



PROGRAM MASTERS EUROPEAN LIFESAVING CHAMPIONSHIPS

24/05	25/05	26/05	27/05	28/05
<p>10.00 – 14.00 HRS</p> <p>16.00 – 20.30 HRS</p> <p>POOL TRAINING DAY</p>	<p>08.30 HRS. WARM UP</p> <p>09.30 HRS. OPENING CEREMONY</p> <p>10.00 HRS. START COMPETITION</p> <p>200 M. OBSTACLES F/M 30-49</p> <p>100 M. OBSTACLES F/M 50-+70</p> <p>4X50 M. OBSTACLES F/M 140-+230</p>	<p>08.30 HRS. WARM UP</p> <p>09.30 HRS. START COMPETITION</p> <p>100 M. MANIKIN CARRY WITH FINS F/M 30-+70</p> <p>4X50 M. MEDLEY RELAY F/M 140-+230</p>	<p>08.30 HRS. START COMPETITION</p> <p>HEATS & FINALS</p> <p>BOARD RACE F/M 30-+70</p> <p>SPRINT F/M 30-+70</p> <p>SPRINT RELAY F/M 110-+170</p>	<p>08.30 HRS. START COMPETITION</p> <p>HEATS & FINALS</p> <p>SKI RACE F/M 30-+70</p> <p>SURF RACE F/M 30-+70</p> <p>BEACH FLAGS F/M 30-+70</p>
<p>17.00 HRS OFFICIAL MEETING</p> <p>18.00 HRS TEAM MANAGERS MEETING</p>	<p>15.30 HRS. WARM UP</p> <p>16.30 HRS. START COMPETITION</p> <p>LINE THROW F/M 30-+70</p> <p>100 M. TOW WITH FINS F/M 30-+70</p>	<p>15.30 HRS. WARM UP</p> <p>16.30 HRS. START COMPETITION</p> <p>50 M. MANIKIN CARRY F/M 30-+70</p> <p>4X25 M. MANIKIN CARRY F/M 140-+230</p>	<p>15.30 HRS. START COMPETITION</p> <p>HEATS & FINALS</p> <p>2 KM BEACH RUN F/M 30-59</p> <p>1 KM BEACH RUN F/M 60-+70</p> <p>OCEAN F/M 30-+70</p>	<p>15.30 HRS. START COMPETITION</p> <p>HEATS & FINALS</p> <p>BOARD RESCUE RACE F/M 30-+70</p> <p>OCEAN RELAY F/M 110-+170</p> <p>21.30 HRS. CLOSING PARTY</p>