



LIFESAVING WORLD CHAMPIONSHIPS RESCUE 2010

NATIONAL TEAMS WORLD CHAMPIONSHIPS

COMPETITION PROGRAMME

SATURDAY 2 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)

SUNDAY 3 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)

MONDAY 4 OCTOBER 2010

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

TUESDAY 5 OCTOBER 2010

TRAINING AND BRIEFING	
08:00 - 20:00	Training in the training and competition swimming pools (free). Training in the ocean (free)
17:30 - 18:30	Briefing National Teams and SERC
19:00 - 20:00	ILS Centennial Gala Dinner: cocktail party
20:00 - 23:00	ILS Centennial Gala Dinner

WEDNESDAY 6 OCTOBER 2010

POOL COMPETITIONS: DAY 1 AND OPENING CEREMONY

08:00 - 09:00	Warm-up	
09:00 - 10:00	100 m Manikin Carry with Fins	Women and Men – Heats
10:00 - 10:45	4x50m Medley Relay	Women and Men – Heats
10:45 - 12:00	100m Rescue Medley	Women and Men – Heats
12:00 - 12:45	Lunch Break	
12:45 - 13:45	200 m Super Lifesaver	Women and Men – Heats
14:00 - 14:30	Line Throw	Women and Men - Heats
14:30 - 14:45	Line Throw	Women – Finals B and A
14:45 - 15:00	Line Throw	Men – Finals B and A
15:00 - 15:45	Warm up	
15:45 - 15:50	100m Rescue Medley	Women – Final B
15:50 - 15:55	100m Rescue Medley	Women – Final A
15:55 - 16:00	100m Rescue Medley	Men – Final B
16:00 - 16:05	100m Rescue Medley	Men – Final A
16:05 - 16:11	200 m Super Lifesaver	Women – Final B
16:11 - 16:17	200 m Super Lifesaver	Women – Final A
16:17 - 16:23	200 m Super Lifesaver	Men – Final B
16:23 - 16:29	200 m Super Lifesaver	Men – Final A
16:29 - 16:34	Victory Ceremony Line Throw	Women
16:34 - 16:39	Victory Ceremony Line Throw	Men
16:39 - 16:44	Victory Ceremony 100m Rescue Medley	Women
16:44 - 16:49	Victory Ceremony 100m Rescue Medley	Men
16:49 - 16:54	Victory Ceremony 200m Super Lifesaver	Women
16:54 - 16:59	Victory Ceremony 200m Super Lifesaver	Men
17:00 - 17:30	Preparation of Opening Ceremony	All teams and Officials
17:30 - 17:45	Parade of Teams and Technical Officials	
17:45 - 17:55	Anthems and Flags	
17:55 - 18:00	Speeches	
18:00 - 18:05	Speech EDLF President	
18:05 - 18:08	Oath of Official and Athlete	
18:08 - 18:20	March down and Positioning	
18:20 - 18:24	100m Manikin Carry with Fins	Women – Final B
18:24 - 18:28	100m Manikin Carry with Fins	Women – Final A
18:28 - 18:32	100m Manikin Carry with Fins	Men – Final B
18:32 - 18:36	100m Manikin Carry with Fins	Men – Final A
18:36 - 18:41	4x50m Medley Relay	Women – Final B
18:41 - 18:46	4x50m Medley Relay	Women – Final A
18:46 - 18:51	4x50m Medley Relay	Men – Final B
18:51 - 18:56	4x50m Medley Relay	Men – Final A
18:56 - 19:01	Victory Cer. 100m Manikin Carry with Fins	Women
19:01 - 19:06	Victory Cer. 100m Manikin Carry with Fins	Men
19:06 - 19:11	Victory Ceremony 4x50m Medley Relay	Women
19:11 - 19:15	Victory Ceremony 4x50m Medley Relay	Men
19:15	End of competition day	

THURSDAY 7 OCTOBER 2010

POOL COMPETITIONS: DAY 2		
08:00 - 09:00	Warm-up	
09:00 - 10:00	200 m Obstacle Swim	Women and Men – Heats
10:00 - 10:45	4x50 m Obstacle Relay	Women and Men – Heats
10:45 - 11:00	Pool Transition	
11:00 - 11:30	50 m Manikin Carry	Women and Men – Heats
11:30 - 12:00	4x25m Manikin Relay	Women and Men – Heats
12:00 - 12:45	Lunch Break	
12:45 - 13:30	100m Manikin Tow with Fins	Women and Men – Heats
13:30 - 14:00	Preparation of SERC	
14:00 - 16:30	SERC	Men and Women
16:30 - 16:45	Preparation of Pool	
16:45 - 16:49	200 m Obstacle Swim	Women – Final B
16:49 - 19:53	200 m Obstacle Swim	Women – Final A
16:53 - 16:57	200 m Obstacle Swim	Men – Final B
16:57 - 17:01	200 m Obstacle Swim	Men – Final A
17:01 - 17:05	4x50 m Obstacle Relay	Women – Final B
17:05 - 17:09	4x50 m Obstacle Relay	Women – Final A
17:09 - 17:13	4x50 m Obstacle Relay	Men – Final B
17:13 - 17:17	4x50 m Obstacle Relay	Men – Final A
17:17 - 17:37	Pool Transition	
17:20 - 17:25	Victory Ceremony SERC	Mixed
17:25 - 17:30	Victory Ceremony 200 m Obstacle Swim	Women
19:30 - 17:35	Victory Ceremony 200 m Obstacle Swim	Men
17:35 - 17:40	Victory Ceremony 4x50m Obstacle Relay	Women
17:40 - 17:45	Victory Ceremony 4x50m Obstacle Relay	Men
17:45 - 17:49	100m Manikin Tow with Fins	Women – Final B
17:49 - 17:53	100m Manikin Tow with Fins	Women – Final A
17:53 - 17:57	100m Manikin Tow with Fins	Men – Final B
17:57 - 18:01	100m Manikin Tow with Fins	Men – Final A
18:01 - 18:04	50 m Manikin Carry	Women – Final B
18:04 - 18:07	50 m Manikin Carry	Women – Final A
18:07 - 18:10	50 m Manikin Carry	Men – Final B
18:10 - 18:13	50 m Manikin Carry	Men – Final A
18:13 - 18:17	4x25m Manikin Relay	Women – Final B
19:17 - 19:21	4x25m Manikin Relay	Women – Final A
18:21 - 18:25	4x25m Manikin Relay	Men – Final B
18:25 - 18:29	4x25m Manikin Relay	Men – Final A
18:29 - 18:34	Victory Cer. 100m Manikin Tow with Fins	
18:34 - 18:39	Victory Cer. 100m Manikin Tow with Fins	
18:39 - 18:44	Victory Ceremony 50 m Manikin Carry	
18:44 - 18:49	Victory Ceremony 50 m Manikin Carry	
18:49 - 18:54	Victory Ceremony 4x25m Manikin Relay	
18:54 - 18:59	Victory Ceremony 4x25m Manikin Relay	
19:00	End of competition day	

FRIDAY 8 OCTOBER 2010

Women in Ocean Arena 2 and Men in Ocean Arena 1

BEACH/OCEAN COMPETITIONS: DAY 1				
8:00	8:40	Surf Ski Race	Women	Heats
8:40	9:20	Rescue Tube Rescue	Women	Heats
9:20	10:35	Oceanwoman	Women	Heats
10:35	11:15	Board Rescue	Women	Heats
11:15	11:35	Surf Ski Race	Women	Semi Finals
11:35	11:55	Rescue Tube Rescue	Women	Semi Finals
11:55	12:25	Oceanwoman	Women	Semi Finals
12:25	12:55	Board Rescue	Women	Semi Finals
8:00	8:40	Rescue Tube Rescue	Men	Heats
8:40	9:55	Oceanman	Men	Heats
9:55	10:35	Board Rescue	Men	Heats
10:35	11:15	Surf Ski Race	Men	Heats
11:15	11:35	Rescue Tube Rescue	Men	Semi Finals
11:35	11:55	Oceanman	Men	Semi Finals
11:55	12:25	Board Rescue	Men	Semi Finals
12:25	12:55	Surf Ski Race	Men	Semi Finals
13:00	13:25	Beach Sprint	Women	Heats
13:25	13:50	Beach Sprint	Men	Heats
13:50	15:05	Beach Flags	Women	Heats
15:05	15:35	Beach Flags	Women	Semi Finals
15:35	15:50	Beach Flags	Women	Finals
13:50	15:05	Beach Flags	Men	Heats
15:05	15:35	Beach Flags	Men	Semi Finals
15:35	15:50	Beach Flags	Men	Finals
16:00	16:15	Rescue Tube Rescue	Women	Final
16:15	16:30	Rescue Tube Rescue	Men	Final
16:30	16:40	Surf Ski Race	Women	Final
16:40	16:50	Surf Ski Race	Men	Final
16:50	17:05	Board Rescue	Women	Final
17:05	17:20	Board Rescue	Men	Final
17:20	17:35	Oceanwoman	Women	Final
17:35	17:50	Oceanman	Men	Final
17:50	17:55	Victory Ceremony Beach Flags	Women	
17:55	18:00	Victory Ceremony Beach Flags	Men	
18:00	18:05	Victory Ceremony Rescue Tube Rescue	Women	
18:05	18:10	Victory Ceremony Rescue Tube Rescue	Men	
18:10	18:15	Victory Ceremony Surf Ski Race	Women	
18:15	18:20	Victory Ceremony Surf Ski Race	Men	
18:20	18:25	Victory Ceremony Board Rescue	Women	
18:25	18:30	Victory Ceremony Board Rescue	Men	
18:30	18:35	Victory Ceremony Oceanwoman	Women	
18:35	18:40	Victory Ceremony Oceanman	Men	
18:40		End of competition day		

SATURDAY 9 OCTOBER 2010

Women in Ocean Arena 2 and Beach Flag Arena 2
Men in Ocean Arena 1 and Beach Flag Arena 1

BEACH/OCEAN COMPETITIONS: DAY 2				
8:00	8:50	Surf Race	Women	Heats
8:50	9:40	Board Race	Women	Heats
9:40	9:40	Oceanwoman Relay	Women	Heats
9:40	10:00	Surf Race	Women	Semi Finals
10:00	10:20	Board Race	Women	Semi Finals
10:20	10:50	Oceanwoman Relay	Women	Semi Finals
8:00	9:00	Oceanman Relay	Men	Heats
9:00	9:50	Surf Race	Men	Heats
9:50	10:40	Board Race	Men	Heats
10:40	11:10	Oceanman Relay	Men	Semi Finals
11:10	11:30	Surf Race	Men	Semi Finals
11:30	11:50	Board Race	Men	Semi Finals
13:00	13:10	Beach Sprint	Women	Semi Finals
13:10	13:20	Beach Sprint	Men	Semi Finals
13:20	13:25	Beach Sprint	Women	Finals
13:25	13:30	Beach Sprint	Men	Finals
13:30	13:50	Beach Relay	Women	Heats
13:50	14:10	Beach Relay	Men	Heats
14:10	14:20	Beach Relay	Women	Semi Finals
14:20	14:30	Beach Relay	Men	Semi Finals
14:30	14:35	Beach Relay	Women	Finals
14:35	14:40	Beach Relay	Men	Finals
15:00	15:15	Surf Race	Women	Finals
15:15	15:30	Surf Race	Men	Finals
15:30	15:40	Board Race	Women	Finals
15:40	15:50	Board Race	Men	Finals
15:50	16:05	Oceanwoman Relay	Women	Finals
16:05	16:20	Oceanman Relay	Men	Finals
16:20	16:25	Victory Ceremony Beach Sprint	Women	
16:25	16:30	Victory Ceremony Beach Sprint	Men	
16:30	16:35	Victory Ceremony Beach Relay	Women	
16:35	16:40	Victory Ceremony Beach Relay	Men	
16:40	16:45	Victory Ceremony Surf Race	Women	
16:45	16:50	Victory Ceremony Surf Race	Men	
16:50	16:55	Victory Ceremony Board Race	Women	
16:55	17:00	Victory Ceremony Board Race	Men	
17:00	17:05	Victory Ceremony Oceanwoman Relay	Women	
17:05	17:10	Victory Ceremony Oceanman Relay	Men	
17:10		End of competition day		
19:00	01:00	Closing Party in Marhaba	All	

Timings can change.

EVENTS FOR NATIONAL TEAMS WORLD CHAMPIONSHIPS

Pool Events: 10 Events

- 200 m Obstacle Swim: 2 competitors per national team and per gender
- 50 m Manikin Carry: 2 competitors per national team and per gender
- 100 m Rescue Medley: 2 competitors per national team and per gender
- 100 m Manikin Carry with Fins: 2 competitors per national team and per gender
- 100 m Manikin Tow with Fins: 2 competitors per national team and per gender
- 200 m Super Lifesaver: 2 competitors per national team and per gender
- Line Throw: 1 team of 2 competitors per national team and per gender
- 4x25 m Manikin Relay: 1 team of 4 competitors per national team and per gender
- 4x50 m Obstacle Relay: 1 team of 4 competitors per national team and per gender
- 4x50 m Medley Relay: 1 team of 4 competitors per national team and per gender

Beach/Ocean Events: 10 Events

- Beach Flags: 2 competitors per national team and per gender
- Beach Sprint: 2 competitors per national team and per gender
- Surf Race: 2 competitors per national team and per gender
- Surf Ski Race: 2 competitors per national team and per gender
- Board Race: 2 competitors per national team and per gender
- Oceanman/Oceanwomen: 2 competitors per national team and per gender
- Board Rescue: 1 team of 2 competitors per national team and per gender
- Beach Relay: 1 team of 4 competitors per national team and per gender
- Board Rescue: 1 team of 2 competitors per national team and per gender
- Oceanman/Oceanwomen Relay: 1 team of 4 competitors per national team and per gender