

LWC 2026 Entry Guide Times			Women		Men	
	Age	Event	World Record as at 22/11/2025	Entry Guide Time	World Record as at 22/11/2025	Entry Guide Time
Youth	Youth	200m Obstacle Swim	2:03.89	3:06.00	1:56.74	2:55.00
	Youth	50m Manikin Carry	0:33.08	0:50.00	0:28.88	0:43.00
	Youth	100m Manikin Carry with Fins	0:49.33	1:14.00	0:45.52	1:08.00
	Youth	100m Manikin Tow with Fins	0:57.09	1:26.00	0:50.01	1:15.00
	Youth	200m Super Lifesaver	2:22.29	3:33.00	2:07.07	3:12.00
	Youth	100m Rescue Medley	1:09.10	1:44.00	0:59.64	1:29.00
Open	Open	200m Obstacle Swim	2:01.88	3:02.82	1:51.73	2:48.00
	Open	50m Manikin Carry	0:31.48	0:47.00	0:27.20	0:41.00
	Open	100m Manikin Carry with Fins	0:49.30	1:14.00	0:43.44	1:05.00
	Open	100m Manikin Tow with Fins	0:54.20	1:21.00	0:47.68	1:12.00
	Open	200m Super Lifesaver	2:16.07	3:24.00	2:02.98	3:04.00
	Open	100m Rescue Medley	1:03.69	1:36.00	0:57.64	1:28.00
Masters	Masters M30	100m Obstacle Swim *	1:02.00 *	1:33.00	0:55.00 *	1:23.00
	Masters M30	50m Manikin Carry	0:33.49	0:50.00	0:28.02	0:42.00
	Masters M30	100m Manikin Carry with Fins	0:51.80	1:18.00	0:46.11	1:09.00
	Masters M30	100m Manikin Tow with Fins	0:58.38	1:28.00	0:50.02	1:15.00
	Masters M35	100m Obstacle Swim *	1:06.00 *	1:39.00	0:58.00 *	1:27.00
	Masters M35	50m Manikin Carry	0:33.61	0:50.00	0:30.59	0:46.00
	Masters M35	100m Manikin Carry with Fins	0:57.91	1:27.00	0:47.91	1:12.00
	Masters M35	100m Manikin Tow with Fins	1:01.77	1:33.00	0:52.50	1:19.00
	Masters M40	100m Obstacle Swim *	1:07.00 *	1:41.00	1:02.00 *	1:34:00
	Masters M40	50m Manikin Carry	0:36.65	0:55.00	0:33.58	0:50.00
	Masters M40	100m Manikin Carry with Fins	0:59.49	1:29.00	0:49.47	1:14.00
	Masters M40	100m Manikin Tow with Fins	1:02.62	1:34.00	0:54.50	1:22.00
	Masters M45	100m Obstacle Swim *	1:08.00 *	1:42.00	1:05.00 *	1:38:00
	Masters M45	50m Manikin Carry	0:39.38	1:00.00	0:33.66	0:50.00
	Masters M45	100m Manikin Carry with Fins	1:03.75	1:36.00	0:52.64	1:19.00
	Masters M45	100m Manikin Tow with Fins	1:07.28	1:41.00	0:56.62	1:25.00
	Masters M50	100m Obstacle Swim	1:09.54	1:44.00	1:07.05	1:40.00
	Masters M50	50m Manikin Carry	0:42.38	1:04.00	0:34.30	0:51.00
	Masters M50	100m Manikin Carry with Fins	1:06.06	1:39.00	0:53.89	1:21.00
	Masters M50	100m Manikin Tow with Fins	1:07.74	1:42.00	1:00.91	1:31.00
	Masters M55	100m Obstacle Swim	1:10.70	1:46.00	1:03.66	1:36.00
	Masters M55	50m Manikin Carry	0:42.40	1:04.00	0:34.73	0:52.00
	Masters M55	100m Manikin Carry with Fins	1:11.32	1:47.00	0:55.62	1:23.00
	Masters M55	100m Manikin Tow with Fins	1:10.97	1:46.00	0:58.98	1:28.00
	Masters M60	100m Obstacle Swim	1:09.27	1:44.00	1:06.45	1:40.00
	Masters M60	50m Manikin Carry	0:42.49	1:04.00	0:37.54	0:56.00
	Masters M60	100m Manikin Carry with Fins	1:12.41	1:49.00	1:00.00	1:30.00
	Masters M60	100m Manikin Tow with Fins	1:11.54	1:48.00	1:04.88	1:37.00
	Masters M65	100m Obstacle Swim	1:12.60	1:49.00	1:09.94	1:45.00
	Masters M65	50m Manikin Carry	0:42.90	1:04.00	0:37.62	0:56.00
	Masters M65	100m Manikin Carry with Fins	1:13.85	1:51.00	1:01.08	1:32.00
	Masters M65	100m Manikin Tow with Fins	1:13.84	1:51.00	1:06.05	1:39.00
	Masters M70	100m Obstacle Swim	1:36.11	2:24.00	1:22.18	2:03.00
	Masters M70	50m Manikin Carry	0:59.72	1:30.00	0:47.06	1:11.00

	Masters M70	100m Manikin Carry with Fins	1:39.76	2:30.00	1:17.33	1:56.00
	Masters M70	100m Manikin Tow with Fins	1:36.88	2:25.00	1:19.67	2:00:00
	Masters M75	100m Obstacle Swim	1:57.58	2:58.00	1:32.07	2:18.00
	Masters M75	50m Manikin Carry	1:30.40	2:16.00	1:00.60	1:31.00
	Masters M75	100m Manikin Carry with Fins	1:57.61	2:56.00	1:32.52	2:19.00
	Masters M75	100m Manikin Tow with Fins	2:00.02	3:00.00	1:32.09	2:18.00

Note 1: LWC2026 Entry Guide Times are determined based on World Records as at 22/11/2025 + 50% rounded to nearest second.

Note 2: Events marked with an asterisk (*) are estimates only as no World Record have been approved and published by ILS.