



# LCT Pool Rescue Inter-Provincials JNB 2025

5 Apr 2025

Hosted by Lifesaving Cape Town

Gala Schedule

# Programme of Events

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