



LIFESAVING WORLD CHAMPIONSHIPS RESCUE 2010

INTERCLUB WORLD CHAMPIONSHIPS

COMPETITION PROGRAMME

THURSDAY 7 OCTOBER 2010

TRAINING	
08:00 - 20:00	Training in the training swimming pools (at cost: 50 Euro per lane per hour).
08:00 - 18:00	Training in the ocean (free)

FRIDAY 8 OCTOBER 2010

TRAINING	
08:00 - 20:00	Training in the training swimming pools (at cost: 50 Euro per lane and per hour).
08:00 - 18:00	Training in the ocean (free)

SATURDAY 9 OCTOBER 2010

TRAINING	
08:00 - 20:00	Training in the training swimming pools (free).
08:00 - 18:00	Training in the ocean (free)

SUNDAY 10 OCTOBER 2010

TRAINING AND BRIEFING	
08:00 - 20:00	Training in the training and in the competition swimming pools (free).
08:00 - 18:00	Training in the ocean (free)
17:30 - 18:30	Briefing Interclub

MONDAY 11 OCTOBER 2010: POOL DAY 1

Time	Event	Gender	Heats/Finals
07:00	Pool se-up for SERC		
07:30	SERC Competitors to security (Lock Up)		
08:00	SERC Competitors Security Closes		
08:30	SERC		Heats
10:30	Break including Pool set-up for SERC Final		
11:30	Competitors to Security (Lock Up)		
11:45	SERC Competitors Security Closes		
12:00	SERC Finals (16)		Final
13:00	Lunch (includes Pool re-set)		
14:00	Marshaling		
14:15	Line Throw	W/M	Heats
15:30	Line Throw	W/M	Final
15:50	Pool Reset and Marshaling		
16:00	200m Obstacle Swim	W/M	Heats
17:30	Medal Presentations		
18:00	End of day's events		

TUESDAY 12 OCTOBER 2010: POOL DAY 2

Time	Event	Gender	Heats/Finals
07:00	Warm-ups in competition pool		
07:45	Marshaling		
08:00	4x50m Obstacle Relay	W/M	Heats
09:40	Pool re-set		
09:45	50m Manikin Carry	W/M	Heats
12:00	100m Manikin Tow with Fins	W/M	Heats
12:30	4x25m Manikin Relay	W/M	Heats
14:00	Lunch Break (includes Pool set-up)		
15:30	Warm-ups in competition pool		
16:15	Marshaling		
16:30	200m Obstacle Swim	W/M	Finals
17:00	4x50m Obstacle Relay	W/M	Finals
17:30	100m Manikin Tow with Fins	W/M	Finals
18:00	4x25m Manikin Relay	W/M	Finals
18:30	50m Manikin Carry	W/M	Finals
19:00	Medal Presentations		
19:30	End of day's events		

WEDNESDAY 13 OCTOBER 2010: POOL DAY 3

Time	Event	Gender	Heats/Finals
07:00	Warm-up in competition pool		
07:45	Marshaling		
08:00	200m Super Lifesaver	W/M	Heats
10:40	4x50m Medley Relay	W/M	Heats
12:00	100m Rescue Medley	W/M	Heats

13:10	100m Manikin Carry with Fins	W/M	Heats
14:30	Lunch Break		
16:30	Warm-up in Competition Pool		
16:45	Marshaling		
17:00	200m Super Lifesaver	W/M	Finals
17:15	4x50m Medley Relay	W/M	Finals
17:30	100m Rescue Medley	W/M	Finals
17:45	100m Manikin Carry with Fins	W/M	Finals
18:00	Medal Presentations		
19:00	End of day's events		

THURSDAY 14 OCTOBER: BEACH/OCEAN DAY 1

Marshaling commences at 07:30

Competition starts at 08:00

Water Arena 1, 2 & 3						Beach Arena		
Referee to determine what arena the heats will take place								
Woman			Men					
Event	Gender	H/S/F	Event	Gender	H/S/F	Event	Gender	H/S/F
Surf Ski Race	W	H	Board Race	M	H	Beach Flags	W	H
Rescue Tube	W	H	Rescue Tube	M	H	Beach Flags	M	H
Board Rescue	W	H	Board Rescue	M	H	Beach Flags	W	SF
Surf Ski Race	W	QF	Board race	M	QF	Beach Flags	M	SF
Rescue Tube	W	QF	Rescue Tube	M	QF			
Board Rescue	W	QF	Board Rescue	M	QF			
Surf Ski Race	W	SF	Board Race	M	SF			
Rescue Tube	W	SF	Rescue Tube	M	SF			
Board Rescue	W	SF	Board Rescue	M	SF			
Finals								
			Surf Ski Race	W	F	Beach Flags	W	F
			Board Race	M	F	Beach Flags	M	F
			Rescue Tube	W	F			
			Rescue Tube	M	F			
			Board Rescue	W	F			
			Board Rescue	M	F			
Medal Presentations								
End of day's events								

H: Heat – QF: Quarter Finals - SF: Semi-Finals – F: Finals

M: Men – W: Women

FRIDAY 15 OCTOBER: BEACH/OCEAN DAY 2

Marshaling commences at 07:30

Competition starts at 08:00

Water Area 1, 2 & 3						Beach Arena		
Referee to determine what arena the heats will take place								
Woman			Men					
Event	Gender	H/S/F	Event	Gender	H/S/F	Event	Gender	H/S/F
Board Race	W	H	Surf Race	M	H	Beach Sprint	W	H
Surf Race	M	H	Surf Ski Race	M	H	Beach Sprint	M	H
Board Race	W	QF	Surf Race	M	QF	Beach Sprint	W	QF
Surf Race	M	QF	Surf Ski Race	M	QF	Beach Sprint	M	QF
Board Race	W	SF	Surf Race	M	SF	Beach Sprint	W	SF
Surf Race	M	SF	Surf Ski race	M	SF	Beach Sprint	M	SF
						Beach Relay	W	H
						Beach Relay	M	H
Finals								
			Surf Race	W	F	Beach Sprint	M	F
			Surf Race	M	F	Beach Sprint	W	F
			Board Race	W	F			
			Surf Ski race	M	F			
Medal Presentations								
End of day's events								

H: Heat – QF: Quarter Finals - SF: Semi-Finals – F: Finals

M: Men – W: Women

SATURDAY 16 OCTOBER: BEACH/OCEAN DAY 3

Marshaling commences at 07:30

Competition starts at 08:00

Water Area 1, 2 & 3						Beach Arena		
Referee to determine what arena the heats will take place								
Woman			Men			Event	Gender	H/S/F
Event	Gender	H/S/F	Event	Gender	H/S/F			
Oceanwoman	W	H	Oceanman	M	H	Beach Relay	W	H
Oceanwomen Relay	W	H	Oceanman Relay	M	H	Beach Relay	M	H
Oceanwoman	W	QF	Oceanman	M	QF	Beach Relay	W	QF
Oceanwomen Relay	W	QF	Oceanman Relay	M	QF	Beach Relay	M	QF
Oceanwoman	W	SF	Oceanman	M	SF	Beach Relay	W	SF
Oceanwomen Relay	W	SF	Oceanman Relay	M		Beach Relay	M	SF
Finals								
			Oceanwoman	W	Final	Beach Relay	W	Final
			Oceanman	M	Final	Beach Relay	M	Final
			Oceanwomen Relay	W	Final			
			Oceanman Relay	M	Final			
Medal Presentation								
End of competition days								
19:00	01:00	Closing Party in Marhaba			All			

H: Heat – QF: Quarter Finals - SF: Semi-Finals – F: Finals

M: Men – W: Women