



# SURF LIFESAVING CENTRAL COAST

MASTERS & U12 – OPEN BEACH ONLY PROGRAM

## TOOWOON BAY

Saturday 26<sup>th</sup> October 2013

REFEREE: Ken Sellers



WATER 1 (30 – 49yrs)	WATER 2 (50 +yrs)	BEACH
<p><b>REPORT TIME 10.30am</b> <b>START TIME 11.00am</b></p> <p><b>TEAM AGE CATEGORIES</b> <b>110 yrs +, 130 yrs + Male &amp; Female</b> Surf Teams Ski Relays Board Relays Taplin Relays</p> <p><b>DOUBLE SKI</b> <b>Male &amp; Female</b> 30 -39yrs Double Ski 40 -49yrs Double Ski</p> <p><b>SURF</b> <b>Male &amp; Female</b> 30 - 39yrs Surf 40 - 49yrs Surf</p> <p><b>SINGLE SKI</b> <b>Male &amp; Female</b> 30 - 39yrs Single Ski 40 - 49yrs Single Ski</p> <p><b>BOARD</b> <b>Male &amp; Female</b> 30 - 39yrs Board 40 - 49yrs Board</p> <p><b>BOARD RESCUE</b> <b>Male &amp; Female</b> 30 – 39yrs Board Rescue 40- 49yrs Board Rescue</p> <p><b>IRONMAN/WOMAN</b> <b>Male &amp; Female</b> 30-49yrs Ironman/woman</p>	<p><b>REPORT TIME 10.30am</b> <b>START TIME 11.00am</b></p> <p><b>TEAM AGE CATEGORIES</b> <b>150 yrs +, 170 yrs + Male &amp; Female</b> Surf Teams Ski Relays Board Relays Taplin Relays</p> <p><b>DOUBLE SKI</b> <b>Male &amp; Female</b> 50 -59yrs Double Ski 60 + yrs Double Ski</p> <p><b>SURF</b> <b>Male &amp; Female</b> 50 - 59yrs Surf 60 + yrs Surf</p> <p><b>SINGLE SKI</b> <b>Male &amp; Female</b> 50 - 59yrs Single Ski 60 +yrs Single Ski</p> <p><b>BOARD</b> <b>Male &amp; Female</b> 50 - 59yrs Board 60 +yrs Board</p> <p><b>BOARD RESCUE</b> <b>Male &amp; Female</b> 50 - 59yrs Board Rescue 60+ yrs Board Rescue</p> <p><b>IRONMAN/WOMAN</b> <b>Male &amp; Female</b> 50 +yrs Ironman/woman</p>	<p><b>REPORT TIME 7.30am</b> <b>START TIME 8.00am</b></p> <p><b>2km Beach Run</b></p> <p><b>SPRINT</b> <b>Male &amp; Female</b> 30 – 39yrs Beach Sprint 40 – 49yrs Beach Sprint 50 – 59yrs Beach Sprint 60 + Beach Sprint</p> <p><b>BEACH RELAY</b> <b>Male &amp; Female</b> 140yrs Beach Relay 170yrs Beach Relay 200yrs Beach Relay 230yrs Beach Relay</p> <p><b>FLAGS</b> <b>Male &amp; Female</b> 30 - 39yrs Flags 40 - 49yrs Flags 50 - 59yrs Flags 60 + Flags</p> <p><b>U12-OPEN</b> <b>Report Time 10.00am</b> <b>Start Time 10.30am</b></p> <p><b>SPRINT</b> <b>Male &amp; Female</b> Open U12 U13 U14 U15 U17 U19</p> <p><b>FLAGS</b> <b>Male &amp; Female</b> Open U12 U13 U14 U15 U17 U19</p>

**Please Note: All events are subject to change due to conditions on the day at the direction of the Carnival and Sectional Referees.**