



2024 DHL South African Lifesaving Championships
Venue: Newton Park Pool, Gqeberha
Dates: Thursday 1 May to Saturday 3 May 2025
NIPPER POOL COMPETITION PROGRAM

Thursday: 1 MAY 2025

POOL COMPETITIONS: DAY 1: SESSION 1 – FINALS				
Time	Gender	Event	Age Group	Type
07h30	Warm-up in the competition pool			
07h30	Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers)			
08h00	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
08h30	Opening of Nipper Pool Championships			
09h15	Preparation of Pool			
09h15	Marshalling commences			
09h30	Girls	50m Obstacle Swim	U/9 & U/10	Final
09h50	Boys	50m Obstacle Swim	U/9 & U/10	Final
10h10	Girls	100m Obstacle Swim	U/11, U/12, U/13 & U/14	Final
11h10	Boys	100m Obstacle Swim	U/11, U/12, U/13 & U/14	Final
12h10	Mixed	4x50m Obstacle Relay	U/10, U/12 & U/14	Final
12h45	Lunch			
13h45	Marshalling commence			
14h00	Mixed	2x 2 Rescue Ball Rescue Relay	U/12 & U/14	Final
15h00	Medal presentation ceremony			

Friday: 2 MAY 2025

POOL COMPETITIONS: DAY 2: SESSION 2 – FINALS				
Time	Gender	Event	Age Group	Type
07h30	Warm-up in the competition pool			
07h30	Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers)			
08h00	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
08h30	Preparation of Pool			
08h30	Marshalling commences			
08h45	Girls	100m Rescue Medley	U/13 & U/14	
09h15	Boys	100m Rescue Medley	U/13 & U/14	
09h45	Girls	100m Manikin Carry with Fins	U/9, U/10, U/11, U/12, U/13 & U/14	Final
11h15	Boys	100m Manikin Carry with Fins	U/9, U/10, U/11, U/12, U/13 & U/14	Final
12h30	Lunch			
13h30	Marshalling commence			
13h45	Mixed	4x25m Manikin Relay	U/10, U/12 & U/14	Final
14h15	Mixed	4x50m Pool Lifesaver Relay	U/10, U/12 & U/14	Final
15h00	Medal presentation ceremony			

Saturday: 3 MAY 2025

POOL COMPETITIONS: DAY 3: SESSION 4– FINALS				
Time	Gender	Event	Age Group	Type
07h30	Warm-up in the competition pool			
07h30	Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers)			
08h00	Technical Officials briefing by Chief Referee (Compulsory Attendance for all Technical Officials)			
08h30	Preparation of Pool			
08h30	Marshalling commences			
08h45	Girls	100m Rescue Torpedo Buoy	U/9, U/10, U/11, U/12,	Final
09h30	Boys	100m Rescue Torpedo Buoy	U/9, U/10, U/11, U/12,	Final
10h15	Girls	100m Super Nipper	U/13 & U/14	Final
10h45	Boys	100m Super Nipper	U/13 & U/14	Final
11h15	Lunch			
12h15	Marshalling commence			
12h30	Girls	50m Manikin Carry	U/9, U/10, U/11, U/12, U/13 & U/14	Final
13h30	Boys	50m Manikin Carry	U/9, U/10, U/11, U/12, U/13 & U/14	Final
14h30	Mixed	4x50m RTB Medley Relay	U/10, U/12 & U/14	Final
15h00	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.