

The 38th Japan National Lifesaving Pool Championships

Reference Timetable

*Please note that changes may occur.

As of December 25, 2025

Day1 21th(Sat) February, 2026

Start	Events	
7:15	Safety Officers briefing/Executive Committee briefing	
7:45	Technical Officials briefing	
8:00	Entrance of competitors/warming-up	
9:15	opening ceremony	
	Entrance for Technical Officials	
9:30	Obstacle Relay (4 × 50 m) (Female)	Heats
	Obstacle Relay (4 × 50 m) (Male)	Heats
	Obstacle Swim (200 m) (Female)	time-finals
	Obstacle Swim (200 m) (Male)	time-finals
	Line Throw – 12.5 m (Female)	time-finals
	Line Throw – 12.5 m (Male)	time-finals
	Obstacle Relay (4 × 50 m) (Female)	Final
	Obstacle Relay (4 × 50 m) (Male)	Final
	awards ceremony	
13:30	Manikin Carry (50 m) (Female)	Heats
	Manikin Carry (50 m) (Male)	Heats
	Manikin Carry with Fins (100 m) (Female)	time-finals
	Manikin Carry with Fins (100 m) (Male)	time-finals
	awards ceremony	
	Manikin Carry (50 m) (Female)	Final
	Manikin Carry (50 m) (Male)	Final
	Pool Lifesaver Relay (4 × 50 m) (Mix)	time-finals
18:20	awards ceremony	
18:50	end of competition	

Day2 22th(Sun) February, 2026

Start	Events	
7:15	Safety Officers briefing/Executive Committee briefing	
7:45	Technical Officials briefing	
8:00	Entrance of competitors/warming-up	
9:25	Entrance for Technical Officials	
9:30	Manikin Relay (4 × 25 m) (Female)	Heats
	Manikin Relay (4 × 25 m) (Male)	Heats
	Super Lifesaver (200 m) (Female)	Heats
	Super Lifesaver (200 m) (Male)	Heats
	Medley Relay (4 × 50 m) (Female)	Heats
	Medley Relay (4 × 50 m) (Male)	Heats
	(lunch break)	
12:35	Manikin Tow with Fins (100 m) (Female)	time-finals
	Manikin Tow with Fins (100 m) (Male)	time-finals
	awards ceremony	
	Rescue Medley (100 m) (Female)	time-finals
	Rescue Medley (100 m) (Male)	time-finals
	Manikin Relay (4 × 25 m) (Female)	Final
	Manikin Relay (4 × 25 m) (Male)	Final
	awards ceremony	
	Super Lifesaver (200 m) (Female)	Final
	Super Lifesaver (200 m) (Male)	Final
	Medley Relay (4 × 50 m) (Female)	Final
	Medley Relay (4 × 50 m) (Male)	Final
17:45	awards ceremony	
18:45	end of competition	