



2025 NSW Surf Life Saving MASTERS Championships

Day 1 – Wednesday 12th March 2025

RED AREA MALE 30 – 54 YEARS	GREEN & GOLD AREA MALE 55 – 75+ YEARS	PINK AREA FEMALE	BEACH AREA
Warm Ups: Swim 7:35-7:50, Board 7:55-8:10, Ski 8:15-8:30			0700 Report – 0730 Start
0830 Report – 0900 Start			
50-54 Male Ski	75+ Male Ski	75+ Female Ski	75+ Male / Female 1km Run
45-49 Male Ski	70-74 Male Ski	70-74 Female Ski	70-74 Male / Female 1km Run
40-44 Male Ski	65-69 Male Ski	65-69 Female Ski	65-69 Male / Female 1km Run
35-39 Male Ski	60-64 Male Ski	60-64 Female Ski	60-64 Male / Female 1km Run
30-34 Male Ski	55-59 Male Ski	55-59 Female Ski	55-59 Male / Female 2km Run
		50-54 Female Ski	50-54 Male / Female 2km Run
50-54 Male Board	75+ Male Board	45-49 Female Ski	45-49 Male / Female 2km Run
45-49 Male Board	70-74 Male Board	40-44 Female Ski	40-44 Male / Female 2km Run
40-44 Male Board	65-69 Male Board	35-39 Female Ski	35-39 Male / Female 2km Run
35-39 Male Board	60-64 Male Board	30-34 Female Ski	30-34 Male / Female 2km Run
30-34 Male Board	55-59 Male Board		
		75+ Female Board	75+ Male / Female Beach Sprint
50-54 Male Surf Race	75+ Male Surf Race	70-74 Female Board	70-74 Male / Female Beach Sprint
45-49 Male Surf Race	70-74 Male Surf Race	65-69 Female Board	65-69 Male / Female Beach Sprint
40-44 Male Surf Race	65-69 Male Surf Race	60-64 Female Board	60-64 Male / Female Beach Sprint
35-39 Male Surf Race	60-64 Male Surf Race	55-59 Female Board	55-59 Male / Female Beach Sprint
30-34 Male Surf Race	55-59 Male Surf Race	50-54 Female Board	50-54 Male / Female Beach Sprint
		45-49 Female Board	45-49 Male / Female Beach Sprint
50-54 Ironman	75+ Ironman	40-44 Female Board	40-44 Male / Female Beach Sprint
45-49 Ironman	70-74 Ironman	35-39 Female Board	35-39 Male / Female Beach Sprint
40-44 Ironman	65-69 Ironman	30-34 Female Board	30-34 Male / Female Beach Sprint
35-39 Ironman	60-64 Ironman		
30-34 Ironman	55-59 Ironman	75+ Female Surf Race	230+ Female Beach Relay
		70-74 Female Surf Race	230+ Male Beach Relay
		65-69 Female Surf Race	200+ Female Beach Relay



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50-54 Male Tube Race	75+ Male Tube Race	60-64 Female Surf Race	200+ Male Beach Relay
45-49 Male Tube Race	70-74 Male Tube Race	55-59 Female Surf Race	170+ Female Beach Relay
40-44 Male Tube Race	65-59 Male Tube Race	50-54 Female Surf Race	170+ Male Beach Relay
35-39 Male Tube Race	60-64 Male Tube Race	45-49 Female Surf Race	140+ Female Beach Relay
30-34 Male Tube Race	55-59 Male Tube Race	40-44 Female Surf Race	140+ Male Beach Relay
<i>When completed and if necessary, to draw from remaining races in pink area</i>		35-39 Female Surf Race	
		30-34 Female Surf Race	75+ Male / Female Beach Flags
			70-74 Male / Female Beach Flags
		75+ Ironwoman	65-69 Male / Female Beach Flags
		70-74 Ironwoman	60-64 Male / Female Beach Flags
		65-69 Ironwoman	55-59 Male / Female Beach Flags
		60-64 Ironwoman	50-54 Male / Female Beach Flags
		55-59 Ironwoman	45-49 Male / Female Beach Flags
		50-54 Ironwoman	40-44 Male / Female Beach Flags
		45-49 Ironwoman	35-39 Male / Female Beach Flags
		40-44 Ironwoman	30-34 Male / Female Beach Flags
		35-39 Ironwoman	
		30-34 Ironwoman	
		75+ Female Tube Race	
		70-74 Female Tube Race	
65-69 Female Tube Race			
60-64 Female Tube Race			
55-59 Female Tube Race			
50-54 Female Tube Race			
45-49 Female Tube Race			



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		40-44 Female Tube Race	
		35-39 Female Tube Race	
		30-34 Female Tube Race	



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Day 2 – Thursday 13th March 2025

RED AREA	GREEN & GOLD AREA	PINK AREA	BEACH AREA
Warm Ups: SWIM 7:05-7:20, BOARD 7:25-7:40, SKI 7:45-8:00 8:00am Report – 8:30am Start			
110+ Male Taplin Relay	150+ Male Taplin Relay	110+ Female Taplin Relay	AREA held over for events not completed on Day 1
130+ Male Taplin Relay	170+ Male Taplin Relay	130+ Female Taplin Relay	
		150+ Female Taplin Relay	
		170+ Female Taplin Relay	
110+ Male Board Relay	150+ Male Board Relay	110+ Female Board Relay	
130+ Male Board Relay	170+ Male Board Relay	130+ Female Board Relay	
		150+ Female Board Relay	
		170+ Female Board Relay	
110+ Male Surf Teams	150+ Male Surf Teams	110+ Female Surf Teams	
130+ Male Surf Teams	170+ Male Surf Teams	130+ Female Surf Teams	
		150+ Female Surf Teams	
		170+ Female Surf Teams	
110+ Male Ski Relay	150+ Male Ski Relay	110+ Female Ski Relay	
130+ 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 Male Double Ski	
30-34 Female Board Rescue	50-54 Female Board Rescue	45-49 Female Double Ski	
35-39 Male Board Rescue	55-59 Male Board Rescue	40-44 Male Double Ski	
35-39 Female Board Rescue	55-59 Female Board Rescue	40-44 Female Double Ski	
40-44 Male Board Rescue	60-64 Male Board Rescue	35-39 Male Double Ski	



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RED AREA	GREEN & GOLD AREA	PINK AREA	BEACH AREA
0745 Report – 0815 Start			
40-44 Female Board Rescue	60-64 Female Board Rescue	35-39 Female Double Ski	<i>AREA held over for events not completed on Day 1</i>
45-49 Male Board Rescue	65-69 Male Board Rescue	30-34 Male Double Ski	
45-49 Female Board Rescue	65-69 Female Board Rescue	30-34 Female Double Ski	
	70-74 Male Board Rescue	60-64 Male Double Ski	
	70-74 Female Board Rescue	60-64 Female Double Ski	
	75+ Male Board Rescue	65-69 Male Double Ski	
	75+ Female Board Rescue	65-59 Female Double Ski	
		70-74 Male Double Ski	
		70-74 Female Double Ski	
		75+ Male Double Ski	
		75+ Female Double Ski	
		55-59 Male Double Ski	
		55-59 Female Double Ski	
		50-54 Male Double Ski	
		50-54 Female Double Ski	