



NATIONAL TEAM OPEN: SERC & POOL CHAMPIONSHIPS

VENUE: NEWTON PARK POOL: NELSON MANDELA BAY: GQEBERHA (PORT ELIZABETH)
DATE: WEDNESDAY 2nd DECEMBER: SERC
THURSDAY 3rd and FRIDAY 4th DECEMBER: POOL

CHAMPIONSHIPS PROGRAMME

TUESDAY: 1st DECEMBER

BRIEFINGS		
Time	Briefing	Venue
15h00 – 16h00	Briefing: National Technical Officials: Open & Youth: Pool & SERC	Newton Park Pool
16h00 – 17h00	Briefing: National Team: Team Managers: Open & Youth: Pool & Ocean	Newton Park Pool

WEDNESDAY: 2nd DECEMBER

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

NATIONAL TEAMS OPEN SERC CHAMPIONSHIPS		
Time	Event	Type
07h00	Safety Meeting	
07h15	Daily Competition Committee Meeting	
10h30	Team Managers Open briefing by Chief Referee (Back up)	
10h30	Technical Officials briefing by Chief Referee (Scenario specific)	
10h30	Lock-up Open for Open Teams	
10h45	Lock-up closes Open Teams	
10h45	Preparation of pool and test run	
11h30	SERC for Open Teams	Heats
13h00	End of Session – Lunch break	
13h45	Technical Official briefing by Chief Referee (Scenario specific)	
13h45	Lock-up commences for Open Teams finalists	
14h00	Lock-up closes Open Teams finalists	
14h00	Preparation of pool and Test Run	
14h45	SERC final for Open Teams	Final
16h45	Victory Ceremony SERC Open Championships, “The Royal Life Saving Society Trophy” to be held on Thursday 3 rd December at approximately 15h20.	
End of National Teams Open SERC Proceedings		

THURSDAY: 3rd DECEMBER**NATIONAL TEAMS OPEN POOL CHAMPIONSHIPS: DAY 1****BRIEFINGS**

06h15	Safety Meeting
06h45	Daily Competition Committee Meeting
07h00	Team Managers daily briefing by Chief Referee
07h15	Technical Officials daily briefing by Chief Referee
07h40	Marshalling commences
08h00	Competition commences
After last event	EMC/LOC meeting

NATIONAL TEAMS: OPEN POOL CHAMPIONSHIPS: DAY 1 HEATS			
Time	Gender	Event	Type
06h00	Warm-up in the competition pool		
07h40	Marshalling commences		
08h00	Women	200m Obstacle Swim	Heats
08h15	Men	200m Obstacle Swim	Heats
08h40	Women	4 x 50m Obstacle Relay	Heats
08h50	Men	4 x 50m Obstacle Relay	Heats
09h10	Women	Line Throw	Heats
09h25	Men	Line Throw	Heats
09h40	Removal of obstacles, preparation of pool		
09h50	Women	100m Rescue Medley	Heats
10h05	Men	100m Rescue Medley	Heats
10h20	Women	100m Manikin Tow with Fins	Heats
10h45	Men	100m Manikin Tow with Fins	Heats
11h00	Mixed	4 x 50m Mixed Pool Lifesaver Relay	Heats
11h30	End of Session		

NATIONAL TEAMS: OPEN POOL CHAMPIONSHIPS: DAY 1 FINALS			
Time	Gender	Event	Type
13h00	Warm-up in the competition pool		
13h45	Marshalling commences		
14h00	Women	200m Obstacle Swim	B-A Final
14h15	Men	200m Obstacle Swim	B-A Final
14h30	Women	4 x 50m Obstacle Relay	B-A Final
14h45	Men	4 x 50m Obstacle Relay	B-A Final
15h00	Women	Line Throw	B-A Final
15h10	Men	Line Throw	B-A Final
15h20	Victory Ceremony SERC Open Championships "The Royal Life Saving Society Trophy"		Mixed Team
15h35	Victory Ceremony 200m Obstacle Swim		Men & Women
15h50	Victory Ceremony 4 x 50m Obstacle Relay		Men & Women
16h05	Women	100m Rescue Medley	B-A Final
16h20	Men	100m Rescue Medley	B-A Final
16h35	Victory Ceremony Line Throw		Men & Women
16h50	Women	100m Manikin Tow with Fins	B-A Final
17h05	Men	100m Manikin Tow with Fins	B-A Final
17h20	Mixed	4 x 50m Mixed Pool Lifesaver Relay	B-A Final
17h35	End of Competition - Day 1		
17h40	Victory Ceremony 100m Rescue Medley		Men & Women
17h55	Victory Ceremony 100m Manikin Tow with Fins		Men & Women
18h10	Victory Ceremony 4 x 50m Mixed Pool Lifesaver Relay		Mixed
18h25	End of Day 1 Proceedings		

FRIDAY: 4th DECEMBER**NATIONAL TEAMS: OPEN POOL CHAMPIONSHIPS: DAY 2****BRIEFINGS**

06h15	Safety Meeting
06h45	Daily Competition Committee Meeting
07h00	Team Managers daily briefing by Referee
07h15	Technical Officials daily briefing by Referee
07h30	Marshalling commences
08h00	Competition commences
After last event	EMC/LOC meeting

NATIONAL TEAMS OPEN POOL CHAMPIONSHIPS: DAY 2 HEATS

Time	Gender	Event	Type
06h00		Warm-up in the competition pool	
07h40		Marshalling commences	
08h00	Female	100m Manikin Carry with Fins	Heats
08h15	Male	100m Manikin Carry with Fins	Heats
08h30	Female	50m Manikin Carry	Heats
09h00	Male	50m Manikin Carry	Heats
09h20	Female	4 x 25m Manikin Relay	Heats
09h35	Male	4 x 25m Manikin Relay	Heats
09h50	Female	200m Super Lifesaver	Heats
10h15	Male	200m Super Lifesaver	Heats
10h45	Female	4 x 50m Medley Relay	Heats
11h00	Male	4 x 50m Medley Relay	Heats
11h15		End of Session	

NATIONAL TEAMS: OPEN POOL CHAMPIONSHIPS: DAY 2 FINALS

Time	Gender	Event	Type
13h00		Warm-up in the competition pool	
13h45		Preparation of pool	
13h45		Marshalling commences	
14h00	Women	100m Manikin Carry with Fins	B-A Final
14h10	Men	100m Manikin Carry with Fins	B-A Final
14h20	Women	50m Manikin Carry	B-A Final
14h30	Men	50m Manikin Carry	B-A Final
14h45		Victory Ceremony 100m Manikin Carry with Fins	Men & Women
15h00	Women	4 x 25m Manikin Relay	B-A Final
15h15	Men	4 x 25m Manikin Relay	B-A Final
15h30		Victory Ceremony 50m Manikin Carry	Men & Women
15h45	Women	200m Super Lifesaver	B-A Final
16h00	Men	200m Super Lifesaver:	B-A Final
16h15		Victory Ceremony 4 x 25m Manikin Relay	Men & Women
16h30	Women	4 x 50m Medley Relay	B-A Final
16h45	Men	4 x 50m Medley Relay	B-A Final
17h00		End of Competition - Day 2	
17h00		Victory Ceremony 200m Super Lifesaver	Men & Women

NATIONAL TEAMS: OPEN POOL CHAMPIONSHIPS: DAY 2 FINALS			
Time	Gender	Event	Type
17h15		Victory Ceremony 4 x 50m Medley Relay	Men & Women
17h30		Victory Ceremony Grand Aggregate Open Pool Events "The Harald Vervaecke PhD Trophy"	
17h45		Closing of the National Teams Open Championships	
End of National Teams Open Pool 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.



NATIONAL TEAMS YOUTH: SERC AND POOL CHAMPIONSHIPS

VENUE: NEWTON PARK POOL: NELSON MANDELA BAY: GQEBERHA (PORT ELIZABETH)
DATE: WEDNESDAY 2nd DECEMBER: SERC
SATURDAY 5th DECEMBER to SUNDAY 4th DECEMBER: POOL

CHAMPIONSHIPS PROGRAMME

WEDNESDAY: 2nd DECEMBER

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

NATIONAL TEAMS YOUTH SERC CHAMPIONSHIPS

NATIONAL TEAMS YOUTH SERC CHAMPIONSHIPS		
Time	Event	Type
07h00	Safety Meeting	
07h30	Daily Competition Committee Meeting	
07h45	Team Managers briefing by Chief Referee (back up)	
07h45	Technical Officials briefing by Chief Referee (Scenario specific)	
07h45	Lock-up open for Youth Teams	
08h00	Lock-up closes Youth Teams	
08h00	Preparation of pool and Test Run	
08h45	SERC final for Youth Teams	Final
13h30	Victory Ceremony SERC Youth Championships "The Norman Farmer ESM AM Trophy"	
End of National Teams Youth SERC Proceedings		

SATURDAY: 5th DECEMBER**NATIONAL TEAMS YOUTH POOL CHAMPIONSHIPS: DAY 1****BRIEFINGS**

06h15	Safety Meeting
06h45	Daily Competition Committee Meeting
07h00	Team Managers daily briefing by Chief Referee
07h15	Technical Officials daily briefing by Chief Referee
07h40	Marshalling commences
08h00	Competition commences
After last event	EMC/LOC meeting

NATIONAL TEAMS YOUTH POOL CHAMPIONSHIPS: DAY 1 HEATS

Time	Gender	Event	Type
06h00		Warm-up in the competition pool	
07h30		Preparation of the pool	
07h40		Marshalling commences	
08h00	Women	200m Obstacle Swim	Heats
08h10	Men	200m Obstacle Swim	Heats
08h20	Women	4 x 50m Obstacle Relay	Heats
08h30	Men	4 x 50m Obstacle Relay	Heats
08h45	Women	Line Throw	Heats
09h00	Men	Line Throw	Heats
09h10		Removal of obstacles, preparation of pool	
09h20	Women	100m Rescue Medley	Heats
09h30	Men	100m Rescue Medley	Heats
09h45	Women	100m Manikin Tow with Fins	Heats
09h55	Men	100m Manikin Tow with Fins	Heats
10h15	Mixed	4 x 50m Mixed Pool Lifesaver Relay	Heats
10h30		End of Session	

NATIONAL TEAMS YOUTH POOL CHAMPIONSHIPS: DAY 1 FINALS

Time	Gender	Event	Type
13h00		Warm-up in the competition pool	
13h45		Marshalling commences	
14h00	Women	200m Obstacle Swim	B-A Final
14h15	Men	200m Obstacle Swim	B-A Final
14h30	Women	4 x 50m Obstacle Relay	B-A Final
14h45	Men	4 x 50m Obstacle Relay	B-A Final
15h00	Women	Line Throw	B-A Final
15h10	Men	Line Throw	B-A Final
15h20		Victory Ceremony 200m Obstacle Swim	Men & Women
15h35		Victory Ceremony 4 x 50m Obstacle Relay	Men & Women
16h00	Women	100m Rescue Medley	B-A Final
16h15	Men	100m Rescue Medley	B-A Final
16h30		Victory Ceremony Line Throw	Men & Women
16h45	Women	100m Manikin Tow with Fins	B-A Final
17h00	Men	100m Manikin Tow with Fins	B-A Final

NATIONAL TEAMS YOUTH POOL CHAMPIONSHIPS: DAY 1 FINALS			
Time	Gender	Event	Type
17h15	Mixed	4 x 50m Mixed Pool Lifesaver Relay	B-A Final
17h30	End of Competition - Day 1		
17h30	Victory Ceremony 100m Rescue Medley		Men & Women
17h45	Victory Ceremony 100m Manikin Tow with Fins		Men & Women
18h00	Victory Ceremony 4 x 50m Mixed Pool Lifesaver Relay		Mixed
18h10	End of Day 1 Proceedings		

SUNDAY: 6th DECEMBER

NATIONAL TEAMS YOUTH POOL CHAMPIONSHIPS: DAY 2

BRIEFINGS	
06h15	Safety Meeting
06h45	Daily Competition Committee Meeting
07h00	Team Managers daily briefing by Chief Referee
07h15	Technical Officials daily briefing by Chief Referee
07h40	Marshalling commences
08h00	Competition commences
After last event	EMC/LOC meeting

NATIONAL TEAMS YOUTH POOL CHAMPIONSHIPS: DAY 2 HEATS			
Time	Gender	Event	Type
06h30	Warm-up in the competition pool		
07h30	Preparation of pool		
07h40	Marshalling commences		
08h00	Women	100m Manikin Carry with Fins	Heats
08h10	Men	100m Manikin Carry with Fins	Heats
08h20	Women	50m Manikin Carry	Heats
08h35	Men	50m Manikin Carry	Heats
08h50	Women	4 x 25m Manikin Relay	Heats
09h00	Men	4 x 25m Manikin Relay	Heats
09h20	Women	200m Super Lifesaver	Heats
09h35	Men	200m Super Lifesaver	Heats
10h00	Women	4 x 50m Medley Relay	Heats
10h10	Men	4 x 50m Medley Relay	Heats
10h30	End of Session		

NATIONAL TEAMS YOUTH POOL CHAMPIONSHIPS: DAY 2 FINALS			
Time	Gender	Event	Type
13h00	Warm-up in the competition pool		
13h45	Marshalling commences		
14h00	Women	100m Manikin Carry with Fins	B-A Final
14h10	Men	100m Manikin Carry with Fins	B-A Final
14h20	Women	50m Manikin Carry	B-A Final
14h30	Men	50m Manikin Carry	B-A Final
14h45	Women	4 x 25m Manikin Relay	B-A Final
15h00	Men	4 x 25m Manikin Relay	B-A Final
15h15	Women	200m Super Lifesaver	B-A Final
15h30	Men	200m Super Lifesaver	B-A Final
15h45	Women	4 x 50m Medley Relay	B-A Final
16h00	Men	4 x 50m Medley Relay	B-A Final
End of Competition - Day 2. All teams to move to King's Beach for the Victory Ceremony and Closing Ceremony			

NATIONAL TEAMS YOUTH POOL: VICTORY CEREMONY: DAY 2		
Time	Event	Gender
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 200m Super Lifesaver	Men & Women
	Victory Ceremony Youth 4 x 50m Medley Relay	Men & Women
	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"	
	Closing of the National Teams Youth Championships	
	End of National Teams Youth Championships	

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 competition of an event listed for conduct within that session.
- This is a draft programme and subject to change.