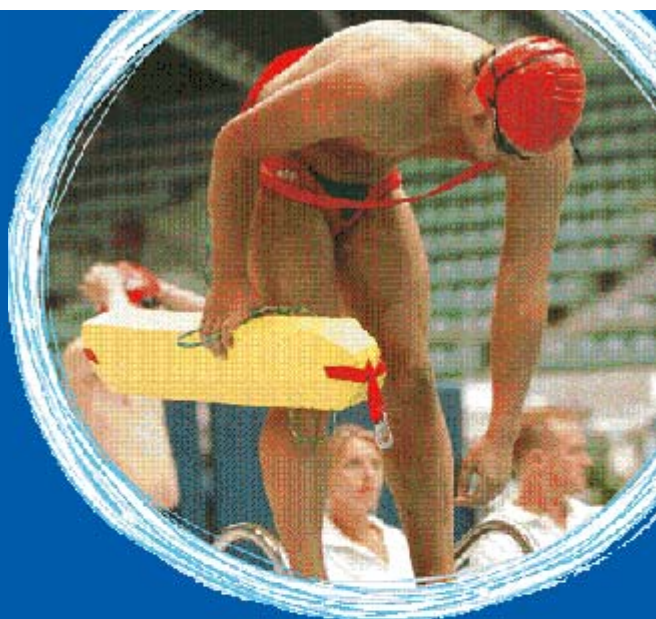


EVERYONE CAN BE A LIFESAVER



## The Royal Life Saving Society State Pool Lifesaving Championships

2009/2010

**Where:** Challenge Stadium  
10 Lane Outdoor Pool

**When:** October 25th 2009

**Time:** 2pm—4pm

**Who:** Anyone who is interested in competing in Pool Lifesaving can come along. The Championships will also form the basis for WA State Team selection to compete in Canberra in January 2010.

To register your interest please contact the RLSSWA on:  
(08) 9383 8200

# Event Program

Please note all the races will be timed finals. All races will be swum in age group categories – U14, U16, U19 and Open.

Warm up 2pm, competition commences at 2.30pm

- Event 1      200m Obstacles
- Event 2      50m Freestyle with Fins
- Event 3      50m Manikin Carry with Fins
- Event 4      100m Manikin Tow

## State Team Selection

Selection in the WA State Pool Lifesaving Team will take into consideration the following cut off times and attendance at both the State Titles and State Development Squad training sessions (which takes place Sunday afternoons 2:30pm at Challenge Stadium).

Event	16 Boys	16 Girls	19 Boys	19 Girls	Open Men	Open Women
Medley	-	-	-	-	1.16.56	1.26.72
Super	2.58.22	3.20.70	3.05.41	3.13.31	2.38.65	2.53.45
Obs	2.26.22	2.46.29	2.24.77	2.34.87	2.13.42	2.39.75
Tow	1.09.85	1.17.80	1.06.25	1.13.49	1.02.01	1.13.70
50m Carry	42.52	49.78	40.51	48.59	35.56	43.43
100m Carry	1.05.75	1.19.50	1.12.31	1.15.22	58.97	1.12.06
Line Throw	15.94	18.71	15.22	35.43	12.76	17.64