

## Surf Carnival The 39th Japan National Individual Lifesaving Championships

### Reference Timetable

\*Please note that changes may occur.

**Day1** 20th(Sat) June, 2026

Beach Events			Ocean Events A			Ocean Events B		
Start	Events	section	Start	Events	section	Start	Events	section
11:00	Opening ceremony							
12:00	Beach Sprint (Male)	1st-Heats	12:00	Surf Race (Male)	Heats	12:00	Surf Race (Female)	Heats
	Beach Sprint (Female)	1st-Heats		Surf Race (Male)	Semifinal		Surf Race (Female)	Semifinal
	Beach Sprint (Male)	2nd-Heats		Board Race (Male)	1st-Heats		Board Race (Female)	1st-Heats
	Beach Sprint (Female)	2nd-Heats		Board Race (Male)	2nd-Heats		Board Race (Female)	2nd-Heats
	Beach Relay (Mix)	Heats		Board Race (Male)	Semifinal		Board Race (Female)	Semifinal
	Beach Sprint (Male)	Semifinal		Surf Race (Male)	Final		Surf Race (Female)	Final
	Beach Sprint (Female)	Semifinal		Board Race (Male)	Final		Board Race (Female)	Final
	Beach Sprint (Male)	Final						
	Beach Sprint (Female)	Final						
	Beach Relay (Mix)	Final						
17:30	end of competition							
17:45	Awards ceremony							

**Day2** 21th(Sun) June, 2026

Beach Events A			Beach Events B			Ocean Events		
Start	Events	section	Start	Events	section	Start	Events	section
8:00	Beach Flags (Female)	1st-Heats	8:00	Beach Flags (Male)	1st-Heats	8:00	Beach Run (2km) (Male)	Heats
	Beach Flags (Female)	2nd-Heats		Beach Flags (Male)	2nd-Heats		Surf Ski Race (Male)	Heats
	Beach Flags (Female)	Semifinal		Beach Flags (Male)	Semifinal		Surf Ski Race (Female)	Heats
	Beach Flags (Female/Male)	Final		Beach Run (2km) (Female)	Final		Surf Ski Race (Male)	Semifinal
				Beach Run (2km) (Male)	Final		Oceanwoman	Heats
							Oceanman	Heats
							Ocean Lifesaver Relay (Mix)	Heats
							Surf Ski Race (Female)	Final
							Surf Ski Race (Male)	Final
							Oceanwoman	Final
							Oceanman	Final
							Ocean Lifesaver Relay (Mix)	Final
15:30	end of competition							
15:45	Awards ceremony							

\* The first set of guidelines will include a general start time, the types of events to be held, and the order of events. The second set of guidelines will announce a detailed timetable.

\* The entire competition will begin at 7:00 AM on both days, and the warm-up area will also be available from the same time.