



LIFESAVING Program

Day 1 – Friday 13 February 2026 Champion Lifesaver – U14, U15 & U17					
7:00am Report – 7:30am Start					
U14 & U15			U17		
7:30am	Question Paper		7:30am	Question Paper	
8:15am	Competitor Briefing		8:15am	Competitor Briefing	
8:30am	Sprints		8:30am	Sprints	
9:15am	Swim	Water Area 1	9:15am	Swim	Water Area 2
10:30am	Board	Officials Briefing Resus	10:30am	Board	Officials Briefing Resus
11:00am	Tube Race		11:00am	Tube Race	
11:30am	Resus & Live Patient		11:30am	Resus & Live Patient	

Day 2 – Saturday 14 February 2026 Champion Lifesaver – U19, Opens & Masters					
7:00am Report – 7:30am Start					
U19 & Opens			Masters		
7:30am	Question Paper		7:30am	Question Paper	
8:15am	Competitor Briefing		8:15am	Competitor Briefing	
8:30am	Sprints		8:30am	Sprints	
9:15am	Swim	Water Area 1	9:15am	Swim	Water Area 2
10:30am	Board	Officials Briefing Resus	10:30am	Board	Officials Briefing Resus
11:00am	Tube Race		11:00am	Tube Race	
11:30am	Resus & Live Patient		11:30am	Resus & Live Patient	

Day 3 – Sunday 15 February 2026 Champion Patrol – U17 & Opens					
7:00am Report – 7:30am Start					
U17			Opens		
7:40am	Question Paper		7:40am	Question Paper	
8:30am	Surf Race Surf Rescue		8:30am	Surf Race Surf Rescue	
9:30am	Resuscitation	Area 1	9:30am	Resuscitation	Area 1
10:15am	Scenarios	Area 1	10:15am	Scenarios	Area 1

Saturday 21 February 2026 First Aid - U15, U17 & U19		Sunday 22 February 2026 First Aid - Opens	
7-7:30am	U15 & U17	7:30am	Opens
11am/12pm	U19		

**** Program subject to change – Full timings will be confirmed in Final Event Information ****