

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	
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	
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	
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	
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	
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	
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	
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 5 - Sunday 25 September					
TIME	EVENT				
8.30	Warm Up / Officials briefing				
8.45	Marshalling				
TIME	EVENT	AGE GROUP	GENDER	TYPE	
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	
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					