

# 2026 NSW Pool Lifesaving State Championships

## Draft Program

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

**Day One – Saturday 9 May 2026** (last updated 30/03/26)

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

34	Line Throw 12.5m <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+ years	Male
35	Line Throw 12.5m <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+ years	Female
36	Line Throw 10m	13 years	Male
37	Line Throw 10m	13 years	Female
38	Line Throw 10m	12 years	Male
39	Line Throw 10m	12 years	Female
40	Line Throw 8m	11 years	Male
41	Line Throw 8m	11 years	Female
42	Line Throw 8m	10 years	Male
43	Line Throw 8m	10 years	Female
<b>Lunch Break – Approximately 1:00pm</b>			
44	100m Rescue Medley	Open	Male
45	100m Rescue Medley	Open	Female
46	100m Rescue Medley	17-18 years	Male
47	100m Rescue Medley	17-18 years	Female
48	100m Rescue Medley	15-16 years	Male
49	100m Rescue Medley	15-16 years	Female
50	50m Rescue Medley	14 years	Male
51	50m Rescue Medley	14 years	Female
52	4 x 25m Manikin Relay	17+ years	Mixed
53	4 x 25m Brick Relay	12-13 years	Non-Specific
54	4 x 25m Manikin Relay	Masters 30+	Mixed
55	4 x 25m Manikin Relay	14-16 years	Mixed
56	4 x 25m Brick Relay	10-11 years	Non-Specific
57	100m Brick Carry with Fins	13 years	Male
58	100m Brick Carry with Fins	13 years	Female
59	100m Brick Carry with Fins	12 years	Male
60	100m Brick Carry with Fins	12 years	Female
61	100m Empty Manikin Carry with Fins	11 years	Male
62	100m Empty Manikin Carry with Fins	11 years	Female
63	100m Empty Manikin Carry with Fins	10 years	Male
64	100m Empty Manikin Carry with Fins	10 years	Female
65	100m Manikin Carry with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+ years	Male
66	100m Manikin Carry with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+ years	Female
67	100m Manikin Carry with Fins	Open	Male
68	100m Manikin Carry with Fins	Open	Female
69	100m Manikin Carry with Fins	17-18 years	Male
70	100m Manikin Carry with Fins	17-18 years	Female
71	100m Manikin Carry with Fins	15-16 years	Male
72	100m Manikin Carry with Fins	15-16 years	Female
73	100m Manikin Carry with Fins	14 years	Male
74	100m Manikin Carry with Fins	14 years	Female

**Day Two – Sunday 10 May 2026** *(last updated 30/03/26)*

#	Event Name	Age	Gender
75	200m Super Lifesaver	Open	Male
76	200m Super Lifesaver	Open	Female
77	200m Super Lifesaver	17-18 years	Male
78	200m Super Lifesaver	17-18 years	Female
79	200m Super Lifesaver	15-16 years	Male
80	200m Super Lifesaver	15-16 years	Female
81	200m Super Lifesaver	14 years	Male
82	200m Super Lifesaver	14 years	Female
83	50m Brick Carry	12 years	Male
84	50m Brick Carry	12 years	Female
85	50m Brick Carry	11 years	Male
86	50m Brick Carry	11 years	Female
87	50m Brick Carry (Multi-Class Event)	Open	Mixed
88	50m Brick Carry (From 35m)	10 years	Male
89	50m Brick Carry (From 35m)	10 years	Female
90	50m Manikin Carry <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+ years	Male
91	50m Manikin Carry <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+ years	Female
92	50m Manikin Carry	Open	Male
93	50m Manikin Carry	Open	Female
94	50m Manikin Carry	17-18	Male
95	50m Manikin Carry	17-18	Female
96	50m Manikin Carry	15-16	Male
97	50m Manikin Carry	15-16	Female
98	50m Manikin Carry	14 years	Male
99	50m Manikin Carry	14 years	Female
100	50m Manikin Carry (From 35m)	13 years	Male
101	50m Manikin Carry (From 35m)	13 years	Female
102	50m Obstacle Swim (Multi-Class Event)	Open	Mixed
103	Line Throw 8m (Multi-Class Event)	Open	Mixed
<b>Lunch Break – Approximately 12:00pm</b>			
104	4 x 50m Medley Relay	17+ years	Mixed
105	4 x 50m Medley Relay	12-13 years	Non-specific
106	4 x 50m Medley Relay	Masters 30+	Mixed
107	4 x 50m Medley Relay	14-16 years	Mixed
108	4 x 50m Medley Relay	10-11 years	Non-specific
109	100m Manikin Tow with Fins	Open	Male
110	100m Manikin Tow with Fins	Open	Female

<b>111</b>	100m Manikin Tow with Fins	17-18	Male
<b>112</b>	100m Manikin Tow with Fins	17-18	Female
<b>113</b>	100m Manikin Tow with Fins	15-16	Male
<b>114</b>	100m Manikin Tow with Fins	15-16	Female
<b>115</b>	100m Manikin Tow with Fins	14 years	Male
<b>116</b>	100m Manikin Tow with Fins	14 years	Female
<b>117</b>	100m Manikin Tow with Fins	13 years	Male
<b>118</b>	100m Manikin Tow with Fins	13 years	Female
<b>119</b>	100m Manikin Tow with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+ years	Male
<b>120</b>	100m Manikin Tow with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+ years	Female
<b>121</b>	50m Manikin Tow with Fins	12 years	Male
<b>122</b>	50m Manikin Tow with Fins	12 years	Female
<b>123</b>	50m Manikin Tow with Fins	11 years	Male
<b>124</b>	50m Manikin Tow with Fins	11 years	Female
<b>125</b>	50m Manikin Tow with Fins (Multi-Class Event)	Open	Mixed
<b>126</b>	50m Tube clip with Fins	10 years	Female
<b>127</b>	50m Tube clip with Fins	10 years	Male
<b>128</b>	50m Freestyle with Fins	Open	Male
<b>129</b>	50m Freestyle with Fins	Open	Female
<b>130</b>	50m Freestyle with Fins (Multi-Class Event)	Open	Mixed
<b>131</b>	50m Freestyle with Fins	17-18	Male
<b>132</b>	50m Freestyle with Fins	17-18	Female
<b>133</b>	50m Freestyle with Fins	15-16	Male
<b>134</b>	50m Freestyle with Fins	15-16	Female
<b>135</b>	50m Freestyle with Fins	14 years	Male
<b>136</b>	50m Freestyle with Fins	14 years	Female
<b>137</b>	50m Freestyle with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+ years	Male
<b>138</b>	50m Freestyle with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+ years	Female
<b>139</b>	50m Freestyle with Fins	13 years	Male
<b>140</b>	50m Freestyle with Fins	13 years	Female
<b>141</b>	50m Freestyle with Fins	12 years	Male
<b>142</b>	50m Freestyle with Fins	12 years	Female
<b>142</b>	50m Freestyle with Fins	11 years	Male
<b>144</b>	50m Freestyle with Fins	11 years	Female
<b>145</b>	50m Freestyle with Fins	10 years	Male
<b>146</b>	50m Freestyle with Fins	10 years	Female
<b>147</b>	8 x 50m Freestyle Fin Relay	Open	Mixed