

# Danish and Nordic Championships in Sea Rescue 2026

Saturday d. 5.9.26 to Sunday d. 6.9.26

Løkken Beach

The lifesaving committee in Swim Denmark in collaboration with Aalborg Lifesavingclub

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# About the Championship

The event is held as a junior and senior event, where all disciplines compete for the Danish Championship.

Masters groups are created for the disciplines, board race, surf ski race and ocean man/woman. For the remaining races, you line up as masters in the senior group.

For AG12, it applies that the participant must be accompanied by an adult team leader in order to be allowed to compete in his heat. If the participant does not show up with an adult at marshalling, the judge reserves the right to exclude the participant from starting.

Individual age groups	Years
Age group 12 years and younger (children) = AG12	2014 and younger (5 for the group to be created)
Age group 13-14 years (girls and boys) = AG13-14	2012-2013
Junior = JR	2008-2011
Senior = SR	2007 and older
Master	1991 and older
At the same time, JR and SR also compete for medals in the Nordic championship	

Relays
The relay is placed in age group according to the oldest participant på the team. However, you cannot move up more than 1 age group. AG12 cannot therefore participate in an SR team competition.
Mix = At least one girl on the team
In JR and SR, mixed teams line up in the boys' category

Everyone can participate, but to win a DM title you must be a member of a club under Swim Denmark. The event takes place in the sea. Participants must be able to swim 200 m in the open sea without a break. To read more about the disciplines click [her](#).

See also our [FAQ about Lifesaving rallies](#) incl. videos.

AG13-14 and AG12 can compete in the surf ski race. The requirement for participation is that the person has trained in surf skiing before the DM and uses a helmet during the race if it is deemed necessary on the day - bicycle helmets are approved.

Alongside the Danish championship, the Nordic championship for senior and junior is held. You automatically qualify for the Nordic Championship by participating in the Danish Championship. To be able to participate in the Nordic Championship, you must have belonged to a club for at least half a year in either Denmark, Norway, Sweden, Finland, the Faroe Islands, Iceland or Greenland.

In order for a relay to win the Danish championship, the team incl. the athletes must be members of a Danish club.

New this year, all relay events in the AG14/JR/SR categories will be conducted as mixed relays.

## Attention:

Since the competition takes place on the west coast, weather conditions may result in events being cancelled if it is deemed unsafe to conduct them.

### Combined competition

For the JR and SR groups and for both sexes, an overall winner will be chosen across the disciplines: beach flags, surf race, board race, surf ski race and oceanman/oceanwoman. To participate in the competition, you must start in all disciplines. The winner is chosen by the participant with the most points. The points are awarded based on the table below. The competition runs across nationalities. For races where finals are held, points are awarded based on the participants in the final.

Location	Point		Location	Point
1. place	20		9th place	8
2. place	18		10th place	7
3. place	16		11th place	6
4. place	14		12th place	5
5. place	13		13th place	4
6. place	12		14th place	3
7. place	11		15th place	2
8. place	10		16th place	1

### Shared dining

On Saturday evening, there will be an offer for communal dining and fun. The host clubs KLK are responsible for the event. More information will be announced later.

### Dress requirements

It is required to use lycra in connection with the water disciplines. The first 150 registrants will receive a lycra specially made for the event. Your t-shirt size is provided in connection with your registration.



### Equipment

Before registering for an event, you must have made an agreement with a club about borrowing equipment, if you do not bring anything yourself. It will not be possible to borrow equipment from LISK on the day.

## Location

The event is held at Amager Strandpark. [Link to location](#).

## Timetable

The convention is held according to the following overall schedule, see further down for program and registration.

### Friday                    04/09/2026

At 2 p.m            Course setup  
At 4 p.m            Open training on the courts

### Saturday                    05/09/2026

At 7.30 Briefing  
At 8.00 am        Start of the event section 1  
At 12.00            Pause  
At 1 p.m            Start of the meeting section 2  
At 17:30            Medal presentation  
At 18:00            Expected end time  
From 18:00        Shared dining and fun

### Sunday                    06/09/2026

At 7.30 Briefing  
At 8.00 am        Start of the event section 3  
At 1:30 p.m        Medal presentation  
At 14:00            Expected end time

## Social dinner

Aalborg Lifeguard Club is organizing a social dinner on Saturday evening after the competition. Registration for the dinner is available via the provided [link](#). For further inquiries, please contact [aalborglivredderklub@gmail.com](mailto:aalborglivredderklub@gmail.com).

## Overnight stay

Accommodation is available at Løkken Sports Center – information, prices, and contact details can be found via the provided [link](#).

Registration for accommodation is available via the corresponding [link](#).

## Communication

Primary communication about the convention takes place on WhatsApp. Join the group <https://chat.whatsapp.com/CDfFdkvueLCDLwEkCO7fvV>

# Disciplines for DM and NM in Sea Lifesaving

DM and NM in sea lifesaving - Running list		Klasser					Mesterskab	
		M a s t e r	S R	J R	A G 1 4	A G 1 2 *	DM	NM* *
<b>Nr.</b>	<b>Disciplin: løb</b>							
1	2 km. Løb i sand, herrer		x	x			x	x
2	2 km. Løb i sand, damer		x	x			x	x
3	1 km. Løb i sand, drenge				x		x	
4	1 km. Løb i sand, piger				x		x	
5	1 km. Løb i sand, børn					x	x	
6	Beach sprint, herrer		x	x	x		x	x
7	Beach sprint, damer		x	x	x		x	x
8	Beach sprint, børn					x	x	
9	Beach flags, herrer		x	x	x		x	x
10	Beach flags, damer		x	x	x		x	x
11	Beach flags, børn					x	x	
12	4x90m sprint, mix		x	x	x		x	x
13	4x90m sprint, børn					x	x	
<b>Nr.</b>	<b>Disciplin: svøm</b>							
14	Surface, herrer		x	x	x		x	x
15	Surface, damer		x	x	x		x	x
16	Surface, børn					x	x	
17	Rescue tube race, drenge				x		x	
18	Rescue tube race, piger				x		x	
19	Rescue tube race, børn					x	x	
20	Rescue tube relay, mix		x	x	x		x	x
21	Rescue tube relay, børn					x	x	
<b>Nr.</b>	<b>Disciplin: board</b>							
22	Board race, herrer	x	x	x	x		x	x
23	Board race, damer	x	x	x	x		x	x
24	Board race, børn					x	x	
25	Board race technical, herrer		x	x			x	x
26	Board race technical, damer		x	x			x	x
27	Board rescue, mix		x	x	x		x	x
28	Board rescue, børn					x	x	
29	Board relay, mix		x	x	x		x	x

30	Board relay, børn					x		x	
<b>Nr.</b>	<b>Disciplin: ski</b>								
31	Surf ski race, herrer	x	x	x	x			x	x
32	Surf ski race, damer	x	x	x	x			x	x
33	Surf ski race, børn					x		x	
<b>Nr.</b>	<b>Discipliner: Løb, svøm, board, ski</b>								
34	Oceanman	x	x	x				x	x
35	Oceanwoman	x	x	x				x	x
36	Taplin relay, mix		x	x				x	x
37	Ocean Kid***				x	x			
38	Oceanman	x	x	x				x	x
39	Oceanwoman	x	x	x				x	x
40	Oceanman relay		x	x				x	x
41	Oceanwoman relay		x	x				x	x
42	Ocean Kid***				x	x			

\*AK12, run as mix heats. Medal sets are awarded per sex.

\*\* Nordic championships are held for SR and JR

\*\*\* Ocean kid is a discipline that takes place outside of competition. The race takes place in the children's arena and is in the format of an oceanman/woman consisting of swim/board/ski. If a participant cannot complete the course with a surf ski, it will be possible to drop out after boarding, or substitute the ski trip with an extra round of swimming or boarding. No results list is made for the event. Participants receive a participant medal.

# Provisional race order for DM and NM in Marine Lifesaving

Provisional race order for the 2026 Sea Lifesaving Championships

There may be changes in the race order due to the weather. The final program will be announced the week before the event. In addition, changes may occur during the event. Depending on the number of participants, there may be heat restrictions.

The event can be held in 2 arenas; one for children and one for junior/senior/master. This also depends on weather and final location.

## **Saturday**

The following races are expected to take place on Saturday. Order of execution depends on weather and course setup, which is why the schedule and final order of execution will be announced in the week leading up to the meeting date:

- 2 km run in sand and 1 km run in sand
- Surf race
- Board race
- Board rescue
- Surf ski race
- Oceanman and oceanwoman
- Beach sprint
- 4x90 sprint
- Board relay

## **Sunday**

The following races are expected to take place on Sunday. Order of execution depends on weather and course setup, which is why the schedule and final order of execution will be announced in the week leading up to the meeting date:

- Beach flags
- Rescue tube relay
- Rescue tube race
- Board race technical
- Taplin relay

# Associated rules

ILS event manual [ILS 2025 Competition Rulebook Revised May 2026](#)

## Registration

### *Registration fee*

The registration fee is DKK 500 per person for an unlimited number of starts. It is not possible to make subsequent registrations! The registration fee will not be refunded if the swimmer/team does not start. The fee will be collected by the club via Svøm Danmark.

All clubs that register 5 participants or more make at least one official available who can help during the event (training is not necessary). Registration of officials must go to [lisk@svoem.dk](mailto:lisk@svoem.dk) no later than 17 August.

If a club does not provide a helper, it will be charged DKK 1,500 per missing helper per day.

**Registration for individual disciplines and team caps takes place via the link below:**

Sign up [JR/SR/MASTER AG13-14 + AG12](#)

*The registration deadline is Monday 17 August 2026 NOTE – Relay teams can be modified via the LiveHeats app up until the start of the event.*

*Before the event takes place, an online briefing will be held for officials and team managers. The briefing will take place on Monday 31 August at 19.00. More information will be available after registration for the event has closed.*

## Question

Questions are directed to the Lifesaving Committee via [LISK@svoem.dk](mailto:LISK@svoem.dk)

We look forward to a good meeting and a good day!

**Best regards**

The lifeguard section, Swim Denmark, and AAL