



2025 DHL South African Lifesaving Championships
Venue: Newton Park Pool, Gqeberha
Dates: Monday 28 April to Wednesday 30 April 2025
SENIOR AND JUNIOR POOL COMPETITION PROGRAMME

Monday: 28 APRIL 2025

POOL COMPETITIONS: DAY 1: SESSION 5 – HEATS AND FINALS				
Time	Gender	Event	Age Group	Type
08h00	Warm-up in competition pool			
08h00	Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers)			
08h30	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
09h00	Opening of the Junior & Senior Pool Championships			
09h45	Preparation of Pool			
09h45	Marshalling commences			
10h00	Female	100m Manikin Tow with Fins	Open: U/19: U/17: U/15	Heats
10h45	Male	100m Manikin Tow with Fins	Open: U/19: U/17: U/15	Heats
11h30	Female	200m Obstacle Swim	Open: U/19: U/17: U/15	Heats
12h00	Male	200m Obstacle Swim	Open: U/19: U/17: U/15	Heats
13h00	Lunch			
POOL COMPETITIONS: DAY 1: SESSION 6 – FINALS				
Time	Gender	Event	Age Group	Type
14h00	Warm-up in the competition pool			
14h30	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
15h00	Marshalling commences			
15h15	Female	200m Obstacle Swim	Open: U/19: U/17: U/15	Final
15h45	Male	200m Obstacle Swim	Open: U/19: U/17: U/15	Final
16h00	Female	4x50m Obstacle Relay	Open: Junior	Final
16h15	Male	4x50m Obstacle Relay	Open: Junior	Final
16h30	Female	Line Throw	Open: Junior	Final
16h45	Male	Line Throw	Open: Junior	Final
17h00	Female	100m Manikin Tow with Fins	Open: U/19: U/17: U/15	Final
17h15	Male	100m Manikin Tow with Fins	Open: U/19: U/17: U/15	Final
17h30	Medal presentation ceremony			

Tuesday: 29 APRIL 2025

POOL COMPETITIONS: DAY 2: SESSION 7 – HEATS				
Time	Gender	Event	Age Group	Type
07h00	Warm-up in the competition pool			
07h15	Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers)			
07h30	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
08h00	Preparation of Pool			
08h00	Marshalling commences			
08h15	Female	100m Manikin Carry with Fins	Open: U/19: U/17: U/15	Heats
08h45	Male	100m Manikin Carry with Fins	Open: U/19: U/17: U/15	Heats
09h15	Female	100m Rescue Medley	Open: U/19: U/17: U/15	Heats
09h45	Male	100m Rescue Medley	Open: U/19: U/17: U/15	Heats
10h15	Marshalling commences for SERC			
10h30	Lock up closed for Junior & Senior SERC			
10h30	Technical Official briefing for SERC (Compulsory Attendance for all Technical Officials)			
10h30	Preparation of Pool			
11h00	Mixed	SERC	Junior	Final

12h00	Mixed	SERC	Senior	Final
13h00	Lunch			
POOL COMPETITIONS: DAY 2: SESSION 8 – FINALS				
Time	Gender	Event	Age Group	Type
14h00	Warm-up in the competition pool			
14h30	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
15h00	Marshalling commences			
15h15	Female	100m Manikin Carry with Fins	Open: U/19: U/17: U/15	Final
15h30	Male	100m Manikin Carry with Fins	Open: U/19: U/17: U/15	Final
15h45	Female	100m Rescue Medley	Open: U/19: U/17: U/15	Final
16h00	Male	100m Rescue Medley	Open: U/19: U/17: U/15	Final
16h15	Female	4x50m Pool Lifesaver Relay	Open: Junior	Final
16h30	Male	4x50m Pool Lifesaver Relay	Open: Junior	Final
17h00	Medal presentation ceremony			

Wednesday: 30 APRIL 2025

POOL COMPETITIONS: DAY 3: SESSION 9– HEATS				
Time	Gender	Event	Age Group	Type
08h00	Warm-up in the competition pool			
08h00	Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers)			
08h30	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
09h15	Preparation of Pool			
09h15	Marshalling commences			
09h30	Female	50m Manikin Carry	Open: U/19: U/17: U/15	Heats
10h00	Male	50m Manikin Carry	Open: U/19: U/17: U/15	Heats
10h30	Female	200m Super Lifesaver	Open: U/19: U/17: U/15	Heats
11h15	Male	200m Super Lifesaver	Open: U/19: U/17: U/15	Heats
12h00	Lunch			
POOL COMPETITION DAY 3: SESSION 10 - FINALS				
Time	Gender	Event	Age Group	Type
14h00	Warm-up in the competition pool			
14h30	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
15h00	Marshalling commences			
15h15	Female	50m Manikin Carry	Open: U/19: U/17: U/15	Final
15h30	Male	50m Manikin Carry	Open: U/19: U/17: U/15	Final
15h45	Female	200m Super Lifesaver	Open: U/19: U/17: U/15	Final
16h15	Male	200m Super Lifesaver	Open: U/19: U/17: U/15	Final
16h45	Female	4x25m Manikin Relay	Open: Junior	Final
17h00	Male	4x25m Manikin Relay	Open: Junior	Final
17h15	Female	4x50m Medley Relay	Open: Junior	Final
17h30	Male	4x50m Medley Relay	Open: Junior	Final
17h45	Medal presentation ceremony			

Notes:

1. The competition rules, a set out in the Competition Manual (17th Edition of November, 2022) will be applied at the 2025 DHL South African Lifesaving Championships, as well as all relevant LSA Circulars related to competition.
2. Other than the initial marshalling and start times for each session all other listed times are indicative and for event planning purposes only. Individuals and Teams must be available at the commencement of each session for marshalling and competition of an event listed for conduct within that session.
3. **All relays will be timed finals.**
4. This is a draft programme and subject to change. The programme will be finalized once entries for 2025 DHL South African Lifesaving Championships have closed.