



## 2024 NSW Surf Life Saving LIFESAVING Championships

Friday 1 <sup>st</sup> March 2024 - Champion Lifesaver - U14, U15 & U17			
7:00am Report – 7:30am Start			
U14 & U15		U17	
Approx		Approx	
7:40am	Question Paper	7:40am	Question Paper
8:30am	Resus & Live Patient	8:30am	Sprints
11:15am	Sprints	9:15am	Rescue Tube
11:45am	Rescue Tube	10:30am	Swim Race
12:45pm	Board Race	11:00am	Board Race
1:15pm	Swim Race	11:30am	Resus & Live Patient
1:45pm	Finish	2:00pm	Finish
	Medal Presentation		Medal Presentation



## 2024 NSW Surf Life Saving LIFESAVING Championships

Saturday 2 <sup>nd</sup> March 2024 - Champion Lifesaver - U19, Opens & Masters			
7:00am Report – 7:30am Start			
U19 & Opens		Masters	
Approx		Approx	
7:40am	Question Paper	7:40am	Question Paper
8:30am	Swim Race	08:30am	Resus & Live Patient
9:00am	Board Race		
9:30am	Tube Race	11:00am	Sprints
10:30am	Sprints	11:30am	Rescue Tube
11:15am	Resus & Live Patient	12:15pm	Swim Race
		12:45pm	Board Race
1:00pm	Finish	1:15pm	Finish
	Medal Presentation		Medal Presentation



## 2024 NSW Surf Life Saving LIFESAVING Championships

Sunday 3 <sup>rd</sup> March 2024 - Champion Patrol - U17 & Opens	
7:00am Report – 7:30am Start	
<b>Approx</b>	
7:40am	Question Paper
8:00am	Resuscitation
10:30am	Water Events
11:15am	Scenarios
1:30pm	Finish
	Medal Presentation



## 2024 NSW Surf Life Saving LIFESAVING Championships

Saturday 9 <sup>th</sup> March 2024 - First Aid - U17 & U19		Sunday 10 <sup>th</sup> March 2024 - First Aid - U15 & Opens	
7:00am Report – 7:30am Start		7:00am Report – 7:30am Start	
<b>Approx:</b>		<b>Approx:</b>	
7:30am	U17	7:30am	U15
10:00am	U19	8:30am	Opens
	Results		Results