



Western Cape Pool Rescue Championship 2026

10 Jul 2025

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

- 0. 4x50m Lifesaver Relay
- 0. 12.5m Line Throw
- 0. 4x50m Obstacle Relay
- 0. 100m Manikin Tow with Fins
- 0. 200m Super Lifesaver
- 0. 100m Manikin Carry with Fins
- 0. 200m Pool Team
- 0. 100m Rescue Medley
- 0. 4x50m Medley Relay
- 0. 200m Obstacles
- 0. 50m Manikin Carry