The 39th Japan National Individual Lifesaving Championships

Timetable (2nd information)

*Please note that the timetable may change depending on the weather, etc.

Day1 20th(Sat) June, 2026

Beach Events					Ocean Events				
Start	Events	section	Number of heats	Number of winners	Start	Events	section	Number of heats	Number of winners
7:30	Safety Officers briefing/Executive Committee briefing								
7:50	Venue setup work								
8:30	★Competitors wristband registration now open [Required for all competitors]★								
					9:00	Competitors start warming up			
10:00	Beach clean-up event gathering Technical officials gathering/meeting								
10:20	Beach clean-up event ends ~ Ceremony lineup Competitors wristband registration closed								
10:30	Opening Ceremony								
11:00	end of the opening ceremony (lunch break)								
11:30	Beach Sprint (Male)	Heats	8H	5UP	11:30	Surf Race (Female)	Heats	2H	16UP
						Surf Race (Male)	Heats	2H	16UP
12:15	Beach Sprint (Female)	Heats	4H	5UP					
	Beach Sprint (Male)	2nd-Heats	4H	5UP					
					12:30	Board Race (Male)	Heats	8H	8/7UP
13:35	Beach Relay (Mix)	Heats	2H	4UP					
14:05	Beach Sprint (Female)	Semifinal	2H	4UP					
	Beach Sprint (Male)	Semifinal	2H	4UP	14:15	Board Race (Female)	2nd-Heats	3H	10UP
						Board Race (Male)	2nd-Heats	4H	8UP
					15:10	Board Race (Female)	Semifinal	2H	8UP
						Board Race (Male)	Semifinal	2H	8UP
15:35	Beach Sprint (Female)	Final	1H						
	Beach Sprint (Male)	Final	1H						
					16:00	Surf Race (Female)	Final	1H	
						Surf Race (Male)	Final	1H	
16:30	Beach Relay (Mix)	Final	1H						
					16:50	Board Race (Female)	Final	1H	
						Board Race (Male)	Final	1H	
17:20	Awards ceremony(Surf Race/Board Race/Beach Sprint/Beach Relay)								
17:50	Executive Committee briefing								
18:10	end of competition Day1								

Day2 21th(Sun) June, 2026

Beach Events					Ocean Events				
Start	Events	section	Number of heats	Number of winners	Start	Events	section	Number of heats	Number of winners
6:00	Safety Officers briefing/Executive Committee briefing								
7:00	Technical officials gathering/meeting ★Competitors wristband registration now open [Only for those who did not register the previous day]★				7:00	Competitors start warming up			
7:30	Competitors wristband registration closed								
8:00	Beach Flags (Male)	Heats	6H	6UP	8:00	Beach Run (2km) (Male)	Heats	2H	20UP
			↑4 run-through		8:50	Surf Ski Race (Male)	Heats	4H	8UP
9:25	Beach Flags (Female)	Heats	2H	8UP					
			↑4 run-through		9:30	Surf Ski Race (Female)	Heats	2H	8UP
9:50	Beach Flags (Male)	2nd-Heats	3H	6UP		Surf Ski Race (Male)	Semifinal	2H	8UP
			↑3 run-through		10:25	Oceanwoman	Heats	2H	8UP
10:40	Beach Flags (Female)	Semifinal	2H	4UP					
			↑4 run-through						
11:05	Beach Flags (Male)	Semifinal	2H	4UP					
			↑5 run-through		11:15	Oceanman	Heats	3H	5UP
					12:15	(lunch break)			
12:20	Beach Flags (Female) Beach Flags (Male)	Final	1H						
13:05	(lunch break)				13:05	Surf Ski Race (Female)	Final	1H	
						Surf Ski Race (Male)	Final	1H	
					13:40	Oceanwoman	Final	1H	
						Oceanman	Final	1H	
					14:30	Ocean Lifesaver Relay (Mix)	Final	1H	
14:50	Beach Run (2km) (Female)	Final	1H						
	Beach Run (2km) (Male)	Final	1H						
15:40	Awards ceremony(Beach Flags/Surf Ski Race/Oceanman,Oceanwoman/Ocean Lifesaver Relay/Beach Run (2km))								
16:40	Executive Committee briefing								
17:10	end of competition Day2								