



LCT Pool Rescue SA Nationals 2026

26 Mar 2026

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

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