



**2022-2023 Surf Life Saving Central Coast
Masters Branch Championships
Sunday 29th Jan 2023
Umina SLSC**



WATER 1 – MALE	WATER 2 - FEMALE	BEACH
REPORT TIME 9.00am START TIME 9.30am	REPORT TIME 9:00am START TIME 9.30am	REPORT TIME 8.00am START TIME 8.30am
Team Managers Meeting 7:45am – EVENTS TO START AT CONCLUSION OF “CHAMPION LIFESAVER”		
<p>Teams Events (Male) (Surf Team, Ski Relay, Board Relay) 130yrs 110yrs 150yrs 170yrs +</p> <p>Taplin Relay (Male) 130yrs (3 person) 110yrs (3 person) 150yrs (3 person) 170yrs (3 person)</p> <p>170yrs (Mixed) (3 person) (Non championship)</p> <p>Double Ski (Male) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs</p> <p>Single Ski (Male) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs</p> <p>Surf Race (Male) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs</p>	<p>Teams Events (Female) (Surf Team, Ski Relay, Board Relay) 130yrs 110yrs 150yrs 170yrs +</p> <p>Taplin Relay (Female) 130yrs (3 person) 110yrs (3 person) 150yrs (3 person) 170yrs (3 person)</p> <p>Double Ski (Female) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs</p> <p>Single Ski (Female) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs</p> <p>Surf Race (Female) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs</p>	<p>2km Beach Run (Male / Female) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs</p> <p>1km Beach Run (Male / Female) 60-64yrs 65-69yrs 70-74yrs 75+yrs</p> <p>Beach Relay (Male / Female) 230yrs 200yrs 170yrs 140yrs</p> <p>Beach Sprint (Male / Female) 75+yrs 70-74yrs 65-69yrs 60-64yrs 55-59yrs 50-54yrs 45-49yrs 40-44yrs 35-39yrs 30-34yrs</p> <p>Beach Flags (Male / Female) 75+yrs 70-74yrs 65-69yrs 60-64yrs 55-59yrs 50-54yrs 45-49yrs 40-44yrs 35-39yrs 30-34yrs</p>

NOTE: All events are subject to change on the day at the discretion of the Carnival Referee



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Board (Male) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs	Board (Female) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs	
Ironman (Male) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs	Ironman (Female) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs	
Board Rescue (Male) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs	Board Rescue (Female) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs	
Tube Race Male) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs	Tube Race (Female) 30-34yrs 35-39yrs 40-44yrs 45-49yrs 50-54yrs 55-59yrs 60-64yrs 65-69yrs 70-74yrs 75+yrs	

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