



2024 NSW Surf Life Saving AGE Championships

Day 1 – Thursday 7 March 2024 – 6:28 am High @ 1.74m			
PINK AREA	BLACK & WHITE AREA	BEACH AREA ONE	BEACH AREA TWO
Under 10 Female	Under 10 Male	Under 9 Male Beach	Under 9 Female Beach
7.30am Report – 8.00am Start			
U10 Female Surf Race (H)	U10 Male Surf Race (H)	U9 Male Sprint (H)	U9 Female Sprint (H)
U10 Female Surf Race (QF)	U10 Male Surf Race (QF)	U9 Male Sprint (SF)	U9 Female Sprint (SF)
U10 Female Surf Race (SF)	U10 Male Surf Race (SF)	U9 Male Sprint (F)	U9 Female Sprint (F)
U10 Female Board (H)	U10 Male Board (H)	U9 Male Beach Relay (H)	U9 Female Beach Relay (H)
U10 Female Board (QF)	U10 Male Board (QF)	U9 Male Beach Relay (SF)	U9 Female Beach Relay (SF)
U10 Female Board (SF)	U10 Male Board (SF)	U9 Male Beach Relay (F)	U9 Female Beach Relay (F)
U10 Female Surf Teams (QF)	U10 Male Surf Teams (QF)	U9 Mixed Beach Relay (H)	
U10 Female Surf Teams (SF)	U10 Male Surf Teams (SF)	U9 Mixed Beach Relay (SF)	
U10 Female Surf Teams (F)	U10 Male Surf Teams (F)	U9 Mixed Beach Relay (F)	
U10 Female Board Relay (QF)	U10 Male Board Relay (QF)	U9 Male Beach Flags (H)	U9 Female Beach Flags (H)
U10 Female Board Relay (SF)	U10 Male Board Relay (SF)	U9 Male Beach Flags (SF)	U9 Female Beach Flags (SF)
		U9 Male Beach Flags (F)	U9 Female Beach Flags (F)
<i>Finals package area tbc on the day</i>			
U10 Female Surf Race (F)			
U10 Male Surf Race (F)			
U10 Female Board (F)			
U10 Male Board (F)			
U10 Female Board Relay (F)			
U10 Male Board Relay (F)			



2024 NSW Surf Life Saving AGE Championships

Day 2 – Friday 8 March 2024 – 7:23 am High @ 1.87m			
RED AREA	GREEN & GOLD AREA	PINK AREA	BLACK & WHITE AREA
Under 14/13 Male and Female	Under 12/11 Male and Female	Under 9 Female	Under 9 Male
7.30am Report – 8.00am Start			
U14 Female Cameron Relay (SF)	U12 Mixed Cameron Relay (SF)	U9 Female Surf Race (H)	U9 Male Surf (H)
U14 Male Cameron Relay (SF)	U11 Mixed Cameron Relay (SF)	U9 Female Surf Race (QF)	U9 Male Surf Race (QF)
U13 Female Cameron Relay (SF)		U9 Female Surf Race (SF)	U9 Male Surf Race (SF)
U13 Male Cameron Relay (SF)	U12 Female Board Relay (QF)		
	U12 Male Board Relay (QF)	U9 Female Board (H)	U9 Male Board (H)
U14 Female Board Relay (QF)	U11 Female Board Relay (QF)	U9 Female Board (QF)	U9 Male Board (QF)
U14 Male Board Relay (QF)	U11 Male Board Relay (QF)	U9 Female Board (SF)	U9 Male Board (SF)
U13 Female Board Relay (QF)	U12 Female Board Relay (SF)		
U13 Male Board Relay (QF)	U12 Male Board Relay (SF)	U9 Female Surf Teams (SF)	U9 Male Surf Teams (SF)
U14 Female Board Relay (SF)	U11 Female Board Relay (SF)	U9 Female Surf Teams (F)	U9 Male Surf Teams (F)
U14 Male Board Relay (SF)	U11 Male Board Relay (SF)		
U13 Female Board Relay (SF)		U9 Female Board Relay (QF)	U9 Male Board Relay (QF)
U13 Male Board Relay (SF)	U12 Female Board Relay (F)	U9 Female Board Relay (SF)	U9 Male Board Relay (SF)
	U12 Male Board Relay (F)		
U14 Female Board Relay (F)	U11 Female Board Relay (F)	<i>Finals Package Area TBC</i>	
U14 Male Board Relay (F)	U11 Male Board Relay (F)	U9 Male Surf Race (F)	
U13 Female Board Relay (F)		U9 Female Surf Race (F)	
U13 Male Board Relay (F)	U11 Female Board Rescue (SF)	U9 Male Board Race (F)	
	U11 Male Board Rescue (SF)	U9 Female Board Race (F)	
	U12 Female Board Rescue (SF)	U9 Male Board Relay (F)	
	U12 Male Board Rescue (SF)	U9 Female Board Relay (F)	



2024 NSW Surf Life Saving AGE Championships

Day 2 – Friday 8 March 2024 – 7:23 am High @ 1.87m – cont...	
BEACH AREA ONE	BEACH AREA TWO
Under 10 Male Beach	Under 10 Female Beach
7.30am Report – 8.00am Start	
U10 Male Sprint (H)	U10 Female Sprint (H)
U10 Male Sprint (SF)	U10 Female Sprint (SF)
U10 Male Sprint (F)	U10 Female Sprint (F)
U10 Male Beach Relay (H)	U10 Female Beach Relay (H)
U10 Male Beach Relay (SF)	U10 Female Beach Relay (SF)
U10 Male Beach Relay (F)	U10 Female Beach Relay (F)
U10 Mixed Beach Relay (H)	
U10 Mixed Beach Relay (F)	
U10 Male Beach Flags (H)	U10 Female Beach Flags (H)
U10 Male Beach Flags (SF)	U10 Female Beach Flags (SF)
U10 Male Beach Flags (F)	U10 Female Beach Flags (F)
2.00pm Report – 2.30pm Start	
U11 Male & Female 1km Beach Run (F) / 2 x 500m Relays (F)	
U12 Male & Female 1km Beach Run (F) / 2 x 500m Relays (F)	
U13 Male & Female 2km Beach Run (F) / 2 x 1km Relays (F)	
U14 Male & Female 2km Beach Run (F) / 2 x 1km Relays (F)	



2024 NSW Surf Life Saving AGE Championships

Day 3 – Saturday 9 March 2024 – 8:14am High @ 1.96m			
RED AREA	GREEN & GOLD AREA	PINK AREA	BLACK & WHITE AREA
Under 14 Male and Female	Under 13 Male and Female	Under 12 Male and Female	Under 11 Male and Female
7.30am Report - 7:45am Start			
	All Age Board Relay		
8:00am Start			
14 Male Surf Race (H)	13 Female Surf Race (H)	12 Male Surf Race (H)	11 Female Surf Race (H)
14 Female Surf Race (H)	13 Male Surf Race (H)	12 Female Surf Race (H)	11 Male Surf Race (H)
14 Male Surf Race (SF)	13 Female Surf Race (SF)	12 Male Surf Race (SF)	11 Female Surf Race (SF)
14 Female Surf Race (SF)	13 Male Surf Race (SF)	12 Female Surf Race (SF)	11 Male Surf Race (SF)
14 Male Iron (QF)	13 Female Iron (QF)	12 Male Iron (QF)	11 Female Iron (QF)
14 Female Iron (QF)	13 Male Iron (QF)	12 Female Iron (QF)	11 Male Iron (QF)
14 Male Iron (SF)	13 Female Iron (SF)	12 Male Iron (SF)	11 Female Iron (SF)
14 Female Iron (SF)	13 Male Iron (SF)	12 Female Iron (SF)	11 Male Iron (SF)
14 Male Board Race (H)	13 Female Board Race (H)	12 Male Board Race (H)	11 Female Board Race (H)
14 Female Board Race (H)	U13 Male Board Race (H)	12 Female Board Race (H)	11 Male Board Race (H)
14 Male Board Race (QF)	13 Female Board Race (QF)	12 Male Board Race (QF)	11 Female Board Race (QF)
14 Female Board Race (QF)	13 Male Board Race (QF)	12 Female Board Race (QF)	11 Male Board Race (QF)
14 Male Board Race (SF)	13 Female Board Race (SF)	12 Male Board Race (SF)	11 Female Board Race (SF)
14 Female Board Race (SF)	13 Male Board Race (SF)	12 Female Board Race (SF)	11 Male Board Race (SF)



2024 NSW Surf Life Saving AGE Championships

Day 3 – Saturday 9 March 2024 – 8:14 am High 1.96m – cont...		
BEACH AREA ONE	BEACH AREA TWO	JUNIOR R&R
		FRESHWATER BEACH
Under 11/14 Beach	Under 12/13 Beach	
7.30am Report – 08.00am Start		8.00am Report – 8.30am Start
ALL AGE BEACH RELAY (H)		U10-U11 2 Person R&R
ALL AGE BEACH RELAY (F)		U12 2 Person R&R
		U13-U14 2 Person R&R
U11 Male Sprint (H/SF)	U13 Male Sprint (H/SF)	U14-U15 2 Person R&R
U11 Female Sprint (H/SF)	U13 Female Sprint (H/SF)	U13-U15 5 Person R&R
U11 M&F Sprint (F)	U13 M&F Sprint (F)	
U11 Male Beach Relays (H/SF)	U13 Male Beach Relays (H/SF)	
U11 Female Beach Relays (H/SF)	U13 Female Beach Relays (H/SF)	
U11 M&F Beach Relay (F)	U13 M&F Beach Relay (F)	
U11 Mixed Beach Relay (H/SF)	U13 Mixed Beach Relay (H/SF)	
U11 Mixed Beach Relay (F)	U13 Mixed Beach Relay (F)	
U14 Male Sprint (H/SF)	U12 Male Sprint (H/SF)	
U14 Female Sprint (H/SF)	U12 Female Sprint (H/SF)	
U14 M&F Sprint (F)	U12 M&F Sprint (F)	
U14 Male Beach Relays (H/SF)	U12 Male Beach Relays (H/SF)	
U14 Female Beach Relays (H/SF)	U12 Female Beach Relays (H/SF)	
U14 M&F Beach Relay (F)	U12 M&F Beach Relay (F)	
U14 Mixed Beach Relay (H/SF)	U12 Mixed Beach Relay (H/SF)	
U14 Mixed Beach Relay (F)	U12 Mixed Beach Relay (F)	



2024 NSW Surf Life Saving AGE & INCLUSIVE Championships

Day 4 - Sunday 10 March 2024 - 9:03am High @ 2.0m				
RED AREA	GREEN & GOLD AREA	BEACH AREA ONE	BEACH AREA TWO	INCLUSIVE
7.30am Report – 8.00am Start				8.30am Report - 9am Start
		MARCH PAST		
		OPENING CEREMONY		
FINALS PACKAGE	FINALS PACKAGE	U11 Male Beach Flags (H)	U11 Female Beach Flags (H)	Age Groups U9, 10, 11, 12, 13, 14, 15, 17, 19, Open & Masters
U13 Female Surf (F)	U11 Female Surf (F)	U11 Male Beach Flags (SF)	U11 Female Beach Flags (SF)	
U13 Male Surf (F)	U11 Male Surf (F)	U11 Male Beach Flags (F)	U11 Female Beach Flags (F)	
U14 Female Surf (F)	U12 Female Surf (F)			Order of Events Sprints / Relay Flags Swim Board / Relay Wade Wade Relay (Jnr 9-14 & Snr 15 – Masters) <i>Subject to change – dependent on conditions</i>
U14 Male Surf (F)	U12 Male Surf (F)	U12 Male Beach Flags (H)	U12 Female Beach Flags (H)	
U13 Female Board (F)	U11 Female Board (F)	U12 Male Beach Flags (SF)	U12 Female Beach Flags (SF)	
U13 Male Board (F)	U11 Male Board (F)	U12 Male Beach Flags (F)	U12 Female Beach Flags (F)	
U14 Female Board (F)	U12 Female Board (F)			
U14 Male Board (F)	U12 Male Board (F)	U13 Male Beach Flags (H)	U13 Female Beach Flags (H)	
U13 Female Iron (F)	U11 Female Iron (F)	U13 Male Beach Flags (SF)	U13 Female Beach Flags (SF)	
U13 Male Iron (F)	U11 Male Iron (F)			
U14 Female Iron (F)	U12 Female Iron (F)	U14 Male Beach Flags (H)	U14 Female Beach Flags (H)	
U14 Male Iron (F)	U12 Male Iron (F)	U14 Male Beach Flags (SF)	U14 Female Beach Flags (SF)	
U13 Female Cameron Relay (F)	U11 Mixed Cameron Relay (F)			
U13 Male Cameron Relay (F)	U12 Mixed Cameron Relay (F)	U13 Female Beach Flags (F)		
U14 Female Cameron Relay (F)		U13 Male Beach Flags (F)		
U14 Male Cameron Relay (F)		U14 Female Beach Flags (F)		
		U14 Male Beach Flags (F)		