

**2022 NSW Pool Rescue Championships**Program of Events (*subject to change*)

Friday 22 July 2022			
#	EVENT	AGE	GENDER
1	200m Obstacle Race	U15	Male
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
16	Line Throw - 10 metres	U14	Male
17	Line Throw - 10 metres	U14	Female
18	Line Throw - 10 metres	U13	Male
19	Line Throw - 10 metres	U13	Female
20	Line Throw - 10 metres	U12	Male
21	Line Throw - 10 metres	U12	Female
22	Line Throw - 10 metres	U11	Male
23	Line Throw - 10 metres	U11	Female
24	Line Throw – 12.5 mark	U15	Male
25	Line Throw – 12.5 mark	U15	Female

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#	EVENT	AGE	GENDER
26	50m Manikin Carry	U15	Male
27	50m Manikin Carry	U15	Female
28	50m Manikin Carry	U14	Male
29	50m Manikin Carry	U14	Female
30	50m Brick Carry	U13	Male
31	50m Brick Carry	U13	Female
32	50m Brick Carry	U12	Male
33	50m Brick Carry	U12	Female
34	50m Brick Carry	U11	Male
35	50m Brick Carry	U11	Female
36	4 x 25m Manikin Relay	U14/U15	Male
37	4 x 25m Manikin Relay	U14/U15	Female
38	4 x 25m Brick Relay	U12/U13	Male
39	4 x 25m Brick Relay	U12/U13	Female
40	4 x 25m Brick Relay	U11	Mixed
41	100m Manikin Tow with Fins	U15	Male
42	100m Manikin Tow with Fins	U15	Female
43	100m Manikin Tow with Fins	U14	Male
44	100m Manikin Tow with Fins	U14	Female
45	100m Patient Tow with Fins	U12-13	Male
46	100m Patient Tow with Fins	U12-13	Female
47	100m Manikin Carry with Fins	U15	Male
48	100m Manikin Carry with Fins	U15	Female
49	100m Rescue Medley	U15	Male
50	100m Rescue Medley	U15	Female
51	4 x 50m Medley Relay	U14/U15	Male
52	4 x 50m Medley Relay	U14/U15	Female
53	4 x 50m Medley Relay	U12/U13	Male
54	4 x 50m Medley Relay	U12/U13	Female
55	4 x 50m Medley Relay	U11	Mixed
56	200m Super Lifesaver	U15	Male
57	200m Super Lifesaver	U15	Female
58	50m Freestyle - with fins	U15	Male
59	50m Freestyle - with fins	U15	Female
60	50m Freestyle - with fins	U14	Male
61	50m Freestyle - with fins	U14	Female
62	50m Freestyle - with fins	U13	Male
63	50m Freestyle - with fins	U13	Female
64	50m Freestyle - with fins	U12	Male
65	50m Freestyle - with fins	U12	Female
66	50m Freestyle - with fins	U11	Male
67	50m Freestyle - with fins	U11	Female
Youth Point Score			

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Sunday 24 July 2022			
#	EVENT	AGE	GENDER
68	Line Throw – 12.5 metres	Open	Male
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
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
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
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
113	50m Manikin Carry	60+	Female

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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
118	100m Manikin Tow with Fins	Open	Male
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
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
146	100m Rescue Medley	Open	Male
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
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
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

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162	200m Super Lifesaver	Open	Male
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
Masters Point Score			
Open Point Score			