



## 2025 NSW Surf Life Saving AGE & INCLUSIVE Championships

RED AREA	BEACH AREA ONE	BEACH AREA TWO	INCLUSIVE
Warm Ups Swim 7:55-8:10, Board 8:15-8:30 Report 8:30, Start 9:00	7:45am Report – 8:15am Start		8:30 Report, 9:00 Start
U13 Male Surf Race (H)	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 Race (H)	U11 Male Beach Flags (SF)	U11 Female Beach Flags (SF)	
U13 Male Surf Race (QF/SF)	U11 Male Beach Flags (F)	U11 Female Beach Flags (F)	
U13 Female Surf Race (QF/SF)			
U13 Male Surf Race (F)	U12 Male Beach Flags (H)	U12 Female Beach Flags (H)	Order of Events Sprints / Relay Flags Subject to change – dependent on conditions
U13 Female Surf Race (F)	U12 Male Beach Flags (SF)	U12 Female Beach Flags (SF)	
	U12 Male Beach Flags (F)	U12 Female Beach Flags (F)	
U13 Male Ironman (H)			
U13 Female Ironwoman (H)	U13 Male Beach Flags (H)	U13 Female Beach Flags (H)	
U13 Male Ironman (QF/SF)	U13 Male Beach Flags (SF)	U13 Female Beach Flags (SF)	
U13 Female Ironwoman (QF/SF)			
U13 Male Ironman (F)	U14 Male Beach Flags (H)	U14 Female Beach Flags (H)	
U13 Ironwoman (F)	U14 Male Beach Flags (SF)	U14 Female Beach Flags (SF)	
U13 Male Board Race (H)	U13 Female Beach Flags (F)		
U13 Female Board Race (H)	U13 Male Beach Flags (F)		
U13 Male Board Race (QF/SF)	U14 Female Beach Flags (F)		
U13 Female Board Race (QF/SF)	U14 Male Beach Flags (F)		
U13 Male Board Race (F)			
U13 Female Board Race (F)			
U13 Male Board Relay (H-F)			
U13 Female Board Relay (H-F)			