

Zeitplan Pool Heidbergbad

JRP 2023

June 24th 2023		Heidbergbad Braunschweig			
Time	Event	time pro h	heats	duration	Total duration
08:00	Warm Up			1:00	
09:00	100m Carry with Fins	0:04:00	13	0:52	
9:52	4x50m Medley Relay	0:04:00	4	0:16	
10:08	50m Manikin Carry	0:04:00	17	1:08	
11:16	4x25m Manikin Relay	0:04:00	4	0:16	
11:32	200m Super Life Saver	00:06:30	9	0:58	
11:16	End Heats				
14:30	Warm Up			0:30	
15:00	100m Carry with Fins	0:04:00	4	0:16	
15:16	4x50m Medley Relay	0:04:00	4	0:16	
15:30	Victory Ceremony 100m Carry			0:15	
15:45	50m Manikin Carry	0:04:00	4	0:16	
16:01	4x25m Manikin Relay	0:04:00	4	0:16	
16:01	Victory Ceremony 4x50m Medley; 50m Carry			0:25	00:10
16:26	200m Super Life Saver	00:06:30	4	0:26	0:26
16:52	Victory Ceremony 4x25m Manikin Relay; 200m Super Life Saver			0:30	
June 25th 2023		Heidbergbad Braunschweig			
Time	Event	time pro h	heats	duration	Total duration
08:00	Warm Up			1:00	
09:00	200m Obstacle	0:04:30	14	1:03	
10:03	4x50m Obstacle Relay	0:04:30	4	0:18	
10:21	Change			0:20	
10:41	Line Throw	0:05:00	4	0:20	
11:01	Change			0:20	
11:21	100m Manikin Tow	0:05:00	12	1:00	
12:21	100m Resue Medley	0:05:00	15	1:15	
13:36	4x50m Mixed Pool Life Saver Relay	0:04:00	2	0:08	
13:44	End Heats				
14:30	Warm Up			0:30	
15:00	200m Obstacle	0:04:30	4	0:18	
15:18	4x50m Obstacle Relay	0:04:30	4	0:18	
15:36	Line Throw	0:05:00	4	0:20	
15:56	Victory Ceremony 200m Obstacle			0:15	
16:11	100m Manikin Tow	0:05:00	4	0:20	
16:31	100m Resue Medley	0:05:00	4	0:20	
16:51	Victory Ceremony 4x50m Obstacle; Line Throw			0:20	
17:11	4x50m Mixed Pool Life Saver Relay	0:04:00	2	0:08	
17:19	Victory Ceremony 100m Manikin Tow; 100m Recue Medley; 4x50			0:30	
17:49	End Day 2				