

10 JULY 2022: COMPETITION DAY 1

Time	Event	Sex	Course
15:30-16:30	Warm up	All	Competition Pool
16:30-16:45	Opening Ceremony - Lifesaving	All	Competition Pool
16:45-17:00	Pool Preparation		Competition Pool
17:00-17:05	200m Obstacle Swim	W	Final
17:05-17:10	200m Obstacle Swim	M	Final
17:15-17:22	200m Obstacle Swim	W	Medal Ceremony
17:23-17:30	200m Obstacle Swim	M	Medal Ceremony
17:30-17:35	4x50m Obstacle Relay	W	Final
17:35-17:40	4x50m Obstacle Relay	M	Final
17:45-17:52	4x50m Obstacle Relay	W	Medal Ceremony
17:53-18:00	4x50m Obstacle Relay	M	Medal Ceremony
18:00-18:05	100m Manikin Carry with fins	W	Final
18:05-18:10	100m Manikin Carry with fins	M	Final
18:15-18:22	100m Manikin Carry with fins	W	Medal Ceremony
18:23-18:30	100m Manikin Carry with fins	M	Medal Ceremony
18:30-18:35	200m Super Lifesaver	W	Final
18:35-18:40	200m Super Lifesaver	M	Final
18:45-18:52	200m Super Lifesaver	W	Medal Ceremony
18:53-19:00	200m Super Lifesaver	M	Medal Ceremony
19:00	End of Evening Session	All	

W: Women - M: Men

11 JULY 2022: COMPETITION DAY 2

Time	Event	Sex	Course
13:30-14:15	Warm up	All	Competition Pool
14:15-14:30	Pool Preparation		Competition Pool
14:30-14:35	50m Manikin Carry	W	Final
14:35-14:40	50m Manikin Carry	M	Final
14:45-14:52	50m Manikin Carry	W	Medal Ceremony
14:53-15:00	50m Manikin Carry	M	Medal Ceremony
15:00-15:05	4x25m Manikin Relay	W	Final
15:05-15:10	4x25m Manikin Relay	M	Final
15:15-15:22	4x25m Manikin Relay	W	Medal Ceremony
15:23-15:30	4x25m Manikin Relay	M	Medal Ceremony
15:30-15:35	100m Manikin Tow with fins	W	Final
15:35-15:40	100m Manikin Tow with fins	M	Final
15:45-15:52	100m Manikin Tow with fins	W	Medal Ceremony
15:53-16:00	100m Manikin Tow with fins	M	Medal Ceremony
16:00-16:05	4x50m Medley Relay	W	Final
16:05-16:10	4x50m Medley Relay	M	Final
16:15-16:22	4x50m Medley Relay	W	Medal Ceremony
16:23-16:30	4x50m Medley Relay	M	Medal Ceremony
16:30-16:45	Lifesaving Closing Session	All	Competition Pool
16:45	End of Lifesaving Competitions	All	
21:00-24:00	Lifesaving Closing Party	All	TBD

W: Women - M: Men