



# LIFESAVING WORLD CHAMPIONSHIPS RESCUE 2010

## **MASTERS WORLD CHAMPIONSHIPS**

### COMPETITION PROGRAMME

#### MONDAY 4 OCTOBER 2010

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

#### TUESDAY 5 OCTOBER 2010

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

#### WEDNESDAY 6 OCTOBER 2010

TRAINING	
08:00 - 20:00	Training in the training pool (free). Training in the ocean (free)

#### THURSDAY 7 OCTOBER 2010

TRAINING AND BRIEFING	
08:00 - 20:00	Training in the training pool (free). Training in the ocean (free)
17:30 - 18:30	Briefing National Teams and SERC

#### FRIDAY 8 OCTOBER

Time	Event	Gender and Age Group	H/F
07:00	Warm-ups in Competition Pool		
07:45	Marshaling and Pool Set Up		

08:00	200m Obstacle Swim	W 30-34; M 30-34; W 35-39; M 35-39; W 40-44; M 40-44; W 45-49; M 45-49; W 50-54; M 50-54	F
10:00	100m Obstacle Swim	W 55-59; M 55-59; W 60-64; M60-64; W 65+; M 65+	F
12:00	4x50m Obstacle Relay	W 120+; M 120+; W 140+; M 140+; W170+; M 170+; W 200+; M 200+	F
12:30	Lunch (includes pool re-set)		
13:30	Marshaling		
13:45	4x25m Manikin Relay	W 120+; M 120+; W 140+; M 140+; W170+; M 170+; W 200+; M 200+	F
15:00	Pool re-set and Marshaling		
15:15	4x50m Medley Relay	W 120+; M 120+; W 140+; M 140+; W170+; M 170+; W 200+; M 200+	F
16:00	Medal Presentations		
16:30	End of day's events		

### SATURDAY 9 OCTOBER, 2010

Time	Event	Gender and Age Group	H/F
07:30	Warm-ups in Competition Pool		
08:00	Marshaling and Pool Set Up		
08:15	100m Manikin Carry with Fins	W 30-34; M 30-34; W 35-39; M 35-39; W 40-44; M 40-44; W 45-49; M 45-49; W 50-54; M 50-54, W 55-59; M 55-59; W 60+; M 60+	F
10:00	50m Manikin Carry	W 30-34; M 30-34; W 35-39; M 35-39; W 40-44; M 40-44; W 45-49; M 45-49; W 50-54; M 50-54, W 55-59; M 55-59; W 60+; M 60+	F
11:00	100m Manikin Tow with Fins	W 30-34; M 30-34; W 35-39; M 35-39; W 40-44; M 40-44; W 45-49; M 45-49; W 50-54; M 50-54, W 55-59; M 55-59; W 60+; M 60+	F
12:30	Lunch (includes pool re-set)		
13:30	Marshaling		
13:45	Line Throw	W 30-34; M 30-34; W 35-39; M 35-39; W 40-44; M 40-44; W 45-49; M 45-49; W 50-54; M 50-54, W 55-59; M 55-59; W 60+; M 60+	
13:00	Medal Presentations		
13:30	End of day's events		

### SUNDAY 10 OCTOBER, 2010

Marshaling commences at 07:30

Competition starts at 08:00

Water Arena 1: 30-34 and 35-39			Water Arena 2: 40-44 and 50-54		
Event	Gender	H/S/F	Event	Gender	H/S/F
Board Race: 30-34; 35-39	M	H	Board Race: 40-44; 45-49	M	H
Surf Ski Relay: 90+	M	H	Surf Ski Relay: 110+	M	H
Board Race: 30-34; 35-39	W	H	Board Race: 40-44; 45-49	W	H
Surf Ski Relay: 90+	W	H	Surf Ski Relay: 110+	W	H

Oceanman Relay: 90+	M	H	Oceanman Relay: 110+	M	H
Oceanwoman Relay: 90+	W	H	Oceanwoman Relay: 110+	W	H
Board Rescue: 30-34; 35-39	M	H	Board Rescue: 40-44; 45-49	M	H
Board Rescue: 30-34; 35-39	W	H	Board Rescue: 40-44; 45-49	W	H
Board Race: 30-34; 35-39	M	SF	Board Race: 40-44; 45-49	M	SF
Surf Ski Relay: 90+	M	SF	Surf Ski Relay: 110+	M	SF
Board Race: 30-34; 35-39	W	SF	Board Race: 40-44; 45-49	W	SF
Surf Ski Relay: 90+	W	SF	Surf Ski Relay: 110+	W	SF
Oceanman Relay: 90+	M	SF	Oceanman Relay: 110+	M	SF
Oceanwoman Relay: 90+	W	SF	Oceanwoman Relay: 110+	W	SF
Board Rescue: 30-34; 35-39	M	SF	Board Rescue: 40-44; 45-49	M	SF
Board Rescue: 30-34; 35-39	W	SF	Board Rescue: 40-44; 45-49	W	SF

Water Arena 3: 50+			Beach Arena: all ages		
Event	Gender	H/S/F	Event	Gender	H/S/F
Board Race: 50-54; 55-59; 60-64; 65+	M	H	Beach Sprint: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64, 65+	W	H
Surf Ski Relay: 130+; 150+	M	H	Beach Sprint: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64, 65+	M	H
Board Race: 50-54; 55-59; 60-64; 65+	W	H	Beach Run (2km): 30-34; 35-39; 40-44; 45-49; 50-54; 55-59	W	H
Surf Ski Relay: 130+; 150+	W	H	Beach Run (2km): 30-34; 35-39; 40-44; 45-49; 50-54; 55-59	M	H
Oceanman Relay: 130+; 150+	M	H	Beach Sprint: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65+	W	SF
Oceanwoman Relay: 130+; 150+	W	H	Beach Sprint: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65+	M	SF
Board Rescue: 50-54; 55-59; 60+	M	H	Beach Run (2km): 30-34; 35-39; 40-44; 45-49; 50-54; 55-59	W	SF
Board Rescue: 50-54; 55-59; 60+	W	H	Beach Run (2km): 30-34; 35-39; 40-44; 45-49; 50-54; 55-59	M	SF
Board Race: 50-54; 55-59; 60-64; 65+	M	SF	Beach Run (1km): 60-64; 65+	W	SF
Surf Ski Relay: 130+; 150+	M	SF	Beach Run (1km): 60-64; 65+	M	SF
Board Race: 50-54; 55-59; 60-64; 65+	W	SF			
Surf Ski Relay: 130+; 150+	W	SF			
Oceanman Relay: 130+; 150+	M	SF			
Oceanwoman Relay: 130+; 150+	W	SF			
Board Rescue: 50-54; 55-59; 60+	M	SF			
Board Rescue: 50-54; 55-59; 60+	W	SF			

## MONDAY 11 OCTOBER: 08:00 START

Marshaling commences at 07:30

Competition starts at 08:00

Water Arena 1: 30-34 and 35-39			Water Arena 2: 40-44 and 50-54		
Event	Gender	H/S/F	Event	Gender	H/S/F
Surf Team Race: 90+	M	H	Surf Team Race: 110+	M	H
Surf Team Race: 90+	W	H	Surf Team Race: 110+	W	H
Surf Ski Race: 30-34; 35-39	M	H	Surf Ski Race: 40-44; 45-49	M	H
Surf Ski Race: 30-34; 35-39	W	H	Surf Ski Race: 40-44; 45-49	W	H
Surf Race: 30-34; 35-39	M	H	Surf Race: 40-44; 45-49	M	H
Surf Race: 30-34; 35-39	W	H	Surf Race: 40-44; 45-49	W	H
Board Relay: 90+	M	H	Board Relay: 110+	M	H
Board Relay:90+	W	H	Board Relay: 110+	W	H
Oceanman: 30-34; 35-39	M	H	Oceanman: 40-44; 45-49	M	H
Oceanwoman: 30-34; 35-39	W	H	Oceanwoman: 40-44; 45-49	W	H
Surf Team Race: 90+	M	SF	Surf Team Race: 110+	M	SF
Surf Team Race: 90+	W	SF	Surf Team Race: 110+	W	SF
Surf Ski Race: 30-34; 35-39	M	SF	Surf Ski Race: 40-44; 45-49	M	SF
Surf Ski Race: 30-34; 35-39	W	SF	Surf Ski Race: 40-44; 45-49	W	SF
Surf Race: 30-34; 35-39	M	SF	Surf Race: 40-44; 45-49	M	SF
Surf Race: 30-34; 35-39	W	SF	Surf Race: 40-44; 45-49	W	SF
Board Relay: 90+	M	SF	Board Relay: 110+	M	SF
Board Relay:90+	W	SF	Board Relay: 110+	W	SF
Oceanman: 30-34; 35-39	M	SF	Oceanman: 40-44; 45-49	M	SF
Oceanwoman: 30-34; 35-39	W	SF	Oceanwoman: 40-44; 45-49	W	SF
Board Race: 30-34; 35-39	M	F	Board Race: 40-44; 45-49	M	F
Surf Ski Relay: 90+	M	F	Surf Ski Relay: 110+	M	F
Board Race: 30-34;35-39	W	F	Board Race: 40-44; 45-49	W	F
Surf Ski Relay: 90+	W	F	Surf Ski Relay: 110+	W	F
Oceanman Relay: 90+	M	F	Oceanman Relay: 110+	M	F
Oceanwoman Relay: 90+	W	F	Oceanwoman Relay: 110+	W	F
Board Rescue: 30-34; 35-39	M	F	Board Rescue: 40-44; 45-49	M	F
Board Rescue: 30-34; 35-39	W	F	Board Rescue: 40-44; 45-49	W	F
Surf Team Race: 90+	M	F	Surf Team Race: 110+	M	F
Surf Team Race: 90+	W	F	Surf Team Race: 110+	W	F
Surf Ski Race: 30-34; 35-39	M	F	Surf Ski Race: 40-44; 45-49	M	F
Surf Ski Race: 30-34; 35-39	W	F	Surf Ski Race: 40-44; 45-49	W	F
Surf Race: 30-34; 35-39	M	F	Surf Race: 40-44; 45-49	M	F
Surf Race: 30-34; 35-39	W	F	Surf Race: 40-44; 45-49	W	F
Board Relay: 90+	M	F	Board Relay: 110+	M	F
Board Relay:90+	W	F	Board Relay: 110+	W	F
Oceanman: 30-34; 35-39	M	F	Oceanman: 40-44; 45-49	M	F
Oceanwoman: 30-34; 35-39	W	F	Oceanwoman: 40-44; 45-49	W	F

Water Arena 3: 50+			Beach Arena: all ages		
Event	Gender	H/S/F	Event	Gender	H/S/F
Surf Team Race: 130+; 150+	M	H	Beach Relay: 90+	W	H
Surf Team Race: 130+; 150+	W	H	Beach Relay: 110+	W	H
Surf Ski Race: 50-54; 55-59; 60-64; 65+	M	H	Beach Relay: 130+	W	H

Surf Ski Race: 50-54; 55-59; 60-64; 65+	W	H	Beach Relay: 150+	W	H
Surf Ski Race: 50-54; 55-59; 60-64; 65+	M	H	Beach Relay: 90+	M	H
Surf Ski Race: 50-54; 55-59; 60-64; 65+	W	H	Beach Relay: 110+	M	H
Board Relay: 130+; 150+	M	H	Beach Relay: 130+	M	H
Board Relay: 130+; 150+	W	H	Beach Relay: 150+	M	H
Oceanman: 50-54; 55-59; 60+	M	H	Beach Sprint: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64, 65+	W	F
Oceanwoman: 50-54; 55-59; 60+	W	H	Beach Sprint: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64, 65+	M	F
Surf Team Race: 130+; 150+	M	SF	Beach Relay: 90+	W	F
Surf Team Race: 130+; 150+	W	SF	Beach Relay: 110+	W	F
Surf Ski Race: 50-54; 55-59; 60-64; 65+	M	SF	Beach Relay: 130+	W	F
Surf Ski Race: 50-54; 55-59; 60-64; 65+	W	SF	Beach Relay: 150+	W	F
Surf Race: 50-54; 55-59; 60-64, 65+	M	SF	Beach Relay: 90+	M	F
Surf Race: 50-54; 55-59; 60-64, 65+	W	SF	Beach Relay: 110+	M	F
Board Relay: 130+; 150+	M	SF	Beach Relay: 130+	M	F
Board Relay: 130+; 150+	W	SF	Beach Relay: 150+	M	F
Oceanman: 50-54; 55-59; 60+	M	SF	Beach Flags: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64, 65+	W	H
Oceanwoman: 50-54; 55-59; 60+	W	SF	Beach Flags: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64, 65+	M	H
Board Race: 50-54; 55-59; 60-64; 65+	M	F			
Surf Ski Relay: 130+; 150+	M	F			
Board Race: 50-54; 55-59; 60-64; 65+	W	F			
Surf Ski Relay: 130+; 150+	W	F			
Oceanman Relay: 130+; 150+	M	F			
Oceanwoman Relay: 130+; 150+	W	F			
Board Rescue: 50; 55; 60; 65+	M	F			
Board Rescue: 50; 55; 60; 65+	W	F			
Surf Team Race: 130+; 150+	M	F	Beach Flags: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64, 65+	W	F
Surf Team Race: 130+; 150+	W	F	Beach Flags: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64, 65+	M	F
Surf Ski Race: 50-54; 55-59; 60-64; 65+	M	F	Beach Run (2km): 30-34; 35-39; 40-44; 45-49; 50-54; 55-59	W	F
Surf Ski Race: 50-54; 55-59; 60-64; 65+	W	F	Beach Run (2km): 30-34; 35-39; 40-44; 45-49; 50-54; 55-59	M	F

Surf Race: 50-54; 55-59; 60-64, 65+	M	F	Beach Run (1km): 60-64; 65+	W	F
Surf Race: 50-54; 55-59; 60-64, 65+	W	F	Beach Run (1km): 60-64; 65+	M	F
Board Relay: 130+; 150+	M	F			
Board Relay: 130+; 150+	W	F			
Oceanman: 50-54; 55-59; 60+	M	F			
Oceanwoman: 50-54; 55-59; 60+	W	F			

## MONDAY 11 OCTOBER: MASTERS SURFBOAT

COMPETITION			
08:00 – 08:15	Masters Surfboat 120+	Women	Heats
08:15 – 08:30	Masters Surfboat 120+	Men	Heats
08:30 – 08:45	Masters Surfboat 140+	Women	Heats
08:45 – 09:00	Masters Surfboat 140+	Men	Heats
09:00 – 09:15	Masters Surfboat 170+	Women	Heats
09:15 – 09:30	Masters Surfboat 170+	Men	Heats
09:30 – 09:45	Masters Surfboat 200+	Women	Heats
09:45 – 10:00	Masters Surfboat 200+	Men	Heats
10:00 – 10:15	Masters Surfboat 120+	Women	Semi Finals
10:15 – 10:30	Masters Surfboat 120+	Men	Semi Finals
10:30 – 10:45	Masters Surfboat 140+	Women	Semi Finals
10:45 – 11:00	Masters Surfboat 140+	Men	Semi Finals
11:00 – 11:15	Masters Surfboat 170+	Women	Semi Finals
11:15 – 11:30	Masters Surfboat 170+	Men	Semi Finals
11:30 – 11:45	Masters Surfboat 200+	Women	Semi Finals
11:45 – 12:00	Masters Surfboat 200+	Men	Semi Finals
14:00 – 14:15	Masters Surfboat 120+	Women	Finals
14:15 – 14:30	Masters Surfboat 120+	Men	Finals
14:30 – 14:45	Masters Surfboat 140+	Women	Finals
14:45 – 15:00	Masters Surfboat 140+	Men	Finals
15:00 – 15:15	Masters Surfboat 170+	Women	Finals
15:15 – 15:30	Masters Surfboat 170+	Men	Finals
15:30 – 15:45	Masters Surfboat 200+	Women	Finals
15:45 – 16:00	Masters Surfboat 200+	Men	Finals
16:10 – 16:20	Victory Ceremony Surfboats	Women	
16:20 – 16:30	Victory Ceremony Surfboats	Men	
16:30	End of competition day		
19:00 – 01:00	Closing Party in Marhaba		