

## ELC 2025 Program

### POOL EVENTS

#### August 24, 2025 (Sunday)

8<sup>00</sup> - 11<sup>30</sup> - Training

12<sup>00</sup> - Opening ceremony of the ELC 2025

13<sup>00</sup> - SERC

#### August 25, 2025 (Monday)

7<sup>30</sup> - 8<sup>45</sup> - Warm-up

9<sup>00</sup> - Start of the first block (elimination)

- OBSTACLE SWIM Youth – 200m [F/M]
- OBSTACLE SWIM Open – 200m [F/M]
- OBSTACLE RELAY Youth – (4 x 50m) [F/M]
- OBSTACLE RELAY Open – (4 x 50m) [F/M]
- LINE THROW Youth – 12.5m [F/M]
- LINE THROW Open – 12.5m [F/M]
- MANIKIN TOW WITH FINS Youth – 100m [F/M]
- MANIKIN TOW WITH FINS Open – 100m [F/M]

Second block of the competition [Finals]

14<sup>00</sup> - 15<sup>15</sup> - Warm-up

15<sup>30</sup> - Start of the second block (finals)

- OBSTACLE SWIM Youth – 200m [F/M]
- OBSTACLE SWIM Open – 200m [F/M]
- OBSTACLE RELAY Youth – (4 x 50m) [F/M]
- OBSTACLE RELAY Open – (4 x 50m) [F/M]
- Decoration for OBSTACLE SWIM – 200m [F/M]
- LINE THROW Youth – 12.5m [F/M]
- LINE THROW Open – 12.5m [F/M]
- Decoration for OBSTACLE RELAY – (4 x 50m) [F/M]
- MANIKIN TOW WITH FINS Youth – 100m [F/M]
- MANIKIN TOW WITH FINS Open – 100m [F/M]
- Decoration for LINE THROW – 12.5m [F/M] & MANIKIN TOW WITH FINS – 100m [F/M]

#### August 26, 2025 (Tuesday)

7<sup>30</sup> - 8<sup>45</sup> - Warm-up

9<sup>00</sup> - Start of the third block (elimination)

- MANIKIN CARRY WITH FINS Youth – 100m [F/M]
- MANIKIN CARRY WITH FINS Open – 100m [F/M]
- MANIKIN CARRY Youth – 50m [F/M]
- MANIKIN CARRY Open – 50m [F/M]
- MANIKIN RELAY Youth – (4 x 25m) [F/M]
- MANIKIN RELAY Open – (4 x 25m) [F/M]

#### Fourth block of the competition [Finals]

13<sup>00</sup> - 14<sup>15</sup> - Warm-up

14<sup>30</sup> - Start of the fourth block (finals)

- MANIKIN CARRY WITH FINS Youth – 100m [F/M]
- MANIKIN CARRY WITH FINS Open – 100m [F/M]
- MANIKIN CARRY Youth – 50m [F/M]
- MANIKIN CARRY Open – 50m [F/M]
- Decoration for MANIKIN CARRY WITH FINS – 100m [F/M]
- MANIKIN RELAY Youth – (4 x 25m) [F/M]
- MANIKIN RELAY Open – (4 x 25m) [F/M]
- Decoration for MANIKIN CARRY – 50m [F/M]
- Decoration for MANIKIN RELAY – (4 x 25m) [F/M]

#### August 27, 2025 (Wednesday)

7<sup>30</sup> - 8<sup>45</sup> - Warm-up

9<sup>00</sup> - Start of the fifth block (elimination)

- RESCUE MEDLEY Youth (100m) [F/M]
- RESCUE MEDLEY Open (100m) [F/M]
- MEDLEY RELAY Youth (4 x 50m) [F/M]
- MEDLEY RELAY Open (4 x 50m) [F/M]
- SUPER LIFESAVER Youth – 200m [F/M]
- SUPER LIFESAVER Open – 200m [F/M]
- MIXED POOL LIFESAVER RELAY Youth – (4 x 50m) [F/M]
- MIXED POOL LIFESAVER RELAY Open – (4 x 50m) [F/M]

#### Sixth block of the competition [Finals]

14<sup>00</sup> - 15<sup>15</sup> - Warm-up

15<sup>30</sup> - Start of the sixth block (finals)

- RESCUE MEDLEY Youth (100m) [F/M]
- RESCUE MEDLEY Open (100m) [F/M]
- MEDLEY RELAY Youth (4 x 50m) [F/M]
- MEDLEY RELAY Open (4 x 50m) [F/M]
- Decoration for RESCUE MEDLEY (100m) [F/M]
- SUPER LIFESAVER Youth – 200m [F/M]
- SUPER LIFESAVER Open – 200m [F/M]
- Decoration for MEDLEY RELAY (4 x 50m) [F/M]
- MIXED POOL LIFESAVER RELAY Youth – (4 x 50m) [F/M]
- MIXED POOL LIFESAVER RELAY Open – (4 x 50m) [F/M]
- Decoration for SUPER LIFESAVER – 200m [F/M] & Mixed Pool Lifesaver Relay – (4 x 50m) [F/M]

## **August 28, 2025 (Thursday)**

- Day off (transportation to Międzyzdroje)

## **August 29, 2025 (Friday)**

### **Arena 1 – Open Traditional Course**

8<sup>30</sup> – 9<sup>20</sup> - Warm-up

9<sup>00</sup> – Team managers meeting

9<sup>30</sup> – Start of the competition

- BEACH SPRINT Heats [F/M]
- BOARD RESCUE Heats [F/M]
- BEACH SPRINT RELAY Heats [F/M]
- SURF RACE Heats [F/M]

Lunch break

- BEACH SPRINT Finals [F/M]
- BOARD RESCUE Finals [F/M]
- BEACH SPRINT RELAY Finals [F/M]
- SURF RACE Finals [F/M]

### **Disclaimer:**

Final mean final A & final B for:

1. BEACH SPRINT
2. BEACH SPRINT RELAY
3. BOARD RESCUE

Medal ceremony

### **Arena 2 – Youth Traditional Course**

8<sup>30</sup> – 9<sup>20</sup> - Warm-up

9<sup>00</sup> – Team managers meeting

9<sup>30</sup> – Start of the competition

- SURF RACE Heats [F/M]
- BEACH SPRINT Heats [F/M]
- BOARD RESCUE Heats [F/M]
- BEACH SPRINT RELAY Heats [F/M]

Lunch break

- SURF RACE Finals [F/M]
- BEACH SPRINT Finals [F/M]
- BOARD RESCUE Finals [F/M]
- BEACH SPRINT RELAY Finals [F/M]

Medal ceremony

## **August 30, 2025 (Saturday)**

### **Arena 1 – Open Traditional Course**

8<sup>30</sup> – 9<sup>20</sup> - Warm-up

9<sup>00</sup> – Team managers meeting

9<sup>30</sup> – Start of the competition

- SURF SKI RACE Heats [F/M]
- RESCUE TUBE RACE Heats [F/M]
- BOARD RACE Heats [F/M]
- OCEANMAN RELAY Heats [F/M]

Lunch break

- SURF SKI RACE Finals [F/M]
- RESCUE TUBE RACE Finals [F/M]
- BOARD RACE Finals [F/M]

### **Arena 2 - Youth M Shaped Course**

8<sup>30</sup> – 9<sup>20</sup> - Warm-up

9<sup>00</sup> – Team managers meeting

9<sup>30</sup> – Start of the competition

- BEACH FLAGS Heats [F/M]
- OCEANMAN Heats [F/M]
- OCEANMAN MIX RELAY Heats [F/M]

Lunch break

- BEACH FLAGS Finals [F/M]
- OCEANMAN Finals [F/M]
- OCEANMAN MIX RELAY Finals [F/M]

- OCEANMAN RELAY Finals [F/M]

**Disclaimer:**

Final mean final A & final B for:

1. RESCUE TUBE RACE

*Medal ceremony*

*Medal ceremony*

**August 31, 2025 (Sunday)**

Arena 1 – Open *M Shaped Course*

- 8<sup>30</sup> – 9<sup>20</sup> - Warm-up
- 9<sup>00</sup> – Team managers meeting
- 9<sup>30</sup> – Start of the competition
  - BEACH FLAGS Heats [F/M]
  - OCEANMAN Heats [F/M]
  - OCEANMAN MIX RELAY Heats [F/M]

Lunch break

- BEACH FLAGS Finals [F/M]
- OCEANMAN Finals [F/M]
- OCEANMAN MIX RELAY Finals [F/M]

*Medal ceremony*

Arena 2 - Youth *Traditional Course*

- 8<sup>30</sup> – 9<sup>20</sup> - Warm-up
- 9<sup>00</sup> – Team managers
- 9<sup>30</sup> – Start of the competition
  - SURF SKI RACE Heats [F/M]
  - RESCUE TUBE RACE Heats [F/M]
  - BOARD RACE Heats [F/M]
  - OCEANMAN RELAY Heats [F/M]

Lunch break

- SURF SKI RACE Finals [F/M]
- RESCUE TUBE RACE Finals [F/M]
- BOARD RACE Finals [F/M]
- OCEANMAN RELAY Heats [F/M]

*Medal ceremony*

***Ocean events will be conducted in the traditional course and M course as mentioned***