

## 2019 NSW Pool Rescue Championships

### Pool Setters Roster as at 8<sup>th</sup> July 2019

#	Event	Age	Gender	Volunteers Required	Club
-	<b>Set up - Obstacle Race</b>	-	-		
1	200m Obstacle Race	U15	Male	8	Maroubra (2) Terrigal (2) Swansea Belmont (1) Shelly Beach (1) Cooks Hill (1) North Curl Curl (1)
2	200m Obstacle Race	U15	Female		
3	200m Obstacle Race	U14	Male		
4	200m Obstacle Race	U14	Female		
5	100m Obstacle Race	U13	Male		
6	100m Obstacle Race	U13	Female		
7	100m Obstacle Race	U12	Male		
8	100m Obstacle Race	U12	Female		
9	50m Obstacle Race	U11	Male		
10	50m Obstacle Race	U11	Female		
11	4 x 50m Obstacle Relay Race	U14/U15	Male		
12	4 x 50m Obstacle Relay Race	U14/U15	Female		
13	4 x 50m Obstacle Relay Race	U12/U13	Male		
14	4 x 50m Obstacle Relay Race	U12/U13	Female		
15	4 x 50m Obstacle Relay Race	U11	Mixed		
-	<b>Set Up - Manikin and Brick Carry</b>	-	-	8	*Umina (2) Wanda (2) Red Head (2) Elouera (2)*
16	50m Manikin Carry	U15	Male		
17	50m Manikin Carry	U15	Female		
18	50m Manikin Carry	U14	Male		
19	50m Manikin Carry	U14	Female		
20	50m Brick Carry	U13	Male		
21	50m Brick Carry	U13	Female		

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#	Event	Age	Gender	Volunteers Required	Club
22	50m Brick Carry	U12	Male		* *
23	50m Brick Carry	U12	Female		
24	50m Brick Carry	U11	Male		
25	50m Brick Carry	U11	Female		
	<b>Set Up - Manikin Relay -</b>			2	Newport (2)
26	4 x 25m Manikin Relay	U14/U15	Male		
27	4 x 25m Manikin Relay	U14/U15	Female		
28	4 x 25m Brick Relay	U12/U13	Male		
29	4 x 25m Brick Relay	U12/U13	Female		
30	4 x 25m Brick Relay	U11	Mixed		
-	<b>Set Up - Manikin Tow</b>	-	-	4	Bulli (1) North Avoca (1) Warilla Barrack Point (1) Broulee Surfers (1)
31	100m Manikin Tow with Fins	U15	Male		
32	100m Manikin Tow with Fins	U15	Female		
33	100m Manikin Tow with Fins	U14	Male		
34	100m Manikin Tow with Fins	U14	Female		
35	100m Patient Tow with Fins	U12-13	Male		
36	100m Patient Tow with Fins	U12-13	Female		
-	<b>Set Up - Manikin Carry with Fins</b>	-	-	8	Terrigal (2) MacMasters (2) Shelly Beach (2) Bondi (1) Cooks Hill (1)
37	100m Manikin Carry with Fins	U15	Male		
38	100m Manikin Carry with Fins	U15	Female		

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#	Event	Age	Gender	Volunteers Required	Club
-	<b>Set up – Rescue Medley</b>	-	-	8	Maroubra (2) Umina (2) North Avoca (1) Avoca (1) Bulli (1) Bondi (1)
39	100m Rescue Medley	U15	Male		
40	100m Rescue Medley	U15	Female		
41	4 x 50m Medley Relay	U14/U15	Male		
42	4 x 50m Medley Relay	U14/U15	Female		
43	4 x 50m Medley Relay	U12/U13	Male		
44	4 x 50m Medley Relay	U12/U13	Female		
45	4 x 50m Medley Relay	U11	Mixed		
	<b>Set Up – Freestyle Fins</b>			2	MacMasters (1) North Bondi (1)
46	50m Freestyle - with fins	U15	Male		
47	50m Freestyle - with fins	U15	Female		
48	50m Freestyle - with fins	U14	Male		
49	50m Freestyle - with fins	U14	Female		
50	50m Freestyle - with fins	U13	Male		
51	50m Freestyle - with fins	U13	Female		
52	50m Freestyle - with fins	U12	Male		
53	50m Freestyle - with fins	U12	Female		
54	50m Freestyle - with fins	U11	Male		
55	50m Freestyle - with fins	U11	Female		

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#	Event	Age	Gender	Volunteers Required	Club
	<b>Set Up – Super Lifesaver</b>	-	-	10	Warilla Barrack Point (2) Umina (2) Swansea Belmont (2) North Curl Curl (2) Wanda (1) Red Head (1)
56	200m Super Lifesaver	U15	Male		
57	200m Super Lifesaver	U15	Female		
	<b>Set Up - Line Throw 10m</b>	-	-	6	Terrigal (2) Elouera (1) Newport (1) North Avoca (1) Avoca (1)
58	Line Throw – 10 metres	U14	Male		
59	Line Throw – 10 metres	U14	Female		
60	Line Throw – 10 metres	U13	Male		
61	Line Throw – 10 metres	U13	Female		
62	Line Throw – 10 metres	U12	Male		
63	Line Throw – 10 metres	U12	Female		
64	Line Throw – 10 metres	U11	Male		
65	Line Throw – 10 metres	U11	Female		
	<b>Set Up - Line Throw 12.5m</b>	-	-		
66	Line Throw 12.5m	U15	Male		
67	Line Throw 12.5m	U15	Female		

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Day 2					
#	Event	Age	Gender	Volunteers Required	Club
68	Line Throw – 12.5 metres	Open	Male	6	Bondi (2) Terrigal (2) Umina (1) Shelly Beach (1)
69	Line Throw – 12.5 metres	Open	Female		
70	Line Throw – 12.5 mark	U19	Male		
71	Line Throw – 12.5 mark	U19	Female		
72	Line Throw – 12.5 mark	U17	Male		
73	Line Throw – 12.5 mark	U17	Female		
74	Line Throw – 12.5 mark	30-39	Male		
75	Line Throw – 12.5 mark	30-39	Female		
76	Line Throw – 12.5 mark	40-49	Male		
77	Line Throw – 12.5 mark	40-49	Female		
78	Line Throw – 12.5 mark	50-59	Male		
79	Line Throw – 12.5 mark	50-59	Female		
80	Line Throw – 12.5 mark	60+	Male		
81	Line Throw – 12.5 mark	60+	Female		
-	<b>Set up - Obstacle Race</b>	-	-	4	*Umina (2) Redhead (1) Newport (1) *
82	200m Obstacle Race	Open	Male		
83	200m Obstacle Race	Open	Female		
84	200m Obstacle Race	U19	Male		
85	200m Obstacle Race	U19	Female		
86	200m Obstacle Race	U17	Male		
87	200m Obstacle Race	U17	Female		
88	200m Obstacle Race	30-39	Male		

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#	Event	Age	Gender	Volunteers Required	Club
89	200m Obstacle Race	30-39	Female		
90	200m Obstacle Race	40-49	Male		
91	200m Obstacle Race	40-49	Female		
92	200m Obstacle Race	50-59	Male		
93	200m Obstacle Race	50-59	Female		
94	100m Obstacle Race	60+	Male		
95	100m Obstacle Race	60+	Female		
96	4 x 50m Obstacle Relay Race	Open	Male		
97	4 x 50m Obstacle Relay Race	Open	Female		
98	4 x 50m Obstacle Relay Race	U17/U19	Male		
99	4 x 50m Obstacle Relay Race	U17/U19	Female		
-	<b>Set Up – Manikin Carry</b>	-	-	8	*Terrigal (2) Shelly Beach (2) Bondi (1) Elouera (1) Mona Vale (1) Wanda (1)*
100	50m Manikin Carry	Open	Male		
101	50m Manikin Carry	Open	Female		
102	50m Manikin Carry	U19	Male		
103	50m Manikin Carry	U19	Female		
104	50m Manikin Carry	U17	Male		
105	50m Manikin Carry	U17	Female		
106	50m Manikin Carry	30-39	Male		
107	50m Manikin Carry	30-39	Female		
108	50m Manikin Carry	40-49	Male		
109	50m Manikin Carry	40-49	Female		
110	50m Manikin Carry	50-59	Male		
111	50m Manikin Carry	50-59	Female		
112	50m Manikin Carry	60+	Male		

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#	Event	Age	Gender	Volunteers Required	Club
113	50m Manikin Carry	60+	Female		* *
-	<b>Set Up - Manikin Relay</b>	-	-	2	Umina (1) Cronulla (1)
114	4 x 25m Manikin Relay	Open	Male		
115	4 x 25m Manikin Relay	Open	Female		
116	4 x 25m Manikin Relay	U17/U19	Male		
117	4 x 25m Manikin Relay	U17/U19	Female		
-	<b>Set Up - Manikin Tow</b>	-	-		
118	100m Manikin Tow with Fins	Open	Male	4	Bondi (2) Newport (1) Caves (1)
119	100m Manikin Tow with Fins	Open	Female		
120	100m Manikin Tow with Fins	U19	Male		
121	100m Manikin Tow with Fins	U19	Female		
122	100m Manikin Tow with Fins	U17	Male		
123	100m Manikin Tow with Fins	U17	Female		
124	100m Manikin Tow with Fins	30-39	Male		
125	100m Manikin Tow with Fins	30-39	Female		
126	100m Manikin Tow with Fins	40-49	Male		
127	100m Manikin Tow with Fins	40-49	Female		
128	100m Manikin Tow with Fins	50-59	Male		
129	100m Manikin Tow with Fins	50-59	Female		
130	100m Manikin Tow with Fins	60+	Male		
131	100m Manikin Tow with Fins	60+	Female		
132	100m Manikin Carry with Fins	Open	Male	7	* Broulee Surfers (1) North Curl Curl (1) Cooks Hill (1) Shelly Beach (1) Bondi (1) Umina (1) Warilla (1) *

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133	100m Manikin Carry with Fins	Open	Female		
134	100m Manikin Carry with Fins	U19	Male		
135	100m Manikin Carry with Fins	U19	Female		
136	100m Manikin Carry with Fins	U17	Male		
137	100m Manikin Carry with Fins	U17	Female		
138	100m Manikin Carry with Fins	30-39	Male		
139	100m Manikin Carry with Fins	30-39	Female		
140	100m Manikin Carry with Fins	40-49	Male		
141	100m Manikin Carry with Fins	40-49	Female		
142	100m Manikin Carry with Fins	50-59	Male		
143	100m Manikin Carry with Fins	50-59	Female		
144	100m Manikin Carry with Fins	60+	Male		
145	100m Manikin Carry with Fins	60+	Female		
	<b>Set Up - Rescue Medley</b>				
146	100m Rescue Medley	Open	Male	8	North Curl Curl (1) Cooks Hill (1) Bondi (1) Elouera (1) Avoca (1) Umina (1) Shelly Beach (1) Newport (1)
147	100m Rescue Medley	Open	Female		
148	100m Rescue Medley	U19	Male		
149	100m Rescue Medley	U19	Female		
150	100m Rescue Medley	U17	Male		
151	100m Rescue Medley	U17	Female	2	*Terrigal (1) Redhead (1)*
152	4 x 50m Medley Relay	Open	Male		
153	4 x 50m Medley Relay	Open	Female		
154	4 x 50m Medley Relay	U17/U19	Male		
155	4 x 50m Medley Relay	U17/U19	Female		
156	50m Freestyle - with fins	Open	Male		



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157	50m Freestyle - with fins	Open	Female		
158	50m Freestyle - with fins	U19	Male		
159	50m Freestyle - with fins	U19	Female		*
160	50m Freestyle - with fins	U17	Male		
161	50m Freestyle - with fins	U17	Female		
	<b>Set Up - Super Lifesaver</b>	-	-		
162	200m Super Lifesaver	Open	Male	10	Umina (2) Shelly Beach (2) Terrigal (2) Redhead (1) Avoca (1) Bondi (1) Cronulla (1)
163	200m Super Lifesaver	Open	Female		
164	200m Super Lifesaver	U19	Male		
165	200m Super Lifesaver	U19	Female		
166	200m Super Lifesaver	U17	Male		
167	200m Super Lifesaver	U17	Female		