

Under 11	Under 12
U11 Female 2km Beach Run	U12 Female 2km Beach Run
U11 Female 500m Swim	U12 Female 500m Surf Swim
U11 Female 1km Board Paddle	U12 Female 1km Board Paddle
U11 Male 2km Beach Run	U12 Male 2km Beach Run
U11 Male 500m Surf Swim	U12 Male 500m Surf Swim
U11 Male 1km Board Paddle	U12 Male 1km Board Paddle

Under 13	Under 14
U13 Female 2km Beach Run	U14 Female 4km Beach Run
U13 Female 500m Surf Swim	U14 Female 2km Surf Swim
U13 Female 1km Board Paddle	U14 Female 4km Board Paddle
U13 Male 2km Beach Run	U14 Male 4km Beach Run
U13 Male 500m Surf Swim	U14 Male 2km Surf Swim
U13 Male 1km Board Paddle	U14 Male 4km Board Paddle

Under 15	Under 17
U15 Female 4km Beach Run	U17 Female 4km Beach Run
U15 Female 2km Surf Swim	U17 Female 2km Surf Swim
U15 Female 4km Board Paddle	U17 Female 4km Board Paddle
U15 Male 4km Beach Run	U17 Female 6km Ski Paddle
U15 Male 2km Surf Swim	U17 Male 4km Beach Run
U15 Male 4km Board Paddle	U17 Male 2km Surf Swim
	U17 Male 4km Board Paddle
	U17 Male 6km Ski Paddle

Under 19	Open
U19 Female 4km Beach Run	Open Female 4km Beach Run
U19 Female 2km Surf Swim	Open Female 2km Surf Swim
U19 Female 6km Board Paddle	Open Female 6km Board Paddle
U19 Female 12km Ski Paddle (downwind)	Open Female 12km Spec Ski Paddle (downwind)
	Open Female 12km Ocean Ski Paddle (downwind)
U19 Male 4km Beach Run	Open Male 4km Beach Run
U19 Male 2km Surf Swim	Open Male 2km Surf Swim
U19 Male 6km Board Paddle	Open Male 6km Board Paddle
U19 Male 12km Ski Paddle (downwind)	Open Male 12km Spec Ski Paddle (downwind)
	Open Male 12km Ocean Ski Paddle (downwind)

30 -39 years	40 -49 years
30-39 Years Female 4km Beach Run	40-49 Years Female 4km Beach Run
30-39 Years Female 2km Surf Swim	40-49 Years Female 2km Surf Swim
30-39 Years Female 4km Board Paddle	40-49 Years Female 4km Board Paddle
30-39 Years Female 8km Ski Paddle	40-49 Years Female 8km Ski Paddle
30-39 Years Male 4km Beach Run	40-49 Years Male 4km Beach Run
30-39 Years Male 2km Surf Swim	40-49 Years Male 2km Surf Swim
30-39 Years Male 4km Board Paddle	40-49 Years Male 4km Board Paddle
30-39 Years Male 8km Ski Paddle	40-49 Years Male 8km Ski Paddle
50 – 59 years	60 – 69 years
50-59 Years Female 4km Beach Run	60-69 Years Female 2km Beach Run
50-59 Years Female 1km Surf Swim	60-69 Years Female 1km Surf Swim
50-59 Years Female 2km Board Paddle	60-69 Years Female 2km Board Paddle
50-59 Years Female 6km Ski Paddle	60-69 Years Female 6km Ski Paddle
50-59 Years Male 4km Beach Run	60-69 Years Male 2km Beach Run
50-59 Years Male 1km Surf Swim	60-69 Years Male 1km Surf Swim
50-59 Years Male 2km Board Paddle	60-69 Years Male 2km Board Paddle
50-59 Years Male 6km Ski Paddle	60-69 Years Male 6km Ski Paddle

70+ years
70+ Years Female 2km Beach Run
70+ Years Female 1km Surf Swim
70+ Years Female 2km Board Paddle
70+ Years Female 6km Ski Paddle
70+ Years Male 2km Beach Run
70+ Years Male 1km Surf Swim
70+ Years Male 2km Board Paddle
70+ Years Male 6km Ski Paddle