



LCT Pool Rescue 2023 LCT Stillwater Comp #1

3 Dec 2023

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

- 0. 50m Obstacles
- 0. 100m Obstacles
- 0. 200m Obstacles
- 0. 50m Manikin Carry
- 0. 100m 4x25m Manikin Carry Relay
- 0. 100m Manikin Carry With Fins
- 0. 100m Super Nipper
- 0. 100m Rescue Medley
- 0. 100m Manikin Tow With Fins
- 0. 200m Super Lifesaver
- 0. 4x50m Obstacle Relay
- 0. 100m Super Nipper