

*speedlifesaving*  
*...take the challenge...*

## **Timeschedule Speed Lifesaving - NL**

09-11-2014, Sportcomplex In de Bandert

12.30 Arrivals & Registration  
13.00 Start warm up  
13.15 Teammanagers meeting  
13.25 finish Warm-Up  
13.30 Start competition

1. Obstacle Swim
2. Obstacle Relay
3. Line Throw Relay
4. Manikin Tow with Fins
5. Manikin Carry
6. Manikin Relay
7. Manikin Carry with Fins
8. Rescue Medley
9. Super Lifesaver
10. Medley Relay

18.30 Finish competition  
19.00 Award ceremony

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