



### Friday 15<sup>th</sup> March 2024 Kurrawa SLSC

Tides: Low 5.53am -0.36m High 11.36am 1.14m

7.45am - Marshalling

8am - Start

12.00pm- Marshalling Ski Events

	<u> </u>	
	Water 1: Orange	
	U17, U19 & OPEN FEMALE & MALE	,
1	U17 Male Board Rescue	Q
2	U17 Female Board Rescue	Q
3	Open Male Board Rescue	Q
4	U17 Male Board Rescue	S
5	U17 Female Board Rescue	S
6	U19 Male Board Rescue	S
7	U19 Female Board Rescue	S
8	Open Male Board Rescue	S
9	Open Female Board Rescue	S
10	U17 Male Board Rescue	F
11	U17 Female Board Rescue	F
12	U19 Male Board Rescue	F
13	U19 Female Board Rescue	F
14	Open Male Board Rescue	F
15	Open Female Board Rescue	F
16	U19 Female Rescue Tube Rescue	S
17	Open Male Rescue Tube Rescue	F
18	Open Female Rescue Tube Rescue	F
19	U19 Male Rescue Tube Rescue	F
20	U19 Female Rescue Tube Rescue	F

	Water 1 Orange U17, U19 & OPEN FEMALE & MALE				
21	U17 Male Belt Race	S			
22	U17 Female Belt Race	S			
23	U19 Male Belt Race	S			
24	U19 Female Belt Race	S			
25	Open Male Belt Race	S			
26	Open Female Belt Race	S			
27	U17 Male Belt Race	F			
28	U17 Female Belt Race	F			
29	U19 Male Belt Race	F			
30	U19 Female Belt Race	F			
31	Open Male Belt Race	F			
32	Open Female Belt Race				
33	Open Male Double Ski	S			
34	Open Mixed Double Ski	S			
35	U19 Male Double Ski	F			
36	U19 Female Double Ski	F			
37	Open Male Double Ski	F			
38	Open Female Double Ski	F			
39	Open Mixed Double Ski	F			











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Tides: Low 5.53am 0.36m High 11.36am -1.14m

7.45am - Marshalling

8am – Start

Water 2: Black & White	Water 3: Pink	Water 4: Green & Gold		
Male 30 – 49 Years	Male 50 - 70+ Years	Female		
OLDEST TO YOUNGEST	OLDEST TO YOUNGEST	OLDEST TO YOUNGEST		
Double Ski	Surf Race	Surf Race		
Single Ski	Board Race	Board Race		
Board Race	Single Ski	Double Ski		
Board Nacc	Jingie Jin	Bodole SKI		
Surf Race	Double Ski	Single Ski		
Ironman	Ironman	Ironwoman		
Board Rescue	Board Rescue	Board Rescue		
Surf Teams	Surf Teams	Surf Teams		
130+/110+	170+/150+	170+/150+/130+/110+		
Board Relay	Board Relay	Board Relay		
130+/110+	170+/150+	170+/150+/130+/110+		
ali a l	SI: 8 I	Cl. D. I		
Ski Relay	Ski Relay	Ski Relay		
130+/110+	170+/150+	170+/150+/130+/110+		
Taplin Relay	Taplin Relay	Taplin Relay		
130+/110+	170+/150+	170+/150+/130+/110+		











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#### **BEACH RUNS**

To be conducted at the end of the Masters Water Events (approx. 2.30pm marshalling – 3:00pm start)

	1 km BEACH RUN								
1	60 – 70+ Male	2	60 – 70+ Female						
	2 Ivos DEA	CI DUN							
	2 km BEAC	HKUN							
3	U17 Male	4	U17 Female						
5	30-34 & 35-39 Male	6	30-34 & 35-39 Female						
7	U19 Male	8	U19 Female						
9	40-44 & 40-49 Male	10	40-44 & 40-49 Female						
11	Open Male	12	Open Female						
13	50 – 54 & 55 – 59 Male	14	50 – 54 & 55 – 59 Female						
	2 x 1 km BEA	CH RELAY							
15	U17 Male	16	U17 Female						
17	U19 Male	18	U19 Female						
19	Open Male	20	Open Female						









### Saturday 16<sup>th</sup> March 2024 Kurrawa SLSC

**Tides:** Low 7.07am 0.48m High 12.34pm 0.97m

8am - Lifesaver Relay

8am - Water Events

8am - Surf Boats

Boat		Water 1: Orange Water 2: Black & V		White	White Water 3: Pink		Water 4
Arena		U17, U19 & Open Male U17, U19 & Open		Male	Tale U17, U19 & Open Fema		Green & Gold
		Open Male Boa	rd Relay	S	U17 Female Single Ski	Q	WARM
Masters all ages and		U17 Male Boar	d Relay	F	U19 Female Single Ski	Q	
Under 19 & Under		U19 Male Boar	d Relay	F	Open Female Single Ski	Q	UP
23. Order to be		Open Male Boa	rd Relay	F	U17 Female Single Ski	S	
finalised closer to					U19 Female Single Ski	S	AND
event		Open Male Ski	i Relay	S	Open Female Single Ski	S	
		U17 Male Ski	Relay	F			WARM
Lifesaver Relay		U19 Male Ski	Relay	F	U17 Female Ski Relay	F	
To be held in		Open Male Ski	i Relay	F	U19 Female Ski Relay	F	DOWN
between above age					Open Female Ski Relay	F	
groups		Lifesaver Re	elay	S			ARENA.
					U17 Female Board Relay	F	
		U17 Ironm	an	Н	U19 Female Board Relay	F	RASHIES
Surf Boat Relay		Open Ironn	nan	Q	Open Female Board Relay	F	MUST
To be held once final	TBA	U19 Ironm	an	Q			BE
entry numbers are		U17 Ironm	an	Q/S	U17 Ironwoman	Q/S	WORN.
known.					Open Ironwoman	Q	
		Open Male Sin	gle Ski	Н			
		U19 Male Sing	gle Ski	Q	U17 Female Board Race	Н	
		U17 Male Sing	gle Ski	Q	Open Female Board Race	Q	
		Open Male Sin	gle Ski	Q	U19 Female Board Race	Q	
		U19 Male Sing	gle Ski	S	U17 Female Board Race	Q	
		U17 Male Sing	gle Ski	S	U19 Female Board Race	S	
		Open Male Sin	gle Ski	S	U17 Female Board Race	S	











### Saturday 16<sup>th</sup> March 2024 Kurrawa SLSC

Tides: Low 7.07am 0.48m High 12.34pm 0.97m

8am – Lifesaver Relay 8am – Water Events 8am – Surf Boats

Boat	Water 1: Orange Water 2: Black & Wi U17, U19 & Open Male U17, U19 & Open M		Vhite	Water 3:Pink		Water 4:	
Arena			Male	Male U17, U19 & Open Female		Green & Gold	
	U17 Male Boar	d Race	Н	U17 Female Surf Race	S		
	Open Male Boa	rd Race	Н	Open Female Surf Race	S	WARM	
	U17 Male Boai	d Race	Q				
	U19 Male Boai	d Race	Q			UP	
	Open Male Boa	rd Race	Q	U17 Female Surf Teams	F		
	U17 Male Boai	d Race	S	U19 Female Surf Teams	F	AND	
	U19 Male Boar	d Race	S	Open Female Surf Teams	F		
						WARM	
	U17 Male Sur	f Race	S	U17 Female Taplin	S		
	U19 Male Sur	f Race	S	U19 Female Taplin Relay	S/F	DOWN	
	Open Surf F	lace	S	Open Female Taplin	S		
				U17 Male Taplin Relay	F	ARENA.	
	U17 Male Surf	Teams	F			RASHIES	
	U19 Male Surf	Teams	F			MUST	
	Open Surf Te	eams	F			BE	
						WORN.	
	U17 Male Tapli	n Relay	S				
	U19 Male Tapli	n Relay	S/F				
	Open Male T	aplin	S				
	U17 Male Tapli	n Relay	F				
	Open Mixed Tap	lin Relay	F				









#### **BEACH EVENTS**

### Saturday 16<sup>th</sup> March 2024 Kurrawa SLSC

**Tides:** Low 7.07am 0.48 High 12.34pm 0.97m

8.00am - Start

SPRINTS and RELAYS		FLAGS	
		ARENA 1	
Masters Female – Oldest to Youngest Sprints	H/F	Masters Male – Oldest to Youngest	
Masters Male – Oldest to Youngest Sprints	H/F		
Open Female/Male Sprints	H/F		
U19 Female/ Male Sprints	H/F	Masters Female – Oldest to Youngest	
U17 Female/Male Sprints	H/F		
Masters Female – Oldest to Youngest Relays	S/F	ARENA 1	ARENA 2
Masters Male – Oldest to Youngest Relays	S/F		
Open Female/ Male Relays	S/F	U17 Male	U17 Female
U19 Female /Male Relays	S/F	U19 Male	U19 Female
U17 Female/ Male Relays	S/F	Open Male	Open Female
Open Mixed Relays	S/F		
U19 Mixed Relay	S/F		
U17 Mixed Relay	S/F		

#Sprints will alternate between Female and Male for U17 - Open age groups - Heats/Semi/Finals











Sunday 17<sup>th</sup> March 2024 Kurrawa SLSC Tide Times: Low 8.44am 0.53m High 2.02pm 0.86m

7:30am – Lifesaver Relay Marshalling 8am – Water Events 8:45am R&R 8am – Surf Boats March Past - 7:30am Marshalling, 7:45 March

Boat Arena		Water 1: Orange U19 & Open F & M U19 & Open F & M U19 & Open F & M		Water 3: Pink		Water 4: Green & Gold	
				& M	& M U17 Female & Male		R&R
		Open & U23 March I	Past (8am)	F			
Life Saver Relay		Life Saver Relay (8.15am)		F	U17 Male Surf Race	F	
Reserve Women		Open Female Boa	rd Race	S	U17 Female Surf Race	F	8:45 am start
		Open Male Board	d Race	S			Order of events will be
Reserve Men		U19 Ironwor	nan	S	U17 Female Single Ski	F	determined on the day
		U19 Ironma	n	S	U17 Male Single Ski	F	
Open Women		Open Ironwor	nan	S			U17 5 Person
·		Open Ironma	an	S	U17 Male Board Race	F	
Open Men		Water 1: Orange F	NALS PACKAGE		U17 Female Board Race		U17 2 Person
		U19 Female Sing	gle Ski	F		F	
Presentations 13:00		U19 Male Singl	e Ski	F	U17 Ironman	F	U19 5 Person
		Open Female Sin	gle Ski	F	U17 Ironwoman		
		Open Male Sing	le Ski	F			U19 2 Person
		U19 Female Sur	f Race	F			
		U19 Male Surf	Race	F			
		Open Female Sui	rf Race	F			U23 5 Person
		Open Male Surf	Race	F			
		U19 Female Boar	d Race	F			Open Female 5 Person
		U19 Male Board	Race	F		F	
		Open Female Boa	rd Race	F		F	Open Male 5 Person
		Open Male Boar	d Race	F			
		U19 Ironwom	nan	F			Open Mixed 5 Person
		U19 Ironma	n	F			
		Open Ironwor	nan	F			Open 6 Person
		Open Ironma	an	F			
		Open Female Tapl	in Relay	F			
		Open Male Taplii	n Relay	F			





