

**Save the Date!**

# **31st German Cup** **DLRG**

**Warendorf, 20–22 November 2025**



**dlrg.de**

**DLRG** | Rettungssport



# At the Bundeswehr Sports School in Warendorf

## 20th – 22nd November 2025

20th November	Opening ceremony and VIP reception
21st - 22nd November	Competitions
22nd November	Overall award ceremony

### Entry deadline at the beginning of November

- All participants born in 2010 or later in one age group
- National teams
- National association selection teams
- Open training possible



### Individual disciplines (male/female)

- 200 m Obstacle Swim
- 100 m Manikin Tow with Fins
- 100 m Rescue Medley
- 100 m Manikin Carry with Fins
- 50 m Manikin Carry
- 200 m Super Lifesaver

### Team events (male/female)

- Line Throw
- 4 x 50 m Obstacle Relay
- 4 x 50 m Medley Relay
- 4 x 25 m Manikin Relay
- 4 x 50 m Pool Lifesaver Relay

### Team events (mixed)

- 4x50m Mixed Pool Lifesaver Relay

