



**LCT Pool Rescue  
LSA Pool Rescue Inter-  
Provincial 2026**

2 May 2026

Hosted by Lifesaving Cape Town

Gala Schedule

# Programme of Events

- 0. 100m Manikin Tow With Fins
- 0. 100m Rescue Medley (Medium)
- 0. 50m Manikin Carry
- 0. 50m Manikin Carry (Medium)
- 0. 100m Super Nipper
- 0. 100m Obstacles
- 0. 200m Super Lifesaver
- 0. 100m Manikin Carry With Fins
- 0. 100m Manikin Carry With Fins (Medium)
- 0. 100m Rescue Medley
- 0. 200m Obstacles