Day 1 – Wednesday 4 March 2020				
		·		
	40-49 years Male/Female	50-59 years Male/Female	60 years plus	BEACH ARENA
	30 – 39 Male	30- 39 Female	Male/Female	
	9.45am Report. 10am Start	9.45am Report. 10am Start	9.45am Report. 10am Start	8.45am report 9.00am Start
	30-34 Male Ski	30-34 Female Ski	75+ Male Ski	75+ Male / Female Beach Run (1km)
	35-39 Male Ski	35-39 Female Ski	75+ Female Ski	70-74 Male / Female Beach Run (1km)
	40-44 Male Ski	50-54 Male Ski	70-74 Male Ski	65-69 Male / Female Beach Run (1km)
	40-44 Female Ski	50-54 Female Ski	70-74 Female Ski	60-64 Male / Female Beach Run (1km)
	45-49 Male Ski	55-59 Male Ski	65-69 Male Ski	55-59 Male / Female Beach Run (2km)
	45-49 Female Ski	55-59 Female Ski	65-69 Female Ski	50-54 Male/ Female Beach Run (2km)
			60-64 Male Ski	45-49 Male / Female Beach Run (2km)
	30-34 Male Board	30-34 Female Board	60-64 Female Ski	40-44 Male / Female Beach Run (2km)
	35-39 Male Board	35-39 Female Board		35-39 Male / Female Beach Run (2km)
	40-44 Male Board	50-54 Male Board	75+ Male Board	30-34 Male / Female Beach Run (2km)
	40-44 Female Board	50-54 Female Board	75+ Female Board	
	45-49 Male Board	55-59 Male Board	70-74 Male Board	75+ Male / Female Beach Sprints
	45-49 Female Board	55-59 Female Board	70-74 Female Board	70-74 Male / Female Beach Sprints
			65-69 Male Board	65-69 Male / Female Beach Sprints
	30-34 Male Surf Race	30-34 Female Surf Race	65-69 Female Board	60-64 Male / Female Beach Sprints
	35-39 Male Surf Race	35-39 Female Surf Race	60-64 Male Board	55-59 Male / Female Beach Sprints
	40-44 Male Surf Race	50-54 Male Surf Race	60-64 Female Board	50-54 Male/ Female Beach Sprints
	40-44 Female Surf Race	50-54 Female Surf Race		45-49 Male / Female Beach Sprints
	45-49 Male Surf Race	55-59 Male Surf Race	75+ Male Surf Race	40-44 Male / Female Beach Sprints
	45-49 Female Surf Race	55-59 Female Surf Race	75+ Female Surf Race	35-39 Male / Female Beach Sprints
			70-74 Male Surf Race	30-34 Male / Female Beach Sprints
	30-34 Ironman	30-34 Ironwoman	70-74 Female Surf Race	
	35-39 Ironman	35-39 Ironwoman	65-59 Male Surf Race	230 Female Relay

D	ay 1 – Wednesday 4 March 202	20 continued	
40-49 years Male/Female	50-59 years Male/Female	60 years plus	BEACH ARENA
30 – 39 Male	30- 39 Female	Male/Female	
40-44 Ironman	50-54 Ironman	65-59 Female Surf Race	230 Male Relay
40-44 Ironwoman	50-54 Ironwoman	60-64 Male Surf Race	200 Female Relay
45-49 Ironman	55-59 Ironman	60-64 Female Surf Race	200 Male Relay
45-49 Ironwoman	55–59 Ironwoman		170 Female Relay
		75+ Ironman	170 Male Relay
		75+ Ironwoman	140 Female Relay
		70-74 Ironman	140 Male Relay
		70-74 Ironwoman	
		65-69 Ironman	
		65-69 Ironwoman	
		60-64 Ironman	
		60-64 Ironwoman	
30-34 Male Tube Race	30-34 Female Tube Race	75+ Male Tube Race	75+ Male / Female Beach Flags
35-39 Male Tube Race	35-39 Female Tube Race	75+ Female Tube Race	70-74 Male / Female Beach Flags
40-44 Male Tube Race	50-54 Male Tube Race	70-74 Male Tube Race	65-69 Male / Female Beach Flags
40-44 Female Tube Race	50-54 Female Tube Race	70-74 Female Tube Race	60-64 Male / Female Beach Flags
45-49 Male Tube Race	55-59 Male Tube Race	65-69 Male Tube Race	55-59 Male / Female Beach Flags
45-49 Female Tube Race	55-59 Female Tube Race	65-69 Female Tube Race	50-54 Male/ Female Beach Flags
		60-64 Male Tube Race	45-49 Male / Female Beach Flags
		60-64 Female Tube Race	40-44 Male / Female Beach Flags
			35-39 Male / Female Beach Flags
			30-34 Male / Female Beach Flags

	Day 2 – Thursday 5 March 2020		
130 Years Male/Female	150 Years Male/Female	170 Years Area 4	BEACH ARENA
110 Male	110 Female	Male / Female	
7.30am Report. 8am Start	7.30am Report. 8am Start	7.30am Report. 8am Start	
110 Male Taplin Relay	110 Female Taplin Relay		
130 Male Taplin Relay	150 Male Taplin Relay	170 + Male Taplin Relay	AREA HELD OVER FOR EVENTS
130 Female Taplin Relay	150 Female Taplin Relay	170 + Female Taplin Relay	NOT CONCLUDED
			ON WEDNESDAY
110 Male Board Relay	110 Female Board Relay		
130 Male Board Relay	150 Male Board Relay	170 + Male Board Relay	
130 Female Board Relay	150 Female Board Relay	170 + Female Board Relay	
110 Male Surf Teams	110 Female Surf Teams		
130 Male Surf Teams	150 Male Surf Teams	170 + Male Surf Teams	
130 Female Surf Teams	150 Female Surf Teams	170 + Female Surf Teams	
110 Male Ski Relay	110 Female Ski Relay		
130 Male Ski Relay	150 Male Ski Relay	170 + Male Ski Relay	
130 Female Ski Relay	150 Female Ski Relay	170 + Female Ski Relay	
30-34 Male Board Rescue	50-54 Male Board Rescue	45-49 Female Double Ski	
35-39 Male Board Rescue	55-59 Male Board Rescue	40-44 Female Double Ski	
40-44 Male Board Rescue	60-64 Male Board Rescue	35-39 Female Double Ski	
45-49 Male Board Rescue	65-69 Male Board Rescue	30-34 Female Double Ski	
	70-74 Male Board Rescue	60-64 Female Double Ski	
	75+ Male Board Rescue	65-69 Female Double Ski	

Day 2 -	- Thursday 5 March 2020 continued	d	
130 Years Male/Female	150 Years Male/Female	170 Years Area 4	BEACH ARENA
110 Male	110 Female	Male / Female	
7.30am Report. 8am Start	7.30am Report. 8am Start	7.30am Report. 8am Start	
		70-74 Female Double Ski	
		75+ Female Double Ski	
		55-59 Female Double Ski	
		50-54 Female Double Ski	
30-34 Female Board Rescue	50-54 Female Board Rescue	45-49 Male Double Ski	
35-39 Female Board Rescue	55-59 Female Board Rescue	40-44 Male Double Ski	
40-44 Female Board Rescue	60-64 Female Board Rescue	35-39 Male Double Ski	
45-49 Female Board Rescue	65-69 Female Board Rescue	30-34 Male Double Ski	
	70-74 Female Board Rescue	60-64 Male Double Ski	
	75+ Female Board Rescue	65-69 Male Double Ski	
		70-74 Male Double Ski	
		75+ Male Double Ski	
		55-59 Male Double Ski	
		50-54 Male Double Ski	

Day 3 – Friday 6 March 2020
Boats
Masters Boats (H - F) *Start 9am