



Western Cape Pool Rescue Championship 2026

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