



# Official Timetable

## Speedlifesaving Competition 2015

### Friday 13.03.2015

20.00 First Arrival, (Turnhalle Langmatt)

### Saturday 14.03.2015

10.00 Arrival, Inscription (Entrance Hall Pool)

11.00 Warm Up

11.30 Team Manager Meeting

12.00 Start of the Competition

1. Obstacle Swim

2. Obstacle Relay

... Modifications Brake ...

3. Manikin Tow with Fins

4. Manikin Relay

5. Manikin Carry with Fins

6. Rescue Medley

7. Super Lifesaver

8. Medley Relay

... Modifications Brake ...

9. Manikin Carry

10. Line Throw Relay

18.30 End of the Competition

19.30 Dinner and Victory Ceremonie «Turnhalle Au, Sommerhaldenstrasse 31, 5200 Brugg»

20.30 Bar and Party

### Sunday 15.03.2015

10.00 Last Departure from the Sports Hall