

# SLSA Wales Stillwater Championships 2024

Saturday 27th January, 2024

Max Number per club	Event No	Event	Age Group	Sex
<b>Warm Up from 8:00 small pool only, no main pool warm up</b>				
4	1	50m Manikin Carry	Y17	Female
4	2	50m Manikin Carry	Y17	Male
4	3	50m Manikin Carry	Y15	Female
4	4	50m Manikin Carry	Y15	Male
4	5	50m Manikin Carry	Y13	Female
4	6	50m Manikin Carry	Y13	Male
4	7	50m Manikin Carry	Senior	Female
4	8	50m Manikin Carry	Senior	Open
4	9	50m Manikin Carry	30-34	Female / Open
4	10	50m Manikin Carry	35-39	Female / Open
4	11	50m Manikin Carry	40-44	Female / Open
4	12	50m Manikin Carry	45-49	Female / Open
4	13	50m Manikin Carry	50-54	Female / Open
4	14	50m Manikin Carry	60-64	Female / Open
4	15	50m Manikin Carry	65+	Female / Open
3 Teams	16	4x25M Manikin Relay	Y17	Female
3 Teams	17	4x25M Manikin Relay	Y17	Male
3 Teams	18	4x25M Manikin Relay	Y15	Female
3 Teams	19	4x25M Manikin Relay	Y15	Male
3 Teams	20	4x25M Manikin Relay	Y13	Female
3 Teams	21	4x25M Manikin Relay	Y13	Male
3 Teams	22	4x25M Manikin Relay	120+	Female / Open
3 Teams	23	4x25M Manikin Relay	140+	Female / Open
3 Teams	24	4x25M Manikin Relay	170+	Female / Open
3 Teams	25	4x25M Manikin Relay	200+	Female / Open
3 Teams	26	4x25M Manikin Relay	Senior	Female
3 Teams	27	4x25M Manikin Relay	Senior	Open
Unlimited	28	100m Manikin Carry with Fins	Y17	Female
Unlimited	29	100m Manikin Carry with Fins	Y17	Male
Unlimited	30	100m Manikin Carry with Fins	Y15	Female
Unlimited	31	100m Manikin Carry with Fins	Y15	Male
Unlimited	32	100m Manikin Carry with Fins	Y13	Female
Unlimited	33	100m Manikin Carry with Fins	Y13	Male
Unlimited	34	100m Manikin Carry with Fins	Open	Female
Unlimited	35	100m Manikin Carry with Fins	Open	Open
Unlimited	36	100m Manikin Carry with Fins	30-34	Female / Open
Unlimited	37	100m Manikin Carry with Fins	35-39	Female / Open
Unlimited	38	100m Manikin Carry with Fins	40-44	Female / Open
Unlimited	39	100m Manikin Carry with Fins	45-49	Female / Open
Unlimited	40	100m Manikin Carry with Fins	50-54	Female / Open
Unlimited	41	100m Manikin Carry with Fins	60-64	Female / Open
Unlimited	42	100m Manikin Carry with Fins	65+	Female / Open
4 Pairs	43	Rope Rescue	Y17	Female
4 Pairs	44	Rope Rescue	Y17	Male
4 Pairs	45	Rope Rescue	Y15	Female
4 Pairs	46	Rope Rescue	Y15	Male
4 Pairs	47	Rope Rescue	Y13	Female
4 Pairs	48	Rope Rescue	Y13	Male
4 Pairs	49	Rope Rescue	Senior	Female
4 Pairs	50	Rope Rescue	Senior	Open
4 Pairs	51	Rope Rescue	30-34	Female / Open
4 Pairs	52	Rope Rescue	35-39	Female / Open
4 Pairs	53	Rope Rescue	40-44	Female / Open
4 Pairs	54	Rope Rescue	45-49	Female / Open
4 Pairs	55	Rope Rescue	50-54	Female / Open
4 Pairs	56	Rope Rescue	60-64	Female / Open
4 Pairs	57	Rope Rescue	65+	Female / Open

Sunday 28th January 2024

Max Number per club	Event No	Event	Age Group	Sex
<b>Warm Up from 8:00 small pool only, no main pool warm up</b>				
4	58	Super Life Saver *	Y17	Female
4	59	Super Life Saver *	Y17	Male
4	60	Super Life Saver *	Senior	Female
4	61	Super Life Saver *	Senior	Open
Unlimited	62	100m Manikin Tow with Fins	Y17	Female
Unlimited	63	100m Manikin Tow with Fins	Y17	Male
Unlimited	64	100m Manikin Tow with Fins	Y15	Female
Unlimited	65	100m Manikin Tow with Fins	Y15	Male
Unlimited	66	100m Manikin Tow with Fins	Y13	Female
Unlimited	67	100m Manikin Tow with Fins	Y13	Male
Unlimited	68	100m Manikin Tow with Fins	Senior	Female
Unlimited	69	100m Manikin Tow with Fins	Senior	Open
Unlimited	70	100m Manikin Tow with Fins	30-34	Female / Open
Unlimited	71	100m Manikin Tow with Fins	35-39	Female / Open
Unlimited	72	100m Manikin Tow with Fins	40-44	Female / Open
Unlimited	73	100m Manikin Tow with Fins	45-49	Female / Open
Unlimited	74	100m Manikin Tow with Fins	50-54	Female / Open
Unlimited	75	100m Manikin Tow with Fins	60-64	Female / Open
Unlimited	76	100m Manikin Tow with Fins	65+	Female / Open
3 Teams	81	Pool Lifesaver Relay	Y17	Mixed
3 Teams	82	Pool Lifesaver Relay	Senior	Mixed
4	83	100m Rescue Medley	Y15	Female
4	84	100m Rescue Medley	Y15	Male
4	85	100m Rescue Medley	Y17	Female
4	86	100m Rescue Medley	Y17	Male
4	87	100m Rescue Medley	Senior	Female
4	88	100m Rescue Medley	Senior	Open
4	89	100m Rescue Medley	30-34	Female / Open
4	90	100m Rescue Medley	35-39	Female / Open
4	91	100m Rescue Medley	40-44	Female / Open
4	92	100m Rescue Medley	45-49	Female / Open
4	93	100m Rescue Medley	50-54	Female / Open
4	94	100m Rescue Medley	60-64	Female / Open
4	95	100m Rescue Medley	65+	Female / Open
3 Teams	97	4x50M Medley Relay	Y17	Female
3 Teams	98	4x50M Medley Relay	Y17	Male
3 Teams	99	4x50M Medley Relay	Y15	Female
3 Teams	100	4x50M Medley Relay	Y15	Male
3 Teams	101	4x50M Medley Relay	Y13	Female
3 Teams	102	4x50M Medley Relay	Y13	Male
3 Teams	103	4x50M Medley Relay	120+	Female / Open
3 Teams	104	4x50M Medley Relay	140+	Female / Open
3 Teams	105	4x50M Medley Relay	170+	Female / Open
3 Teams	106	4x50M Medley Relay	200+	Female / Open
3 Teams	107	4x50M Medley Relay	Senior	Female
3 Teams	108	4x50M Medley Relay	Senior	Open

\* Depending on time the super lifesaver may be run at the end of the events Saturday

As ever SLSA Wales will endeavour to complete all events listed within the programme but the programme is subject to change before or on the day if time restrictions should force the need to cancel individual events or race.