



2025 DHL South African Lifesaving Championships
Venue: Newton Park Pool, Gqeberha
Dates: Saturday 26 APRIL 2025
MASTER POOL COMPETITION PROGRAM

Saturday: 26 APRIL 2025

POOL COMPETITIONS: DAY 1:				
Time	Gender	Event	Age Group	Type
07h30	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)			
09h00	Opening of Master Pool Championships			
09h30	Preparation of Pool			
09h45	Marshalling commences			
09h45		100m Manikin Carry with Fins	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50 F-55; M-55; F-60; M-60; F-65; M-65; F-70; M-70; F-75+; M-75+	
10h30		50 Manikin Carry	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50 F-55; M-55; F-60; M-60; F-65; M-65; F-70; M-70; F-75+; M-75+	
11h15		4x25m Manikin Relay	Mixed 30 & Over – One scoring event *Same club members	
11h30		100m Manikin Tow with Fins	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45; F-50; M-50 F-55; M-55; F-60; M-60; F-65; M-65; F-70; M-70; F-75+; M-75+	
12h00		4x50m Medley Relay	Mixed 30 & Over – One scoring event *Same club members	
12h15	Lunch			
13h15	Marshalling commences			
13h15		200m Obstacle Swim	F-30; M-30; F-35; M-35; F-40; M-40; F-45; M-45	
13h45		100m Obstacle Swim	F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70; M-70; F-75+; M-75+	
14h15		4x50m Obstacle Relay	Mixed 30 & Over – One scoring event *Same club members	
14h30	Preparation of the pool			
14h45		Line Throw	F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65; F-70; M-70; F-75+; M-75+ *Mixed teams allowed *The thrower indicates the age group and gender *Patients may not compete twice	
15h30	Medal presentation ceremony			

Notes:

1. The competition rules, as 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 events are 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.