



The Australian Pool Lifesaving Championships include the following Championship titles awarded each year:

DESCRIPTION	CHAMPIONSHIP EVENTS
MEN'S UNDER 14 OVERALL CHAMPION Best all round Under 14 Male competitor in the 5 individual events	Under 14 Female: <ul style="list-style-type: none">• 100m Obstacles• 10m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins
WOMEN'S UNDER 14 OVERALL CHAMPION Best all round Under 14 Male competitor in the 5 individual events	Under 14 Female: <ul style="list-style-type: none">• 100m Obstacles• 10m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins
MEN'S UNDER 16 INDIVIDUAL OVERALL CHAMPIONSHIP - GEORGE F. STACEY MEMORIAL TROPHY Best all round Under 16 Male competitor in the 7 individual events	Under 16 Male: <ul style="list-style-type: none">• 200m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins• Super Lifesaver• CPR
WOMEN'S UNDER 16 INDIVIDUAL OVERALL CHAMPIONSHIP - JOAN JOHANNES MEMORIAL TROPHY Best all round Under 16 Female competitor in each of the 7 individual events	Under 16 Female: <ul style="list-style-type: none">• 200m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins• Super Lifesaver• CPR
MEN'S UNDER 19 INDIVIDUAL OVERALL CHAMPIONSHIP - DRAGER NSW BRANCH TROPHY Best all round Under 19 Male competitor in each of the 7 individual events	Under 19 Male: <ul style="list-style-type: none">• 200m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins• Super Lifesaver• CPR



WOMEN'S UNDER 19 INDIVIDUAL OVERALL CHAMPIONSHIP - GEORGE TURNBULL TROPHY Best all round Under 19 Female competitor in each of the 7 individual events	Under 19 Female: <ul style="list-style-type: none">• 200m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins• Super Lifesaver• CPR
MEN'S OPEN INDIVIDUAL CHAMPIONSHIP - TRENCHARD MILLAR TROPHY Best all round Open Male competitor in each of the 7 individual events	Open Male: <ul style="list-style-type: none">• 200m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins• Super Lifesaver• CPR
WOMEN'S OPEN INDIVIDUAL OVERALL CHAMPIONSHIP - SODEN SHIELD Best all round Open Female competitor in each of the 7 individual events	Open Female: <ul style="list-style-type: none">• 200m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins• Super Lifesaver• CPR
MEN'S OVER 30 INDIVIDUAL OVERALL CHAMPIONSHIP - IRIS CRIBB TROPHY Best all round Over 30 Male competitor in each of the 5 individual Masters events	Masters: <ul style="list-style-type: none">• 100m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins
WOMEN'S OVER 30 INDIVIDUAL OVERALL CHAMPIONSHIP - IRIS CRIBB TROPHY Best all round Over 30 Female competitor in each of the 5 individual Masters events	Masters: <ul style="list-style-type: none">• 100m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins
MEN'S OVER 45 INDIVIDUAL OVERALL CHAMPIONSHIP - CYRIL CROLICK TROPHY Best all round Over 45 Male competitor in each of the 5 individual Masters events	Masters: <ul style="list-style-type: none">• 100m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins



WOMEN'S OVER 45 INDIVIDUAL OVERALL CHAMPIONSHIP – FRANK HENRY TROPHY Best all round Over 45 Female competitor in each of the 5 individual Masters events	Masters: <ul style="list-style-type: none">• 100m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins
MEN'S OVER 60 INDIVIDUAL OVERALL CHAMPIONSHIP Best all round Over 60 Male competitor in each of the 5 individual Masters events	Masters: <ul style="list-style-type: none">• 100m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins
WOMEN'S OVER 60 INDIVIDUAL OVERALL CHAMPIONSHIP Best all round Over 60 Female competitor in each of the 7 individual events	Masters: <ul style="list-style-type: none">• 100m Obstacles• 12.5m Line Throw• 50m Manikin Carry• 100m Manikin Carry with Fins• 100m Manikin Tow with Fins
MEN'S JUNIOR AUSTRALIA CUP - DR IAN MACKIE MEMORIAL TROPHY Winner of the Under 16 Men's Super Lifesaver race	Men's Under 16 Super Lifesaver
WOMEN'S JUNIOR AUSTRALIA CUP – DR HEATHER MCGOWAN MEMORIAL TROPHY Winner of the Under 16 Women's Super Lifesaver race	Women's Under 16 Super Lifesaver
MEN'S UNDER 19 AUSTRALIA CUP - JOHN STACPOOLE MEMORIAL TROPHY Winner of the Under 19 Men's Super Lifesaver race	Men's Under 19 Super Lifesaver
WOMEN'S UNDER 19 AUSTRALIA CUP – THE SHAYNE BAKER TROPHY Winner of the Under 19 Women's Super Lifesaver race	Women's Under 19 Super Lifesaver
MEN'S INDIVIDUAL LIFESAVING RACE - AUSTRALIA CUP Winner of the Open Men's Super Lifesaver race	Men's Open Super Lifesaver
WOMEN'S INDIVIDUAL LIFESAVING RACE - JULIE ANN LAMONT MEMORIAL TROPHY Winner of the Open Women's Super Lifesaver race	Women's Open Super Lifesaver
MIXED TEAM INITIATIVE - DOUGLAS R. PLAISTER TROPHY Winning team of the Mixed Open Simulated Emergency Response Competition (SERC)	Mixed Open SERC



LAERDAL OVERALL CPR TROPHY Overall winning Interstate Team for the CPR Competition, calculated by the highest placing male and female competitor from an Interstate Team in the Under 16, Under 19 and Open age group	CPR Competition
INTERSTATE UNDER 16 CHAMPIONSHIP - QUEENSLAND TROPHY Overall winning Interstate Team in the Under 16 age group, calculated by the top male and female in each of the Under 16 individual events plus Under 16 mixed relay placings.	All Under 16 individual events, and: <ul style="list-style-type: none">• Mixed 4 x 50m Obstacle Relay• Mixed 4 x 25m Manikin Relay• Mixed 4 x 50m Medley Relay• Mixed Under 16 SERC
INTERSTATE UNDER 19 CHAMPIONSHIP - NORTHERN TERRITORY TROPHY Overall winning Interstate Team in the Under 19 age group, calculated by the top male and female in each of the Under 19 individual events plus Under 16 mixed relay placings.	All Under 19 individual events, and: <ul style="list-style-type: none">• 4 x 50m Obstacle Relay• 4 x 25m Manikin Relay• 4 x 50m Medley Relay• Mixed Under 16 SERC
INTERSTATE OPEN CHAMPIONSHIP - PHILLIP GOREY TROPHY Overall winning Interstate Team in the Open age group, calculated by the top male and female in each of the Under 19 individual events plus Open mixed relay placings.	All Open individual events, and: <ul style="list-style-type: none">• 4 x 50m Obstacle Relay• 4 x 25m Manikin Relay• 4 x 50m Medley Relay• Mixed Under 16 SERC
INTERSTATE MEN'S OVERALL CHAMPIONSHIP TROPHY – LONDON TROPHY Overall winning Interstate Team across Under 16, Under 19 and Open age groups in the Men's division, calculated by the top placing Under 16, Under 19 and Open male across the 7 individual events plus: <ul style="list-style-type: none">• Mixed Under 16 and Under 19 age group relays, points divided by two;• Open Men's relay placings; and• Fin Relay, points divided by two.	All Men's Under 16, Under 19 and Open individual and team events.
INTERSTATE WOMEN'S OVERALL CHAMPIONSHIP - T. W. WHITE TROPHY Overall winning Interstate Team across Under 16, Under 19 and Open age groups in the Women's division, calculated by the top placing Under 16, Under 19 and Open women across the 7 individual events plus: <ul style="list-style-type: none">• Mixed Under 16 and Under 19 age group relays, points divided by two;• Open Women's relay placings; and• Fin Relay, points divided by two.	All Women's Under 16, Under 19 and Open individual and team events.



INTERSTATE OVERALL CHAMPIONSHIP - SIR PERCY JOSKE TROPHY Overall winning Interstate Team, calculated by the Men's and Women's Overall Championship point score, plus the Mixed Open Team SERC.	All Men's and Women's Under 16, Under 19 and Open individual and team events.
OFFICIAL OF THE MEET – BRUCE CAMPBELL TROPHY Selected by the APLSC Chief Referee, the Bruce Campbell Trophy is awarded for most outstanding contribution and commitment by a volunteer of Official at the APLSC.	N/A
LIFESAVERS OF THE MEET Male and Female Lifesavers of the Meet are selected for outstanding performances at APLSC with consideration of: <ul style="list-style-type: none">• Athletes from all age groups (excluding U14)• Number of 1st, 2nd, 3rd placings• World, Commonwealth and National Records achieved• Performance in relay and team events• Sportsmanship displayed during the APLSC• Loyalty and commitment to RLSSA• Number of athletes competing in age and gender categories	All individual and team events