

Warm Up : Swim 7.45-8.10 Craft 8.10-8.30 Tides

Team Managers Meeting at 8.30am Low 07.48 0.55

Event Marshalling First events at 8.45am High 1247 1.33

ALL Events Start 9am

Opens-U15 : SHORT COURSE FOMAT Rounds 1&2 in all events TOP 6 (on pts) to FINALS

** Athletes can only compete in ONE age Group (that is, either U17 or Open)

U14's - U12's : Normal events through to Finals as per program

** RELAY EVENTS (2 Person) - be made up of Male & Female competitor

** Taplin (4 Person) - 2xFemale and 2x Male

** Cameron (3 Person - 1xFemale, 1X Male - Either Female or Male as runner (both legs))

** Composite Teams welcomed !!!

OPEN-U15 WATER AREA (North)		U14-U12 WATER AREA (South)		BEACH AREA
Open M	Surf Race Rd1	U14 M	Surf Race	U15 M Sprint
Open F	Surf Race Rd1	U14 F	Surf Race	U15 F Sprint
U17 M	Surf Race Rd1	U13 M	Surf Race	U15 - Beach Relay (2M&2F)
U17 F	Surf Race Rd1	U13 F	Surf Race	Open M Sprint
U15 M	Surf Race Rd1	U12M	Surf Race	Open F Sprint
U15 F	Surf Race Rd1	U12 F	Surf Race	Open - Beach Relay (2M&2F)
SWIM ROUND 2 in SAME ORDER			Surf Race Finals (as required)	U17 M Sprint
Open M	Board Race Rd1	U14 M	Board Race	U17 F Sprint
Open F	Board Race Rd1	U14 F	Board Race	U17 - Beach Relay (2M&2F)
U17 M	Board Race Rd1	U13 M	Board Race	
U17 F	Board Race Rd1	U13 F	Board Race	U15 M Flags
U15 M	Board Race Rd1	U12M	Board Race	U15 F Flags
U15 F	Board Race Rd1	U12 F	Board Race	U17 M Flags
BRD ROUNDS 2 in SAME ORDER			Brd Race Finals (as required)	U17 F Flags
Open M	Ski Race Rd1	U14 M	Iron Person	Open M Flags
Open F	Ski Race Rd1	U14 F	Iron Person	Open F Flags
U17 M	Ski Race Rd1	U13 M	Iron Person	
U17 F	Ski Race Rd1	U13 F	Iron Person	U12 M Sprint
SKI ROUNDS 2 in SAME ORDER		U12M	Iron Person	U12 M Sprint
		U12 F	Iron Person	U12 - Beach Relay (2M&2F)
FINALS - INDIVIDUAL EVENTS			Iron Finals (as required)	U13 M Sprint
U15 M	Surf Race	Swim Teams - Mixed 1xF&1xM		U13 M Sprint
U15 F	Surf Race	U12	Swim Teams	U13 - Beach Relay (2M&2F)
U17 M	Surf Race	U13	Swim Teams	U14 M Sprint
U17 F	Surf Race	U14	Swim Teams	U14 M Sprint
Open M	Surf Race	Board Teams - Mixed 1xF/1xM		U14 - Beach Relay (2M&2F)
Open F	Surf Race	U12	Board Relays	
U15 M	Board Race	U13	Board Relays	U12 M Flags
U15 F	Board Race	U14	Board Relays	U12 F Flags
U17 M	Board Race		Brd Relay finals (as required)	U13 M Flags
U17 F	Board Race			U13 F Flags
Open M	Board Race			U14 M Flags
Open F	Board Race			U14 F Flags
U17 M	Ski Race	U12	Cameron Relay - 3 Person (runner 2 legs)	
U17 F	Ski Race		** Male and Female BrdorSwim - MorF Runner	
Open M	Ski Race	U35	Cameron Relay - 3 Person (runner 2 legs)	
Open F	Ski Race		** Male and Female BrdorSwim - MorF Runner	
		U14	Cameron Relay - 3 Person (runner 2 legs)	
			** Male and Female BrdorSwim - MorF Runner	
OPEN-U15 WATER AREA (North)				
U15 M	Iron Person			
U15 F	Iron Person			

U17 M Iron Person

U17 F Iron Person

Open M Iron Person

Open F Iron Person

TEAMS EVENTS (Mixed)

U17 Ski Teams (1M&1F)

Open Ski Teams (1M&1F)

U15 Board Relay (1M&1F)

U17 Board Relay (1M&1F)

Open Board Relay (1M&1F)

U15 Cameron Relay - 3 Person (runner 2 legs)

** Male and Female BrdorSwim - MorF Runner

U17 Taplin Relay - 4 person 2M&2F - runner required

Open Taplin Relay-4 person 2M&2F - runner required

