



**LCT Pool Rescue
KZN Stillwater Series #1
2025/6**

14 Dec 2025

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

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