

2021 SLSNSW STATE AGE CHAMPIONSHIPS BEACH PROGRAM

Day 1 – Flags & 1km Runs – U9 / U10 / U11		
	Report	Start
U9 Female Flags	7:30 AM	8:00 AM
U9 Male Flags	8:45 AM	9:00 AM
U10 Female Flags	9:45 AM	10:00 AM
U10 Male Flags	10:45 AM	11:00 AM
U11 Female Flags	11:45 AM	12:00 PM
U11 Male Flags	12:45 PM	1:00 PM
U11 1km Runs ¹	2:45 PM	3:00 PM

Day 2 – Sprints & Relays – U9 / U10 / U11		
U9 Male & Female Sprints	7:30 AM	8:00 AM
U9 Male & Female Relays	9:45 AM	10:00 AM
U9 Mixed Relays	10:15 AM	10:30 AM
U10 Male & Female Sprints	10:45 AM	11:00 AM
U10 Male & Female Relays	12:45 PM	1:00 PM
U10 Mixed Relays	1:30 PM	1:45 PM
U11 Female Sprints	1:45 PM	2:00 PM
U11 Female Relays	3:30 PM	3:45 PM
U11 Mixed Relays	4:15 PM	4:30 PM

Day 3 – Flags & 1km/2km Runs – U12 / U13 / U14		
	Report	Start
U12 Female Flags	7:30 AM	8:00 AM
U12 Male Flags	8:45 AM	9:00 AM
U13 Female Flags	9:45 AM	10:00 AM
U13 Male Flags	10:30 AM	10:45 AM
U14 Female Flags	11:30 AM	11:45 AM
U14 Male Flags	12:30 PM	12:45 PM
U12-U13-14 1km/2km Runs	2:45 PM	3:00 PM

Day 4 – Sprints & Relays – U12 / U13 / U14		
U12 / U13 / U14		
U12 Male & Female Sprints	7:30 AM	8:00 AM
U12 Male & Female Relays	9:45 AM	10:00 AM
U12 Mixed Relays	10:15 AM	10:30 AM
U13 Male & Female Sprints	10:45 AM	11:00 AM
U13 Male & Female Relays	12:45 PM	1:00 PM
U13 Mixed Relays	1:15 PM	1:30 PM
U14 Female Sprints	1:30 PM	1:45 PM
U14 Female Relays	2:15 PM	3:30 PM
U14 Mixed Relays	4:00 PM	4:15 PM