	Board Race	Final
14:30	Open	Male	Board Race	Final
14:40	16-19 Years	Female	Surf Race	Final
14:50	16-19 Years	Male	Surf Race	Final
15:00	Open	Female	Surf Race	Final
15:10	Open	Male	Surf Race	Final
15:20	16-19 Years	Female	Beach Flags	Final
15:35	16-19 Years	Male	Beach Flags	Final
15:50	Open	Female	Beach Flags	Final
16:05	Open	Male	Beach Flags	Final
16:20	16-19 Years	Female	Oceanwoman	Final
16:35	16-19 Years	Male	Oceanman	Final
16:50	Open	Female	Oceanwoman	Final
17:05	Open	Male	Oceanman	Final
17:20	16-19 Years	Female	Oceanwoman Relay	Final
17:35	16-19 Years	Male	Oceanman Relay	Final
17:50	Open	Female	Oceanwoman Relay	Final
18:05	Open	Male	Oceanman Relay	Final
PRESENTATIONS				
TIME	AGE	GENDER	EVENT	
18:20	16-19 Years	Female	Victory Ceremony Surf Ski Race	
18:25	Open	Female	Victory Ceremony Surf Ski Race	
18:30	16-19 Years	Male	Victory Ceremony Board Race	
18:35	Open	Male	Victory Ceremony Board Race	
18:40	16-19 Years	Female	Victory Ceremony Surf Race	
18:45	16-19 Years	Male	Victory Ceremony Surf Race	
18:50	Open	Female	Victory Ceremony Surf Race	
18:55	Open	Male	Victory Ceremony Surf Race	
19:00	16-19 Years	Female	Victory Ceremony Beach Flags	
19:05	16-19 Years	Male	Victory Ceremony Beach Flags	

19:10	Open	Female	Victory Ceremony Beach Flags
19:15	Open	Male	Victory Ceremony Beach Flags
19:20	16-19 Years	Female	Victory Ceremony Oceanwoman
19:25	16-19 Years	Male	Victory Ceremony Oceanwoman
19:30	Open	Female	Victory Ceremony Oceanman
19:35	Open	Male	Victory Ceremony Oceanman
19:40	16-19 Years	Female	Victory Ceremony Oceanwoman Relay
19:45	16-19 Years	Male	Victory Ceremony Oceanman Relay
19:50	Open	Female	Victory Ceremony Oceanwoman Relay
19:55	Open	Male	Victory Ceremony Oceanman Relay
20:00	END OF OCEAN COMPETITION DAY 2		
TBC	NATIONAL TEAMS CLOSING PARTY: STAMFORD GRAND HOTEL		

- Note:**
1. *Other than the initial marshaling 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 marshaling and competition of an event listed for conduct within that session.*
 2. *This is a draft programme and subject to change. The programme will be finalized once entries for Rescue 2012 have closed.*