



LCT Pool Rescue Orange Cup 2025

29 Nov 2025

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

1. 200m Obstacles
3. 4x50m Obstacle Relay
5. 100m Manikin Tow With Fins
11. 50m Manikin Carry
15. 200m Super Lifesaver
19. 100m Manikin Carry With Fins
21. 100m Rescue Medley