

International Lifesaving World Cup (ILWC)

Three Age Groups

AGE C 15 - 19

AGE C 20 - 24

AGE C 25 - 29

**PROVISIONAL RWC 2022
PROGRAMME**



Day 0 - Tuesday 20 September						
Briefing						
18:00 ILWC Technical Officials briefing - Riccione Pool						
19:00 ILWC Team Managers briefing - Riccione Pool						
Day 1 - Wednesday 21 September						
TIME	EVENT					
15:00	Safety/EMC Daily Meeting					
15:15 Warm Up / Technical Officials daily briefing						
16:00 Team Managers daily briefing						
16:30 Opening Ceremony						
16:45 Marshalling commence						
TIME	EVENT	AGE GROUP	GENDER	TYPE		
P O O L	17:00	200 m Obstacle Swim	15/19	Women	Time Final	
		200 m Obstacle Swim	15/19	Men	Time Final	
		200 m Obstacle Swim	20/24	Women	Time Final	
		200 m Obstacle Swim	20/24	Men	Time Final	
		200 m Obstacle Swim	25/29	Women	Time Final	
		200 m Obstacle Swim	25/29	Men	Time Final	
		100 m Manikin Tow with Fins	15/19	Women	Time Final	
		100 m Manikin Tow with Fins	15/19	Men	Time Final	
		100 m Manikin Tow with Fins	20/24	Women	Time Final	
		100 m Manikin Tow with Fins	20/24	Men	Time Final	
		100 m Manikin Tow with Fins	25/29	Women	Time Final	
		100 m Manikin Tow with Fins	25/29	Men	Time Final	
	VICTORY CEREMONY - all events conducted during the session					

Day 2 - Thursday 22 September						
TIME	EVENT					
15:00	Safety/EMC Daily Meeting					
15:15 Warm Up / Technical Officials daily briefing						
16:00 Team Managers daily briefing						
16:45 Marshalling commence						
TIME	EVENT	AGE GROUP	GENDER	TYPE		
P O O L	17:00	50 m Manikin Carry	15/19	Women	Time Final	
		50 m Manikin Carry	15/19	Men	Time Final	
		50 m Manikin Carry	20/24	Women	Time Final	
		50 m Manikin Carry	20/24	Men	Time Final	
		50 m Manikin Carry	25/29	Women	Time Final	
		50 m Manikin Carry	25/29	Men	Time Final	
		100 m Manikin Carry witt	15/19	Women	Time Final	
		100 m Manikin Carry witt	15/19	Men	Time Final	
		100 m Manikin Carry witt	20/24	Women	Time Final	
		100 m Manikin Carry witt	20/24	Men	Time Final	
		100 m Manikin Carry witt	25/29	Women	Time Final	
		100 m Manikin Carry witt	25/29	Men	Time Final	
	VICTORY CEREMONY - all events conducted during the session					

Day 3 - Friday 23 September						
TIME	EVENT					
15:00	Safety/EMC Daily Meeting					
15:15 Warm Up / Technical Officials daily briefing						
16:00 Team Managers daily briefing						
16:45 Marshalling commence						
TIME	EVENT	AGE GROUP	GENDER	TYPE		
P O O L	17:00	100 m Rescue Medley	15/19	Women	Time Final	
		100 m Rescue Medley	15/19	Men	Time Final	
		100 m Rescue Medley	20/24	Women	Time Final	
		100 m Rescue Medley	20/24	Men	Time Final	
		100 m Rescue Medley	25/29	Women	Time Final	
		100 m Rescue Medley	25/29	Men	Time Final	
		200 m Super Lifesaver	15/19	Women	Time Final	
		200 m Super Lifesaver	15/19	Men	Time Final	
		200 m Super Lifesaver	20/24	Women	Time Final	
		200 m Super Lifesaver	20/24	Men	Time Final	
		200 m Super Lifesaver	25/29	Women	Time Final	
		200 m Super Lifesaver	25/29	Men	Time Final	
	VICTORY CEREMONY - for all events conducted during the session					

Day 4 - Saturday 24 September						
TIME	EVENT					
07:30	Warm Up / Officials briefing					
08:30	Marshalling					
TIME	EVENT	AGE GROUP	GENDER	TYPE		
O C E A N	08:45	2km Beach Run	15/19	Women	Final	
		2km Beach Run	15/19	Men	Final	
		2km Beach Run	20/24	Women	Final	
		2km Beach Run	20/24	Men	Final	
		2km Beach Run	25/29	Women	Final	
		2km Beach Run	25/29	Men	Final	
	10:00	Beach Sprint	15/19	Women	Heat_Final	
		Beach Sprint	15/19	Men	Heat_Final	
		Beach Sprint	20/24	Women	Heat_Final	
		Beach Sprint	20/24	Men	Heat_Final	
	Beach Sprint	25/29	Women	Heat_Final		
	Beach Sprint	25/29	Men	Heat_Final		
12.30 LUNCH						
TIME	EVENT	AGE GROUP	GENDER	TYPE		
O C E A N	15:00	Beach Flags 15/19	15/19	Women	Heat_Final	
		Beach Flags 15/19	15/19	Men	Heat_Final	
		Beach Flags 20/24	20/24	Women	Heat_Final	
		Beach Flags 20/24	20/24	Men	Heat_Final	
		Beach Flags 25/29	25/29	Women	Heat_Final	
		Beach Flags 25/29	25/29	Men	Heat_Final	
VICTORY CEREMONY - for all events conducted during the session						

Day 5 - Sunday 25 September							
TIME	EVENT						
8.30	Warm Up / Officials briefing						
8.45	Marshalling						
TIME	EVENT	AGE GROUP	GENDER	TYPE			
O C E A N	9.00	Surf Ski Race	15/19	Women	Heat_Final		
		Surf Ski Race	15/19	Men	Heat_Final		
		Surf Ski Race	20/24	Women	Heat_Final		
		Surf Ski Race	20/24	Men	Heat_Final		
		Surf Ski Race	25/29	Women	Heat_Final		
		Surf Ski Race	25/29	Men	Heat_Final		
	12.30 LUNCH						
	TIME	EVENT	AGE GROUP	GENDER	TYPE		
	O C E A N	15.00	Board Race 15/19		Women	Heat_Final	
			Board Race 15/19		Men	Heat_Final	
		Board Race 20/24		Women	Heat_Final		
		Board Race 20/24		Men	Heat_Final		
		Board Race 25/29		Women	Heat_Final		
		Board Race 25/29		Men	Heat_Final		
VICTORY CEREMONY - for all events conducted during the session							

Day 6 - Monday 26 September						
TIME	EVENT					
8.30	Warm Up / Officials briefing					
8.45	Marshalling					
TIME	EVENT	AGE GROUP	GENDER	TYPE		
O C E A N	9.00	Surf Race	15/19	Women	Heat_Final	
		Surf Race	15/19	Men	Heat_Final	
		Surf Race	20/24	Women	Heat_Final	
		Surf Race	20/24	Men	Heat_Final	
		Surf Race	25/29	Women	Heat_Final	
		Surf Race	25/29	Men	Heat_Final	
	11.00	Oceanwomen	15/19	Women	Heat	
		Oceanman	15/19	Men	Heat	
		Oceanwomen	20/24	Women	Heat	
		Oceanman	20/24	Men	Heat	
	Oceanwomen	25/29	Women	Heat		
	Oceanman	25/29	Men	Heat		
12.30 LUNCH						
TIME	EVENT	AGE GROUP	GENDER	TYPE		
O C E A N	15.00	Oceanwomen	15/19	Women	Final	
		Oceanman	15/19	Men	Final	
		Oceanwomen	20/24	Women	Final	
		Oceanman	20/24	Men	Final	
		Oceanwomen	25/29	Women	Final	
		Oceanman	25/29	Men	Final	
VICTORY CEREMONY - for all events conducted during the session						