



Western Cape Pool Rescue Championship 2026

11 Apr 2026

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

1. 50m Manikin Carry
2. 100m Rescue Medley
3. 200m Super Lifesaver
4. 100m Manikin Carry with Fins
5. 100m Manikin Tow with Fins
6. 4x50 Mixed Medley Relay