

# 5th Open German Lifesaving Championships 2024

April 12th - 14th Rheinbad Düsseldorf

## Schedule

### Friday, 12 April 2024

07.15 Swimming hall open  
07:30 Team leader meeting  
07:30 Warm up  
07:45 Officials' meeting  
08:30 Heats  
    200m Obstacle Swim  
    4x50m Obstacle Relay  
    Line Throw  
    100m Manikin Tow with Fins  
13:30 Lunch Break  
15:00 Warm up  
16:00 Finals  
18:30 End of competition

### Saturday, 13 April 2024

07.15 Swimming hall open  
07:30 Warm up  
08:30 Heats  
    4x50m Medley Relay  
    50m Manikin Carry  
    4x50m Mixed Pool Lifesaver Relay  
    200m Super Lifesaver  
13:30 Lunch Break  
15:00 Warm up  
16:00 Finals  
18:30 End of competition

### Sunday, 14 April 2024

07.15 Swimming hall open  
07:30 Warm up  
08:30 Heats  
    100m Manikin Carry with Fins  
    4x25m Manikin Relay  
    100m Rescue Medley  
11:15 Lunch Break  
12:45 Warm up  
13:45 Finals  
15:45 End of competition

Preliminary time schedule, subject to change.