

Detailed Program

Saturday

- 8.15 - 9.00 warming up in 50 m pool: seniors, juniors, masters
- 9.00 - 9.30 warming up in 25 m pool: CDE-categories
- 9.00 - 13.30 50 m pool all categories
- 200m Obstacle Swim
- 4x50m Obstacle Relay (one category including masters, seniors and juniors)
- short break
- 4x25m Manikin Relay (one category including masters, seniors and juniors)
- 100 m Manikin Tow with Fins
- 13.30 - 14.00 Lunch
- 14.00 - 15.30 50m pool all categories
- 100m Rescue medley
- 15.30 - 17.00 only for CDE (2004 and later) categories
- Ringdiving with fins
- Ringdiving/ringtransport
- Super lifesaver
- 17.00 - 18.30 diners

Sunday

- 9.00 - 10.00 warming up in 50 m pool
- 10.00 - 13.00 100m Manikin carry with fins
- 50m Manikin carry
- 13.00 - 14.00 lunch
- 14.00 - 16.00 200 m Super Lifesaver
- 4x50m Rescue Medley Relay (one category including masters, seniors and juniors)