



2025 NSW Surf Life Saving LIFESAVING Championships

Friday 28 February 2025 - Champion Lifesaver - U14, U15 & U17

7:00am Report – 7:30am Start

| U14 & U15 | | U17 | |
|-----------|------------------------|---------|----------------------|
| Approx | | Approx | |
| 7:30am | Question Paper | 7:30am | Question Paper |
| | | | |
| 8:15am | Competitor Briefing | 8:15am | Competitor Briefing |
| 8:30am | Sprints | 8:30am | Sprints |
| 9:15am | Resus and Live Patient | 9:15am | Swim Race |
| | | 10:30am | Board Race |
| 11:45am | Swim Race | 11:00am | Tube Race |
| 12:45pm | Board Race | | |
| 1:15pm | Rescue Tube Race | 11:30am | Resus & Live Patient |
| | | | |
| 2:00pm | Finish | 2:30pm | Finish |
| | | | |
| | Medal Presentation | | Medal Presentation |
| | | | |



2025 NSW Surf Life Saving LIFESAVING Championships

Saturday 1 March 2025 - Champion Lifesaver - U19, Opens & Masters

7:00am Report – 7:30am Start

| U19 & Opens | | Masters | |
|-------------|----------------------|---------|------------------------|
| Approx | | Approx | |
| 7:30am | Question Paper | 7:30am | Question Paper |
| | | | |
| 8:30am | Sprints | 08:30am | Sprints |
| 9:00am | Swim Race | 09:00am | Resus and Live patient |
| 9:30am | Board Race | | |
| 10:30am | Rescue Tube race | 11:30am | Rescue Tube |
| | | 12:15pm | Swim Race |
| 11:15am | Resus & Live Patient | 12:45pm | Board Race |
| | | | |
| 1:00pm | Finish | 1:00pm | Finish |
| | | | |
| | Medal Presentation | | Medal Presentation |
| | | | |



2025 NSW Surf Life Saving LIFESAVING Championships

Sunday 2 March 2024 - Champion Patrol - U17 & Opens

7:00am Report – 7:30am Start

| Approx | |
|---------|--------------------|
| 7:40am | Question Paper |
| | |
| 8:30am | Surf Race |
| | Surf Rescue |
| 09:30am | Resus |
| | |
| 10:15am | Scenarios commence |
| | |
| 1:30pm | Finish |
| | |
| | Medal Presentation |
| | |



2025 NSW Surf Life Saving LIFESAVING Championships

| Saturday 8 March 2025 - First Aid - U17 & U19 | | Sunday 9 March 2025 - First Aid - U15 & Opens | |
|---|---------|---|---------|
| 7:00am Report – 7:30am Start | | 7:00am Report – 7:30am Start | |
| Approx: | | Approx: | |
| | | | |
| 7:30am | U17 | 7:30am | U15 |
| | | | |
| 10:00am | U19 | 8:30am | Opens |
| | | | |
| | Results | | Results |
| | | | |
| | | | |
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