

2026 NSW Pool Lifesaving Championships

Draft Program

May 9–10 2026, Murray Rose Aquatic Centre (Cranbrook School)

Day One – Saturday 9 May 2026 (last updated 20/03/26)

#	Event Name	Age	Gender
1	200m Obstacle Swim	Open	Male
2	200m Obstacle Swim	Open	Female
3	200m Obstacle Swim	U19	Male
4	200m Obstacle Swim	U19	Female
5	200m Obstacle Swim	U17	Male
6	200m Obstacle Swim	U17	Female
7	200m Obstacle Swim	U15	Male
8	200m Obstacle Swim	U15	Female
9	200m Obstacle Swim (Masters ages groups combined in same event no.)	30–39; 40–49; 50–59	Male
10	200m Obstacle Swim (Masters ages groups combined in same event no.)	30–39; 40–49; 50–59	Female
11	100m Obstacle Swim	60+	Male
12	100m Obstacle Swim	60+	Female
13	100m Obstacle Swim	U14	Male
14	100m Obstacle Swim	U14	Female
15	100m Obstacle Swim	U13	Male
16	100m Obstacle Swim	U13	Female
17	50m Obstacle Swim	U12	Male
18	50m Obstacle Swim	U12	Female
19	50m Obstacle Swim	U11	Male
20	50m Obstacle Swim	U11	Female
21	4 x 50m Obstacle Relay	Open/U19	Mixed
22	4 x 50m Obstacle Relay	U14/U13	Non-specific
23	4 x 50m Obstacle Relay	Masters 30+	Mixed
24	4 x 50m Obstacle Relay	U17/U15	Mixed
25	4 x 50m Obstacle Relay	U12/U11	Non-specific
26	Line Throw 12.5m	Open	Male
27	Line Throw 12.5m	Open	Female
28	Line Throw 12.5m	U19	Male
29	Line Throw 12.5m	U19	Female
30	Line Throw 12.5m	U17	Male
31	Line Throw 12.5m	U17	Female
32	Line Throw 12.5m	U15	Male
33	Line Throw 12.5m	U15	Female
34	Line Throw 12.5m (Masters ages groups combined in same event no.)	30–39; 40–49; 50–59; 60+	Male

35	Line Throw 12.5m <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Female
36	Line Throw 10m	U14	Male
37	Line Throw 10m	U14	Female
38	Line Throw 10m	U13	Male
39	Line Throw 10m	U13	Female
40	Line Throw 8m	U12	Female
41	Line Throw 8m	U12	Male
42	Line Throw 8m	U11	Female
43	Line Throw 8m	U11	Male
Lunch Break – Approximately 1:00pm			
44	100m Rescue Medley	Open	Male
45	100m Rescue Medley	Open	Female
46	100m Rescue Medley	U19	Male
47	100m Rescue Medley	U19	Female
48	100m Rescue Medley	U17	Male
49	100m Rescue Medley	U17	Female
50	50m Rescue Medley	U15	Male
51	50m Rescue Medley	U15	Female
52	4 x 25m Manikin Relay	Open/U19	Mixed
53	4 x 25m Brick Relay	U14/U13	Non-Specific
54	4 x 25m Manikin Relay	Masters 30+	Mixed
55	4 x 25m Manikin Relay	U17/U15	Mixed
56	4 x 25m Brick Relay	U11/U12	Non-Specific
57	100m Brick Carry with Fins	U14	Male
58	100m Brick Carry with Fins	U14	Female
59	100m Brick Carry with Fins	U13	Male
60	100m Brick Carry with Fins	U13	Female
61	100m Empty Manikin Carry with Fins	U12	Male
62	100m Empty Manikin Carry with Fins	U12	Female
63	100m Empty Manikin Carry with Fins	U11	Male
64	100m Empty Manikin Carry with Fins	U11	Female
65	100m Manikin Carry with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Male
66	100m Manikin Carry with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Female
67	100m Manikin Carry with Fins	Open	Male
68	100m Manikin Carry with Fins	Open	Female
69	100m Manikin Carry with Fins	U19	Male
70	100m Manikin Carry with Fins	U19	Female
71	100m Manikin Carry with Fins	U17	Male
72	100m Manikin Carry with Fins	U17	Female
73	100m Manikin Carry with Fins	U15	Male
74	100m Manikin Carry with Fins	U15	Female

Day Two – Sunday 10 May 2026 *(last updated 20/03/26)*

#	Event Name	Age	Gender
75	200m Superlifesaver	Open	Male
76	200m Superlifesaver	Open	Female
77	200m Superlifesaver	U19	Male
78	200m Superlifesaver	U19	Female
79	200m Superlifesaver	U17	Male
80	200m Superlifesaver	U17	Female
81	200m Superlifesaver	U15	Male
82	200m Superlifesaver	U15	Female
83	50m Brick Carry	U13	Male
84	50m Brick Carry	U13	Female
85	50m Brick Carry	U12	Male
86	50m Brick Carry	U12	Female
87	50m Brick Carry	Open	Mixed
88	50m Brick Carry (From 35m)	U11	Male
89	50m Brick Carry (From 35m)	U11	Female
90	50m Manikin Carry <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Male
91	50m Manikin Carry <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Female
92	50m Manikin Carry	Open	Male
93	50m Manikin Carry	Open	Female
94	50m Manikin Carry	U19	Male
95	50m Manikin Carry	U19	Female
96	50m Manikin Carry	U17	Male
97	50m Manikin Carry	U17	Female
98	50m Manikin Carry	U15	Male
99	50m Manikin Carry	U15	Female
100	50m Manikin Carry (From 35m)	U14	Male
101	50m Manikin Carry (From 35m)	U14	Female
102	50m Obstacle Swim (Multi-Class Event)	Open	Mixed
103	Line Throw 8m (Multi-Class Event)	Open	Mixed
Lunch Break – Approximately 12:00pm			
104	4 x 50m Medley Relay	Open/U19	Mixed
105	4 x 50m Medley Relay	U14/U13	Non-specific
106	4 x 50m Medley Relay	Masters 30+	Mixed
107	4 x 50m Medley Relay	U17/U15	Mixed
108	4 x 50m Medley Relay	U12/U11	Non-specific
109	100m Manikin Tow with Fins	Open	Male
110	100m Manikin Tow with Fins	Open	Female
111	100m Manikin Tow with Fins	U19	Male
112	100m Manikin Tow with Fins	U19	Female
113	100m Manikin Tow with Fins	U17	Male

114	100m Manikin Tow with Fins	U17	Female
115	100m Manikin Tow with Fins	U15	Male
116	100m Manikin Tow with Fins	U15	Female
117	100m Manikin Tow with Fins	U14	Male
118	100m Manikin Tow with Fins	U14	Female
119	100m Manikin Tow with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Male
120	100m Manikin Tow with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Female
121	50m Manikin Tow with Fins	U13	Male
122	50m Manikin Tow with Fins	U13	Female
123	50m Manikin Tow with Fins	U12	Male
124	50m Manikin Tow with Fins	U12	Female
125	50m Manikin Tow with Fins (Multi-Class Event)	Open	Mixed
126	50m Tube clip with Fins	U11	Female
127	50m Tube clip with Fins	U11	Male
128	50m Freestyle with Fins	Open	Male
129	50m Freestyle with Fins	Open	Female
130	50m Freestyle with Fins (Multi-Class Event)	Open	Mixed
131	50m Freestyle with Fins	U19	Male
132	50m Freestyle with Fins	U19	Female
133	50m Freestyle with Fins	U17	Male
134	50m Freestyle with Fins	U17	Female
135	50m Freestyle with Fins	U15	Male
136	50m Freestyle with Fins	U15	Female
137	50m Freestyle with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Male
138	50m Freestyle with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Female
139	50m Freestyle with Fins	U14	Male
140	50m Freestyle with Fins	U14	Female
141	50m Freestyle with Fins	U13	Male
142	50m Freestyle with Fins	U13	Female
142	50m Freestyle with Fins	U12	Male
144	50m Freestyle with Fins	U12	Female
145	50m Freestyle with Fins	U11	Male
146	50m Freestyle with Fins	U11	Female
147	8 x 50m Freestyle Fin Relay	Open	Mixed