



NATIONAL OPEN TEAMS

Competition Programme

Other than the initial marshalling and start times for each session all other listed times are indicative and for event planning purposes only. Individuals and Teams must be available at the commencement of each session for marshalling and competition of an event listed for conduct within that session. This programme is subject to change.

DAY 1- 16 September 2023

Training National teams

P O O L	09:00-10:00	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 0
	10:00-11:00	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 0
	11:00-12:00	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 0

Each team may reserve 1 swimming lane for an hour!

Please reserve the request for a swimming lane on your Excel document, where you have also noted the accommodation, number of participants and so on.

12:00 Lunch

P O O L	Time	Event		
	13:00	Safety meeting		
	13:15	Daily CC meeting		
	13:30	Technical officials daily briefing		
	13:45	Team managers daily Briefing		
	13:45	Marshalling commences		
	14:00	Start competition		
	Time	Event	Country	Team
	14:00	SERC		
		SERC		
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Victory Ceremony SERC - Victory Ceremony Overall Aggregate Pool Trophy				



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DAY 2- 17 September 2023

P O O L	Time	Event		
	07:30	Safety meeting		
	07:45	Daily CC meeting		
	08:00	Warm-up start		
	08:15	Technical officials daily briefing		
	08:30	Team managers daily Briefing		
	08:45	Marshalling commences		
	09:00	Start competition		
	Time	Event	Gender	Type
	09:00	200m Obstacle Swim	Women	Heat
		200m Obstacle Swim	Men	Heat
		4 x 50m Obstacle Relay	Women	Heat
		4 x 50m Obstacle Relay	Men	Heat
		Line Throw	Women	Heat
		Line Throw	Men	Heat
		50m Manikin Carry	Women	Heat
		50m Manikin Carry	Men	Heat
	4 x 25m Manikin Relay	Women	Heat	
	4 x 25m Manikin Relay	Men	Heat	
	100m Manikin Tow with Fins	Women	Heat	
	100m Manikin Tow with Fins	Men	Heat	
12:00 Lunch				
P O O L	13:30	Warm-up start		
	14:15	Preparation of the pool		
	14:15	Marshalling commences		
	Time	Event	Gender	Type
	14:30	200m Obstacle Swim	Women	Final B & A
		200m Obstacle Swim	Men	Final B & A
		4 x 50m Obstacle Relay	Women	Final B & A
		4 x 50m Obstacle Relay	Men	Final B & A
		Line Throw	Women	Final B & A
		Line Throw	Men	Final B & A
	Victory Ceremony 200m Obstacle swim – 4 x 50m Obstacle Swim			
		50m Manikin Carry	Women	Final B & A
		50m Manikin Carry	Men	Final B & A
		4 x 25m Manikin Relay	Women	Final B & A
		4 x 25m Manikin Relay	Men	Final B & A
	Victory Ceremony 50m Manikin Carry – Line Throw			
		100m Manikin Tow with Fins	Women	Final B & A
		100m Manikin Tow with Fins	Men	Final B & A
	Victory Ceremony 4 x 25m Manikin relay – 100m Manikin Tow with Fins			



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DAY 3- 18 September 2023

P O O L	Time	Event		
	07:30	Safety meeting		
	07:45	Daily CC meeting		
	08:00	Warm-up start		
	08:15	Technical officials daily briefing		
	08:30	Team Managers daily Briefing		
	08:45	Marshalling commences		
	09:00	Start competition		
	Time	Event	Gender	Type
	09:00	200m Super Lifesaver	Women	Heat
	200m Super Lifesaver	Men	Heat	
	4 x 50m Medley Relay	Women	Heat	
	4 x 50m Medley Relay	Men	Heat	
	100m Rescue Medley	Women	Heat	
	100m Rescue Medley	Men	Heat	
	100m Manikin Carry with Fins	Women	Heat	
	100m Manikin Carry with Fins	Men	Heat	
	4 x 50m Mixed Pool Lifesaver Relay	Mixed	Heat	
12:00 Lunch				
P O O L	13:30	Warm-up start		
	14:15	Preparation of the pool		
	14:15	Marshalling commences		
	Time	Event	Gender	Type
	14:30	200m Super Lifesaver	Women	Final B & A
		200m Super Lifesaver	Men	Final B & A
		4 x 50m Medley Relay	Women	Final B & A
		4 x 50m Medley Relay	Men	Final B & A
		100m Rescue Medley	Women	Final B & A
		100m Rescue Medley	Men	Final B & A
Victory Ceremony 200m Super Lifesaver – 4 x 50m Medley Relay				
	100m Manikin Carry with Fins	Women	Final B & A	
	100m Manikin Carry with Fins	Men	Final B & A	
	4 x 50m Mixed Pool Lifesaver Relay	Mixed	Final B & A	
Victory Ceremony 100m Rescue medley – 100m Manikin Carry with Fins – Mixed Pool Lifesaver Pool				



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DAY 4- 19 September 2023

O	Time	Event
C	Free for	Training on beach and sea allowed from 10am until 6pm
E	training	
A	From 10am	<i>Training on the beach at sea should not take place in the competition zones.</i>
N	until 6pm	
18:00 Supper		
	19:30	Online briefing Ocean events technical officials
	20:15	Online briefing Ocean events team managers

National Open Teams EK23 Programme



European Lifesaving Championships Blankenberge 2023

NATIONAL OPEN TEAMS

Sunrise: 07:30 – sunset: 19:50

Tide times: High 05:10 Low 11:28 High 17:25 Low 23:52



This programme is subject to change.

DAY 5- 20 September 2023				
O C E A N	Time	Event		
	07:30	Technical officials and organisation crew preparation		
	07:45	Warm-up start		
	08:00	Marshalling commences		
	08:15	Start competition		
	Time	Event	Gender	Type
	08:15	Rescue Tube Rescue	Women	Semi Final (area 1)
		Rescue Tube Rescue	Men	Semi Final (area 2)
		Rescue Tube Rescue	Women	Final B & A
		Rescue Tube Rescue	Men	Final B & A
		Surf Ski Race	Women	Semi Final (area 1)
		Surf Ski Race	Men	Semi Final (area 2)
		Board Race	Women	Semi Final (area 1)
		Board Race	Men	Semi Final (area 2)
		Beach Sprint	Women	Heat (area 4)
	Beach Sprint	Men	Heat (area 4)	
	Beach Sprint	Women	Semi Final (area 4)	
	Beach Sprint	Men	Semi Final (area 4)	
	Beach Relay	Women	Semi Final (area 4)	
	Beach Relay	Men	Semi Final (area 4)	
12:30 Lunch				
O C E A N	13:15	Warm-up start and preparation areas		
	13:15	Marshalling commences		
	Time	Event	Gender	Type
		Surf Ski Race	Women	Final
		Surf Ski Race	Men	Final
		Board Race	Women	Final
		Board Race	Men	Final
		Ocean Women Relay	Women	Final
		Ocean Men Relay	Men	Final
		Beach Sprint	Women	Final B & A
		Beach Sprint	Men	Final B & A
		Beach Relay	Women	Final B & A
	Beach Relay	Men	Final B & A	
18:30 Supper				
	19:30	Online briefing Ocean events technical officials		
	20:30	Online briefing Ocean events team managers		



European Lifesaving Championships Blankenberge 2023

NATIONAL OPEN TEAMS

Sunrise: 07:32 – sunset: 19:47

Tide times: High 05:48 Low 12:04 High 17:25



This programme is subject to change.

DAY 6- 21 September 2023

O C E A N	Time	Event		
	07:30	Technical officials and organisation crew preparation		
	07:45	Warm-up start		
	08:00	Marshalling commences		
	08:15	Start competition		
	Time	Event	Gender	Type
	08:15	Board Rescue	Women	Semi Final (area 1)
		Board Rescue	Men	Semi Final (area 2)
		Board Rescue	Women	Final B & A
		Board Rescue	Men	Final B & A
		Ocean Woman	Women	Semi Final (area 1)
		Ocean Men	Men	Semi Final (area 2)
		Beach Flags	Women	Heat (area 3)
		Beach Flags	Men	Heat (area 3)
	Beach Flags	Women	Semi Final (area 3)	
	Beach Flags	Men	Semi Final (area 3)	
	Beach Flags	Women	Final (area 3)	
	Beach Flags	Men	Final (area 3)	
13:30 Lunch				
O C E A N	14:15	Warm-up start and preparation areas		
	14:15	Marshalling commences		
	Time	Event	Gender	Type
	14:30	Surf Race	Women	Final
		Surf Race	Men	Final
		Ocean Woman	Women	Final
	Ocean Men	Men	Final	
	Mixed Ocean Lifesaver Relay	Mixed	Final	
Victory Ceremony all Ocean Events				
18:30 Supper				
	19:30	Online briefing Ocean events team officials (EK23 Masters)		
	20:30	Online briefing Ocean events team managers (EK23 Masters)		
	21:00-03:00	CLOSING PARTY (address: A. Ruzettelaan 195, 8370 Blankenberge)		