



NATIONAL TEAMS YOUTH: OCEAN AND BEACH CHAMPIONSHIPS

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

DATE: THURSDAY, 3rd and FRIDAY, 4th DECEMBER 2026

PRELIMINARY CHAMPIONSHIPS PROGRAMME

WEDNESDAY: 2nd DECEMBER 2026

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

BRIEFINGS

Time	Briefing	Venue
15h00 – 16h00	Briefing: National Teams Open & Youth: Technical Officials: Ocean	King's Beach Marquee
16h00 – 17h00	Briefing: National Teams Open Ocean Team Managers	King's Beach Marquee

THURSDAY: 3rd DECEMBER

NATIONAL TEAMS YOUTH: DAY 1: OCEAN & BEACH CHAMPIONSHIPS

Solar: Sunrise – 04h59; Sunset – 19h16; Civil Twilight - 19h44

Tide Times: Low – 05h10; High – 11h49; Low – 18h15; High – 00h18

BRIEFINGS

06h15	Safety Meeting
06h30	Daily Competition Committee Meeting
06h45	Team Managers daily briefing by Sectional Referees in arena
07h00	Warm up commences
07h15	Technical Officials daily briefing by Sectional Referees in arena
07h50	Marshalling commences
08h15	Competition commences
After last event	EMC/LOC meeting

NATIONAL TEAMS YOUTH: ARENA 1: WOMEN: DAY 1 - HEATS

Time	Event	Gender	Type
08h15	Beach Sprint	Women	Heat/Semi Final
09h20	Beach Relay	Women	Heat/Semi Final
10h20	Rescue Tube Rescue	Women	Heat/Semi Final
	Surf Race	Women	Semi Final
11h00	Oceanwoman Relay – Standard Course	Women	Heat/Semi Final

NATIONAL TEAMS YOUTH: ARENA 2: MEN & WOMEN: DAY 1 - HEATS

Time	Event	Gender	Type
08h15	Oceanman	Men	Round 1
08h45	Oceanwoman	Women	Round 1

NATIONAL TEAMS YOUTH: ARENA 2: MEN & WOMEN: DAY 1 - HEATS			
Time	Event	Gender	Type
09h15	Oceanman	Men	Round 2
09h45	Oceanwoman	Women	Round 2
12h00	Mixed Ocean M Lifesaver Relay	Mixed	Round 1
12h30	Mixed Ocean M Lifesaver Relay	Mixed	Round 2

NATIONAL TEAMS YOUTH: ARENA 3: MEN: DAY 1 - HEATS			
Time	Event	Gender	Type
08h45	Beach Sprint	Men	Heat/Semi Final
09h50	Beach Relay	Men	Heat/Semi Final
10h20	Board Rescue	Men	Heat/Semi Final
	Surf Race	Men	Heat/Semi Final
11h35	Oceanwoman Relay	Women	Heat/Semi Final
Note: The Oceanman Relay will be conducted on a Standard course.			

NATIONAL TEAMS YOUTH: ARENA 2 & 3: MEN & WOMEN: DAY 1 - FINALS				
Time	Event	Gender	Type	Arena
13h30	Oceanwoman Relay	Women	Final	Arena 2
	Oceanman Relay	Men	Final	Arena 2
14h00	Surf Race	Women	Final	Arena 3
	Surf Race	Men	Final	Arena 3
14h20	Rescue Tube Rescue	Women	Final A & B	Arena 3
	Board Rescue	Men	Final A & B	Arena 3
15h00	Mixed Ocean M Lifesaver Relay	Mixed	Round 1 (16)	Arena 2
	Mixed Ocean M Lifesaver Relay	Mixed	Round 2 (10)	Arena 2
	Mixed Ocean M Lifesaver Relay	Mixed	Round 3 (6)	Arena 2
16h30	Beach Sprint	Women	Final A & B	Arena Beach
	Beach Sprint	Men	Final A & B	Arena Beach
16h50	Beach Relay	Women	Final A & B	Arena Beach
	Beach Relay	Men	Final A & B	Arena Beach
Note: The Oceanwoman and Oceanman Relay will be conducted on a Standard course				
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.				
End of Ocean Competition - Day 1 (no later than 17h00 start for in-water events)				

NATIONAL TEAMS YOUTH: VICTORY CEREMONY: DAY 1 - FROM 17h30		
Time	Event	Gender
17h30	Victory Ceremony Oceanwoman Relay	Women
	Victory Ceremony Oceanman Relay	Men
	Victory Ceremony Surf Race	Women
	Victory Ceremony Surf Race	Men
	Victory Ceremony Rescue Tube Rescue	Women
	Victory Ceremony Board Rescue	Men
	Victory Ceremony Mixed Ocean M Lifesaver Relay	Mixed
	Victory Ceremony Beach Sprint	Men & Women
	Victory Ceremony Beach Relay	Men & Women
End of Day 1 Proceedings		

FRIDAY: 4th DECEMBER**NATIONAL TEAMS YOUTH: DAY 2: OCEAN & BEACH CHAMPIONSHIPS****Solar:** Sunrise – 04h59; Sunset – 19h16; Civil Twilight - 19h45**Tide Times:** Low – 06h18; High - 12h46; Low – 19h09; High – 01h13**BRIEFINGS**

06h00	Safety Meeting
06h30	Daily Competition Committee Meeting
06h45	Team Managers daily briefing by Sectional Referees in arena
07h00	Warm up commences
07h15	Technical Officials daily briefing by Sectional Referees in arena
07h50	Marshalling commences
08h15	Competition commences
After last event	EMC/LOC meeting

NATIONAL TEAMS YOUTH: ARENA 1: WOMEN: DAY 2 - HEATS

Time	Event	Gender	Type
08h15	Beach Flags	Women	Heats
08h55	Board Rescue	Women	Heat
09h35	Beach Flags	Women	Semi Final
09h55	Board Rescue	Women	Semi Final
10h15	Surf Ski Race	Women	Heat/Semi Final
10h35	Board Race	Women	Heat/Semi Final

NATIONAL TEAMS YOUTH: ARENA 2: MEN & WOMEN: DAY 2

Time	Event	Gender	Type

NATIONAL TEAMS YOUTH: ARENA 3 MEN: DAY 2 - HEATS

Time	Event	Gender	Type
08h15	Rescue Tube Rescue	Men	Heats
08h55	Beach Flags	Men	Heats
09h35	Rescue Tube Rescue	Men	Semi Final
09h55	Beach Flags	Men	Semi Final
10h15	Board Race	Men	Heat/Semi Final
10h35	Surf Ski Race	Men	Heat//Semi Final

NATIONAL TEAMS YOUTH: ARENA 2 & 3: MEN & WOMEN: DAY 2 - FINALS

Time	Event	Gender	Type	Arena
12h00	Oceanwoman – Final 1	Women	Final	Arena 2
	Oceanman - Final 1	Men	Final	Arena 2
13h00	Oceanwoman – Final 2	Women	Final	Arena 2
	Oceanman - Final 2	Men	Final	Arena 2
14h00	Oceanwoman – Final 3	Women	Final	Arena 2
	Oceanman - Final 3	Men	Final	Arena 2
15h00	Surf Ski Race	Women	Final	Arena 3
	Surf Ski Race	Men	Final	Arena 3
15h20	Board Race	Women	Final	Arena 3
	Board Race	Men	Final	Arena 3
15h40	Board Rescue	Women	Final A & B	Arena 3
16h00	Rescue Tube Rescue	Men	Final A & B	Arena 3
16h20	Beach Flags	Women	Final A & B	Arena Beach
	Beach Flags	Men	Final A & B	Arena Beach

NATIONAL TEAMS YOUTH: ARENA 2 & 3: MEN & WOMEN: DAY 2 - FINALS				
Time	Event	Gender	Type	Arena
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.				
End of Ocean Competition - Day 1 (no later than 17h00 start for in-water events)				

NATIONAL TEAMS YOUTH: VICTORY CEREMONY: DAY 2 – FROM 18h00		
Time	Event	Gender
18h00	Victory Ceremony Oceanwoman	Women
	Victory Ceremony Oceanman	Men
	Victory Ceremony Ski Race	Women
	Victory Ceremony Ski Race	Men
	Victory Ceremony Board Rescue	Women
	Victory Ceremony Rescue Tube Rescue	Men
	Victory Ceremony Mixed Ocean M Lifesaver Relay	Mixed
	Victory Ceremony Beach Flags	Men & Women
	Victory Ceremony Overall Aggregate Youth Ocean and Beach Events. “The John Martin MBE Memorial Trophy”.	
End of National Teams Youth Ocean Competition Proceedings		

Notes:

1. 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 competition of an event listed for conduct within that session.
2. 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.
3. Events may be combined to incorporate more than one age group per event.



NATIONAL TEAMS OPEN: OCEAN AND BEACH CHAMPIONSHIPS

VENUE: KING'S BEACH: NELSON MANDELA BAY: GQEBERHA (PORT ELIZABETH)
DATE: SATURDAY 5TH DECEMBER and SUNDAY 6TH DECEMBER

PRELIMINARY CHAMPIONSHIPS PROGRAMME

WEDNESDAY: 2nd DECEMBER 2026

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

SATURDAY: 5TH DECEMBER

NATIONAL TEAMS OPEN: DAY 1: OCEAN CHAMPIONSHIPS

Solar: Sunrise – 04h59; Sunset – 19h17; Civil Twilight 19h46.

Tide Times: Low – 07h10; High – 13h32; Low – 19h52; High – 01h56

BRIEFINGS

06h15	Safety Meeting
06h30	Daily Competition Committee Meeting
06h45	Team Managers daily briefing by Sectional Referees in arena
07h00	Warm up commences
07h15	Technical Officials daily briefing by Sectional Referees in arena
07h50	Marshalling commences
08h15	Competition commences
After last event	EMC/LOC meeting

NATIONAL TEAMS OPEN: ARENA 1: WOMEN: DAY 1 - HEATS

Time	Event	Gender	Type
08h15	Beach Sprint	Women	Heat/Semi Final
09h20	Beach Relay	Women	Heat/Semi Final
10h20	Rescue Tube Rescue	Women	Heat/Semi Final
10h40	Surf Race	Women	Semi Final
11h00	Oceanwoman Relay – Standard Course	Women	Heat/Semi Final

Note: The Oceanwoman Relay will be conducted on a Standard course with the top 16 teams progressing to the Final later on Day 1.

NATIONAL TEAMS OPEN: ARENA 2: MEN & WOMEN: DAY 1 - HEATS

Time	Event	Gender	Type
08h15	Oceanman - Standard course	Men	Round 1
08h45	Oceanwoman – Standard course	Women	Round 1
09h15	Oceanman - Standard course	Men	Round 2
09h45	Oceanwoman – Standard course	Women	Round 2
12h04	Mixed Ocean M Lifesaver Relay	Mixed	Round 1
12h30	Mixed Ocean M Lifesaver Relay	Mixed	Round 2

Note: All Oceanman and Oceanwoman Rounds are to be conducted on a Standard Course

Note: The Mixed Ocean M Lifesaver Relay rounds will be conducted on a Standard course.

NATIONAL TEAMS OPEN: ARENA 2: MEN & WOMEN: DAY 1 - HEATS			
Time	Event	Gender	Type
Note: The Oceanman and Oceanwoman Rounds will be an Accumulative Point score with the 16 highest placed athletes for each gender progressing to the Finals on Day 2.			
Note: The Mixed Ocean M Lifesaver Relay Rounds will be an Accumulative Point score with the 16 highest placed teams progressing to the Finals later on Day 1.			
Note: The Oceanman, Oceanwoman and Mixed Ocean M Lifesaver Relay finals will be an Eliminator format run on an M course starting with 16 athletes/teams, to 10 athletes/teams and the last final with 6 athletes/teams			

NATIONAL TEAMS OPEN: ARENA 3: MEN: DAY 1 - HEATS			
Time	Event	Gender	Type
08h45	Beach Sprint	Men	Heat/Semi Final
09h50	Beach Relay	Men	Heat/Semi Final
10h20	Board Rescue	Men	Heat/Semi Final
10h40	Surf Race	Men	Heat/Semi Final
11h35	Oceanman Relay	Women	Heat/Semi Final

NATIONAL TEAMS OPEN: ARENA 2 & 3: MEN & WOMEN: DAY 1 - FINALS				
Time	Event	Gender	Type	Arena
13h30	Oceanwoman Relay	Women	Final	Arena 2
	Oceanman Relay	Men	Final	Arena 2
14h00	Surf Race	Women	Final	Arena 3
	Surf Race	Men	Final	Arena 3
14h20	Rescue Tube Rescue	Women	Final A & B	Arena 3
	Board Rescue	Men	Final A & B	Arena 3
15h00	Mixed Ocean M Lifesaver Relay	Mixed	Round 1 (16)	Arena 2
	Mixed Ocean M Lifesaver Relay	Mixed	Round 2 (10)	Arena 2
	Mixed Ocean M Lifesaver Relay	Mixed	Round 3 (6)	Arena 2
16h30	Beach Sprint	Women	Final A & B	Arena Beach
	Beach Sprint	Men	Final A & B	Arena Beach
16h50	Beach Relay	Women	Final A & B	Arena Beach
	Beach Relay	Men	Final A & B	Arena Beach
Note: Unless otherwise advised the preliminary rounds of the Mixed 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.				
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.				
End of Ocean Competition - Day 1 (no later than 17h00 start for in-water events)				

NATIONAL TEAMS OPEN: VICTORY CEREMONY: DAY 1 - FROM 17h30		
Time	Event	Gender
17h30	Victory Ceremony Oceanwoman Relay	Women
	Victory Ceremony Oceanman Relay	Men
	Victory Ceremony Surf Race	Women
	Victory Ceremony Surf Race	Men
	Victory Ceremony Rescue Tube Rescue	Women
	Victory Ceremony Board Rescue	Men
	Victory Ceremony Mixed Ocean M Lifesaver Relay	Mixed
	Victory Ceremony Beach Sprint	Men & Women
	Victory Ceremony Beach Relay	Men & Women
End of Day 1 Proceedings		

SUNDAY: 6th DECEMBER**NATIONAL TEAMS OPEN: DAY 2: OCEAN CHAMPIONSHIPS****Solar:** Sunrise – 04h59; Sunset – 19h18; Civil Twilight 19h46.**Tide Times:** Low – 07h52; High – 14h10; Low - 20h28; High – 02h00**BRIEFINGS**

06h15	Safety Meeting
06h30	Daily Competition Committee Meeting
06h45	Team Managers daily briefing by Sectional Referees in arena
07h00	Warm up commences
07h15	Technical Officials daily briefing by Sectional Referees in arena
07h50	Marshalling commences
08h15	Competition commences
After last event	EMC/LOC meeting

NATIONAL TEAMS OPEN: ARENA 1: WOMEN: DAY 2 - HEATS

Time	Event	Gender	Type
08h15	Beach Flags	Women	Heats
08h55	Board Rescue	Women	Heat
09h35	Beach Flags	Women	Semi Final
09h55	Board Rescue	Women	Semi Final
10h15	Surf Ski Race	Women	Heat/Semi Final
10h35	Board	Women	Heat/Semi Final

NATIONAL TEAMS OPEN: ARENA 2: MEN & WOMEN: DAY 2

Time	Event	Gender	Type

NATIONAL TEAMS OPEN: ARENA 3 MEN: DAY 2 - HEATS

Time	Event	Gender	Type
08h15	Rescue Tube Rescue	Men	Heats
08h55	Beach Flags	Men	Heats
09h35	Rescue Tube Rescue	Men	Semi Final
09h55	Beach Flags	Men	Semi Final
10h15	Board Race	Men	Heat/Semi Final
10h35	Surf Ski Race	Men	Heat/Q/Final/Semi Final

NATIONAL TEAMS OPEN: ARENA 2 & 3: MEN & WOMEN: DAY 2 - FINALS

Time	Event	Gender	Type	Arena
11h0	Oceanwoman – Final 1	Women	Final	Arena 2
	Oceanman - Final 1	Men	Final	Arena 2
12h30	Oceanwoman – Final 2	Women	Final	Arena 2
	Oceanman - Final 2	Men	Final	Arena 2
13h30	Oceanwoman – Final 3	Women	Final	Arena 2
	Oceanman - Final 3	Men	Final	Arena 2
14h30	Surf Ski Race	Women	Final	Arena 3
	Surf Ski Race	Men	Final	Arena 3
14h50	Board Race	Women	Final	Arena 3
	Board Race	Men	Final	Arena 3
15h10	Board Rescue	Women	Final A & B	Arena 3
15h30	Rescue Tube Rescue	Men	Final A & B	Arena 3
15h50	Beach Flags	Women	Final A & B	Arena Beach

NATIONAL TEAMS OPEN: ARENA 2 & 3: MEN & WOMEN: DAY 2 - FINALS				
Time	Event	Gender	Type	Arena
	Beach Flags	Men	Final A & B	Arena Beach
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.				
End of Ocean Competition - Day 1 (no later than 17h00 start for in-water events)				

NATIONAL TEAMS OPEN: VICTORY CEREMONY: DAY 2		
Time	Event	Gender
17h00	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 200m Super Lifesaver	Men & Women
	Victory Ceremony Youth 4 x 50m Medley Relay	Men & Women
18h00	Victory Ceremony Grand Aggregate Youth Pool Events: "The Detlev Mohr PhD Trophy".	
	Victory Ceremony National Teams Youth Overall Point Score: "The Graham Ford AO Trophy"	
	Victory Ceremony Ski Race	Men & Women
	Victory Ceremony Board Rescue	Women
	Victory Ceremony Rescue Tube Rescue	Men
	Victory Ceremony Board Race	Men & Women
	Victory Ceremony Beach Flags	Men & Women
	Victory Ceremony Oceanman/Woman	Men & Women
	Victory Ceremony Overall National Team Aggregate Open Ocean and Beach Events: "The Jelle Meintsma Trophy"	
	Victory Ceremony Overall National Team Point Score: Open Teams Pool & Ocean: "The Alan B. Whelpton AO Trophy".	
End of National Teams Open Ocean Competition Proceedings		

Notes:

1. 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 competition of an event listed for conduct within that session.
2. 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.
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