



INTERCLUB TEAMS YOUTH: OCEAN AND BEACH CHAMPIONSHIPS

VENUE: KING'S BEACH: NELSON MANDELA BAY: GQEBERHA (PORT ELIZABETH)

DATE: TUESDAY 8th to THURSDAY 10th DECEMBER 2026

PRELIMINARY CHAMPIONSHIPS PROGRAMME

WEDNESDAY: 2nd DECEMBER

TIME	LWC OPENING CEREMONY	VENUE
17h00 - 19h00	Lifesaving World Championships 2026 Opening Ceremony	King's Beach Marquee

MONDAY: 7th DECEMBER

TIME	BRIEFING & OPENING OF CHAMPIONSHIPS	VENUE
07h30 – 07h45	Opening of the Youth Interclub Teams Championships	Newton Park Pool
16h00 – 17h00	Open and Youth Interclub Teams Technical Officials Beach and Ocean briefing by Chief Referee, Safety Officer and Event Management Committee	King's Beach Marquee
17h00 – 18h00	Open and Youth Team Managers briefing by Chief Referee, Safety Officer and Event Management Committee	King's Beach Marquee

TUESDAY: 8th DECEMBER 2026

INTERCLUB YOUTH CHAMPIONSHIPS: DAY 1: OCEAN AND BEACH

Solar: Sunrise – 04h59; Sunset – 19h19; Civil Twilight 19h48

Tide Times: High 03h05 (1.67m); Low: 08h59 (0.55m); High: 15h12 (1.81m); Low: 21h26 (0.43m)

BRIEFINGS

06h00	Safety Meeting
06h15	Daily Championships Committee Meeting
06h30	Beach Run Technical Officials briefing by Sectional Referees in arena
06h40	Beach Run marshalling Championships commences
07h00	Beach Run Championships commences
07h15	Team Managers daily briefing by Sectional Referees in arena
07h30	Technical Officials daily briefing by Sectional Referees in arena
07h40	Marshalling commences
08h00	Championships commence
After last event	EMC/LOC meeting

INTERCLUB YOUTH CHAMPIONSHIPS: ARENA 1 (Green/Gold) & 2 (Pink): MEN: DAY 1 - HEATS

Time	Event	Gender	Type
07h00	2 km Youth Beach Run (Open-Championships event)	Men	Heats & Final
08h00	Board Race	Men	Heats & QF & SF
	Board Rescue	Men	Heats & QF & SF
	Rescue Tube Rescue	Men	Heats & QF & SF
	Mixed Ocean Lifesaver Relay *	Mixed	Rounds 1 & 2
	Beach Relay	Men	Heats & QF & SF

* **Note:** Unless otherwise advised heats of the Ocean M Lifesaver Relay shall be conducted using a round robin format over two rounds to determine the finalists. The course shall be the traditional Oceanman/woman Relay water course – refer to the ILS LWC Handbook for full details.

INTERCLUB YOUTH CHAMPIONSHIPS: ARENA 3 (Blue/White) & 4 (Orange): WOMEN: DAY 1 – HEATS

Time	Event	Gender	Type
07h00	2 km Youth Beach Run (Open-Championships event)	Women	Heats & Final
08h00	Beach Relay	Women	Heats & QF & SF
	Surf Ski Race	Women	Heats & QF & SF
	Rescue Tube Rescue	Women	Heats & QF & SF
	Board Rescue	Women	Heats & QF & SF

**INTERCLUB YOUTH: OCEAN CHAMPIONSHIPS: DAY 1 - FINALS
ARENA 1 (Green/Gold) & 2 (Pink)**

Time	Event	Gender	Type
13h00	Surf Ski Race	Women	Final
	Board Race	Men	Final
	Rescue Tube Rescue	Women	B & A Final
	Rescue Tube Rescue	Men	B & A Final
	Board Rescue	Women	B & A Final
	Board Rescue	Men	B & A Final
	Beach Relay	Women	B & A Final
	Beach Relay	Men	B & A Final

End of Championships - Day 1 (no later than 17h00 start for in-water events)

INTERCLUB YOUTH CHAMPIONSHIPS: VICTORY CEREMONIES: DAY 1 – AT 08h00 AND FROM 16h30

Time	Event	Gender
08h00	Victory Ceremony 2 km Youth Beach Run	Women & Men
16h30	Victory Ceremony Surf Ski Race	Women
	Victory Ceremony Board Race	Men
	Victory Ceremony Rescue Tube Rescue	Women & Men
	Victory Ceremony Board Rescue	Women & Men
	Victory Ceremony Beach Relay	Women & Men

End of Day 1 Proceedings

WEDNESDAY: 9th DECEMBER**INTERCLUB YOUTH CHAMPIONSHIPS: DAY 2: OCEAN & BEACH****Tides:** High: 03h39 (1.71m); Low: 09h32 (0.54m); High:15h44 (1.81m); Low 21h56 (0.41**Solar:** Sunrise: 04h59; Sunset: 19h20; Civil Twilight 19h49**BRIEFINGS**

06h00	Safety Meeting
06h15	Daily Championships Committee Meeting
06h30	Beach Run Relay Technical Officials briefing by Sectional Referees in arena
06h40	Beach Run Relay marshalling Championships commences
07h00	Beach Run Relay Championships commences
07h15	Team Managers daily briefing by Sectional Referees in arena
07h30	Technical Officials daily briefing by Sectional Referees in arena
07h40	Marshalling commences
08h00	Championships commence
After last event	EMC/LOC meeting

INTERCLUB YOUTH CHAMPIONSHIPS: ARENA 1 (Green/Gold) & 2 (Pink): MEN: DAY 2 – HEATS

Time	Event	Gender	Type
07h00	3 x 1 km Youth Beach Run Relay (Open Championships event)	Men	Heats, & Final
08h00	Surf Ski Race	Men	Heats & QF & SF
	Surf Race	Men	Heats & QF & SF
	Oceanman Relay	Men	Heats & QF & SF
	Beach Sprint	Men	Heats & QF & SF

INTERCLUB YOUTH CHAMPIONSHIPS: ARENA 3 (Blue/White) & 4 (Orange): WOMEN: DAY 2 – HEATS

Time	Event	Gender	Type
07h00	3 x 1km Youth Beach Run Relay (Open Championships event)	Women	Heats & Final
08h00	Beach Sprint	Women	Heats & QF & SF
	Board Race	Women	Heats & QF & SF
	Surf Race	Women	Heats & QF & SF
	Oceanwoman Relay	Women	Heats & QF & SF

**INTERCLUB YOUTH OCEAN & BEACH CHAMPIONSHIPS: DAY 2 - FINALS
ARENA 1 (Green/Gold) & 2 (Pink):**

Time	Event	Gender	Type
13h00	Board Race	Women	Final
	Surf Ski Race	Men	Final
	Surf Race	Women	Final
	Surf Race	Men	Final
	Beach Sprint	Women	B & A Final
	Beach Sprint	Men	B & A Final
	Oceanwoman Relay	Women	Final
	Oceanman Relay	Men	Final

End of Championships - Day 2 (no later than 17h00 start for in-water events)

INTERCLUB YOUTH CHAMPIONSHIPS: VICTORY CEREMONIES: DAY 2 – AT 08h00 AND FROM 16h30

Time	Event	Gender
08h00	Victory Ceremony 3 x 1km Youth Beach Run Relay	Women & Men
16h30	Victory Ceremony Board Race	Women
	Victory Ceremony Surf Ski Race	Men
	Victory Ceremony Surf Race	Women & Men
	Victory Ceremony Beach Sprint	Women & Men
	Victory Ceremony Oceanman/woman Relay	Women & Men
End of Day 2 Proceedings		

THURSDAY: 10th DECEMBER 2026

INTERCLUB YOUTH CHAMPIONSHIPS: DAY 3: OCEAN 7 BEACH

Tides: High: 04h11 (1.73m); Low: 10h05 (0.54m); High: 16h15 (1.78m); Low: 22h26 (0.41m)

Solar: Sunrise: 04h59; Sunset: 19h21; Civil Twilight 19h50

BRIEFINGS

06h00	Safety Meeting
06h30	Daily Championships Committee Meeting
07h15	Team Managers daily briefing by Sectional Referees in arena
07h30	Technical Officials daily briefing by Sectional Referees in arena
07h40	Marshalling commences
08h00	Championships commence
16h00	Interclub Youth Closing Ceremony
After last event	EMC/LOC meeting

INTERCLUB YOUTH CHAMPIONSHIPS: ARENA 1 (Green/Gold) & 2 (Pink): MEN: DAY 3 – HEATS

Time	Event	Gender	Type
08h00	Ocean Man *	Men	Rounds 1 & 2
	Beach Flags	Men	Heats & QF & SF

*** Note:** Unless otherwise advised the preliminary rounds of the Oceanman shall be conducted using a round robin format over two rounds to determine the finalists. The course shall be the traditional Oceanman/woman water course – refer to the ILS LWC Handbook for full details.

INTERCLUB YOUTH CHAMPIONSHIPS: ARENA 3 (Blue/White) & 4 (Orange): WOMEN: DAY 3 – HEATS

Time	Event	Gender	Type
08h00	Beach Flags	Women	Heats & QF & SF
	Oceanwoman *	Women	Rounds 1 & 2

*** Note:** Unless otherwise advised the preliminary rounds of the Oceanwoman shall be conducted using a round robin format over two rounds to determine the finalists. The course shall be the traditional Oceanman/woman water course – refer to the ILS LWC Handbook for full details.

INTERCLUB YOUTH: OCEAN CHAMPIONSHIPS: DAY 3 – FINALS ARENA 1 (Green/Gold) & 2 (Pink)			
Time	Event	Gender	Type
13h00	Beach Flags	Women	Final
	Beach Flags	Men	Final
	Oceanwoman ^	Women	Final
	Oceanman ^	Men	Final
	Mixed Lifesaver Relay *	Mixed	Final
^ Note: Unless otherwise advised all Oceanman and Oceanwoman finals are to be conducted as Ocean M events in a purpose-built arena. Both the men and woman finals will be conducted over three elimination rounds – refer to the ILS LWC Handbook for full details.			
* Note: Unless otherwise advised the Mixed Ocean M Lifesaver Relay final is to be conducted using the Ocean M course in a purpose-built arena and Eliminator format. The final will be conducted over three elimination rounds– refer to the ILS LWC Handbook for full details.			
End of Championships - Day 3 (no later than 17h00 start for in-water events)			

INTERCLUB YOUTH CHAMPIONSHIPS: VICTORY CEREMONIES: DAY 3 - FROM 16h30		
Time	Event	Gender
16h30	Victory Ceremony Beach Flags	Women & Men
	Victory Ceremony Oceanman/woman	Women & Men
	Victory Ceremony Mixed Lifesaver Relay	Mixed
End of Interclub Youth Ocean Championships Proceedings		

Notes:

- Other than the initial marshalling and start times for each session all other listed times are indicative and for event planning purposes only. Individuals and Teams must be available at the commencement of each session for marshalling and Championships of an event listed for conduct within that session.
- The programme will be reviewed after entries have closed and may change due to conditions and exigencies of the situation and is subject to change.



INTERCLUB TEAMS OPEN: OCEAN AND BEACH CHAMPIONSHIPS

VENUE: KING'S BEACH: NELSON MANDELA BAY: GQEBERHA (PORT ELIZABETH)
DATE: FRIDAY 11TH DECEMBER TO SUNDAY 13TH DECEMBER 2026

PRELIMINARY CHAMPIONSHIPS PROGRAMME

WEDNESDAY: 2nd DECEMBER 2026

TIME	LWC OPENING CEREMONY	VENUE
17h00 - 19h00	Lifesaving World Championships 2026 Opening Ceremony	Kings Beach Marquee

SUNDAY: 6th DECEMBER

TIME	BRIEFING	VENUE
16h00 – 17h00	Technical Officials Open and Youth Pool briefing by Chief Referee, Safety Officer and Event Management Committee	Newton Park Pool
17h00 – 18h00	Open and Youth Team Managers briefing by Chief Referee, Safety Officer and Event Management Committee	Newton Park Pool

MONDAY: 7th DECEMBER

TIME	BRIEFING & OPENING OF CHAMPIONSHIPS	VENUE
07h30 – 07h45	Opening of the Youth Interclub Teams Championships	Newton Park Pool
12h30 – 12h45	Opening of the Open Interclub Teams Championships	Newton Park Pool
17h00 – 18h00	Open and Youth Team Managers briefing by Chief Referee, Safety Officer and Event Management Committee (Those who did not attend briefing on 6 th December at pool.	King's Beach Marquee

FRIDAY: 11th DECEMBER

INTERCLUB OPEN CHAMPIONSHIPS: DAY 1: OCEAN & BEACH

Tides: High: 04h45 (1.73m); Low: 10h38 (0.57m); High: 16h46 (1.74m); Low 22h57 (0.43m)

Solar: Sunrise: 04h59; Sunset: 19h21; Civil Twilight 19h51

BRIEFINGS	
06h00	Safety Meeting
06h15	Daily Championships Committee Meeting
06h30	Beach Run Technical Officials briefing by Sectional Referees in arena
06h40	Beach Run marshalling commences
07h00	Beach Run commences
07h15	Team Managers daily briefing by Sectional Referees in arena
07h30	Technical Officials daily briefing by Sectional Referees in arena
07h40	Marshalling commences
08h00	Championships commence
After last event	EMC/LOC meeting

INTERCLUB OPEN CHAMPIONSHIPS: ARENA 1 (Green/Gold) & 2 (Pink): MEN: DAY 1 - HEATS			
Time	Event	Gender	Type
07h00	2 km Open Beach Run (Open-Championships event)	Men	Heats & Final
08h00	Board Race	Men	Heats & QF & SF
	Board Rescue	Men	Heats & QF & SF
	Rescue Tube Rescue	Men	Heats & QF & SF
	Mixed Ocean Lifesaver Relay *	Mixed	Rounds 1 & 2
	Beach Relay	Men	Heats & QF & SF
* Note: Unless otherwise advised the preliminary rounds of the Ocean M Lifesaver Relay shall be conducted using a round robin format over two rounds to determine the finalists. The course shall be the traditional Oceanman/woman Relay water course – refer to the ILS LWC Handbook for full details.			

INTERCLUB OPEN CHAMPIONSHIPS: ARENA 3 (Blue/White) & 4 (Orange): WOMEN: DAY 1 - HEATS			
Time	Event	Gender	Type
07h00	2 km Open Beach Run (Open-Championships event)	Women	Heats & Final
08h00	Beach Relay	Women	Heats & QF & SF
	Surf Ski Race	Women	Heats & QF & SF
	Rescue Tube Rescue	Women	Heats & QF & SF
	Board Rescue	Women	Heats & QF & SF

INTERCLUB OPEN: OCEAN & BEACH CHAMPIONSHIPS: DAY 1 – FINALS ARENA 1 (Green/Gold) & 2 (Pink)			
Time	Event	Gender	Type
13h00	Surf Ski Race	Women	Final
	Board Race	Men	Final
	Rescue Tube Rescue	Women	B & A Final
	Rescue Tube Rescue	Men	B & A Final
	Board Rescue	Women	B & A Final
	Board Rescue	Men	B & A Final
	Beach Relay	Women	B & A Final
	Beach Relay	Men	B & A Final
End of Championships - day 1 (no later than 17h00 start for in-water events)			

INTERCLUB OPEN CHAMPIONSHIPS: VICTORY CEREMONIES: DAY 1 - AT 08h00 AND FROM 16h30		
Time	Event	Gender
08h00	Victory Ceremony 2 km Open Beach Run	Women & Men
16h30	Victory Ceremony Surf Ski Race	Women
	Victory Ceremony Board Race	Men
	Victory Ceremony Rescue Tube Rescue	Women & Men
	Victory Ceremony Board Rescue	Women & Men
	Victory Ceremony Beach Relay	Women & Men
End of Day 1 Proceedings		

SATURDAY: 12th DECEMBER**INTERCLUB OPEN CHAMPIONSHIPS: DAY 2: OCEAN & BEACH****Tides:** High: 05h19 (1.71m); Low: 11h13 (0.61m); High: 17h19 (1.68m); Low 23h29 (0.47m)**Solar:** Sunrise: 04h59; Sunset: 19h22; Civil Twilight 19h51**BRIEFINGS**

06h00	Safety Meeting
06h15	Daily Championships Committee Meeting
06h30	Beach Run Relay Technical Officials briefing by Sectional Referees in arena
06h40	Beach Run Relay marshalling Championships commences
07hr00	Beach Run Relay Championships commences
07h15	Team Managers daily briefing by Sectional Referees in arena
07h30	Technical Officials daily briefing by Sectional Referees in arena
07h40	Marshalling commences
08h00	Championships commence
After last event	EMC/LOC meeting

INTERCLUB OPEN CHAMPIONSHIPS: ARENA 1 (Green/Gold) & 2 (Pink): MEN: DAY 2 - HEATS

Time	Event	Gender	Type
07h00	3 x 1 km Open Beach Run Relay (Open Championships event)	Men	Heats, & Final
08h00	Surf Ski Race	Men	Heats & QF & SF
	Surf Race	Men	Heats & QF & SF
	Oceanman Relay	Men	Heats & QF & SF
	Beach Sprint	Men	Heats & QF & SF

INTERCLUB OPEN CHAMPIONSHIPS: ARENA 3 (Blue/White) & 4 (Orange): WOMEN: DAY 2 - HEATS

Time	Event	Gender	Type
07h00	3 x 1 km Open Beach Run Relay (Open Championships event)	Women	Heats & Final
08h00	Beach Sprint	Women	Heats & QF & SF
	Board Race	Women	Heats & QF & SF
	Surf Race	Women	Heats & QF & SF
	Oceanwoman Relay	Women	Heats & QF & SF

**INTERCLUB OPEN OCEAN & BEACH CHAMPIONSHIPS: DAY 2 – FINALS
ARENA 1 (Green/Gold) & 2 (Pink)**

Time	Event	Gender	Type
13h00	Board Race	Women	Final
	Surf Ski Race	Men	Final
	Surf Race	Women	Final
	Surf Race	Men	Final
	Beach Sprint	Women	B & A Final
	Beach Sprint	Men	B & A Final
	Oceanwoman Relay	Women	Final
	Oceanman Relay	Men	Final

End of Championships - Day 2 (no later than 17h00 start for in-water events)

INTERCLUB OPEN CHAMPIONSHIPS: VICTORY CEREMONIES DAY 2 - AT 08h00 AND FROM 16h30

Time	Event	Gender
08h00	Victory Ceremony 3 x 1km Open Beach Run Relay	Women & Men
16h30	Victory Ceremony Board Race	Women
	Victory Ceremony Surf Ski Race	Men
	Victory Ceremony Surf Race	Women & Men
	Victory Ceremony Beach Sprint	Women & Men
	Victory Ceremony Oceanman/woman Relay	Women & Men
End of Day 2 Proceedings		

SUNDAY: 13th DECEMBER

INTERCLUB OPEN CHAMPIONSHIPS: DAY 3: OCEAN & BEACH

Tides: High: 05h54 (1.68m); Low: 11h49 (0.66m); High:17h53 (1.61m); Low: 00h02 (0.52m)

Solar: Sunrise: 04h59; Sunset: 19h23; Civil Twilight 19h52

BRIEFINGS & DAILY PROGRAMME

06h00	Safety Meeting
06h30	Daily Championships Committee Meeting
07h15	Technical Officials daily briefing by Sectional Referees in arena
07h30	Team Managers daily briefing by Sectional Referees in arena
07h40	Marshalling commences
08h00	Championships commence
16h00	Closing Ceremony of Lifesaving World Championships 2026.

INTERCLUB OPEN CHAMPIONSHIPS: ARENA 1 (Green/Gold) & 2(Pink): MEN: DAY 3 - HEATS

Time	Event	Gender	Type
08h00	Ocean Man ^	Men	Rounds 1 & 2
	Beach Flags	Men	Heats & QF & SF
^ Note: Unless otherwise advised all Oceanman and Oceanwoman finals are to be conducted as Ocean M events in a purpose-built arena. Both the men and woman finals will be conducted over three elimination rounds – refer to the ILS LWC Handbook for full details. * Note: Unless otherwise advised the Mixed Ocean M Lifesaver Relay final is to be conducted using the Ocean M course in a purpose-built arena. The final will be conducted over three elimination rounds– refer to the ILS LWC Handbook for full details.			

INTERCLUB OPEN CHAMPIONSHIPS: ARENA 3 (Blue/White) & 4 (Orange): WOMEN: DAY 3 - HEATS

Time	Event	Gender	Type
08h00	Beach Flags	Women	Heats & QF & SF
	Oceanwoman^	Women	Rounds 1 & 2
* Note: Unless otherwise advised the preliminary rounds of the Oceanwoman shall be conducted using a round robin format over two rounds to determine the finalists. The course shall be the traditional Oceanwoman water course – refer to the ILS LWC Handbook for full details.			

INTERCLUB OPEN: OCEAN & BEACH CHAMPIONSHIPS: DAY 3 – FINALS ARENA 1 (Green/Gold) & 2 (Pink)			
Time	Event	Gender	Type
13h00	Beach Flags	Women	Final
	Beach Flags	Men	Final
	Oceanwoman ^	Women	Final
	Oceanman ^	Men	Final
	Mixed Lifesaver Relay *	Mixed	Final
^ Note: Unless otherwise advised all Oceanman and Oceanwoman finals are to be conducted as Ocean M events in a purpose-built arena. Both the men and woman finals will be conducted over three elimination rounds.			
* Note: Unless otherwise advised the Mixed Ocean M Lifesaver Relay final is to be conducted using the Ocean M course in a purpose-built arena. The final will be conducted over three elimination rounds.			
End of Championships - Day 3 (no later than 17h00 start for in-water events)			

INTERCLUB YOUTH & OPEN TEAMS: VICTORY CEREMONIES: TO BE CONDUCTED AT KING'S BEACH		
16h30	Victory Ceremony Youth 100m Manikin Carry with Fins	Men & Women
	Victory Ceremony Youth 50m Manikin Carry	Men & Women
	Victory Ceremony Youth 4 x 25m Manikin Relay	Men & Women
	Victory Ceremony Youth 100m Rescue Medley	Men & Women
	Victory Ceremony Youth 4 x 50m Mixed Pool Lifesaver Relay	Mixed
	Victory Ceremony Grand Aggregate Interclub Youth Pool Events	
	Victory Ceremony Grand Aggregate Interclub Youth Ocean and Beach Events: "The Greg Allum AM Trophy."	
	Victory Ceremony Grand Aggregate Interclub Youth Pool, Ocean and Beach Events: "The Dave Thompson AM Trophy".	
17h00	Victory Ceremony Open Beach Flags	Women & Men
	Victory Ceremony Open Oceanman/woman	Women & Men
	Victory Ceremony Open Mixed Lifesaver Relay	Mixed
	Victory Ceremony Grand Aggregate Interclub Open Pool Events: "The Joseph Schmitz Memorial Trophy".	
	Victory Ceremony Grand Aggregate Interclub Open Ocean and Beach Events: "The Mike Mortimer Memorial Trophy".	
	Victory Ceremony Grand Aggregate Interclub Open Pool, Ocean and Beach Events: "The Kevin Weldon AO Trophy".	
Closing Ceremony of LWC 2026		

Notes:

- Other than the initial marshalling and start times for each session all other listed times are indicative and for event planning purposes only. Individuals and Teams must be available at the commencement of each session for marshalling and Championships of an event listed for conduct within that session.
- The programme will be reviewed after entries have closed and may change due to conditions and exigencies of the situation and is subject to change.