



Surf Life Saving Central Coast Branch Championships

Age Champs

Sunday 12th February 2023 - Avoca SLSC



	Sprint Track 1	Flag Area 1	Sprint Track 2	Flag Area 2
7:15am	Managers Meeting			
7:30am	March Past			
7:45am	U9 Male Sprint	U10 Female Flags	1 and 2km Beach Runs U11, U12, U13	
	U9 Female Sprint	U10 Male Flags	2 x 1km Beach Run Relay - U14	
	U9 Mixed Beach Relay		2 x 500m Beach Run Relays - U11, U12, U13	
9:15am	All Age Beach Relay		Approx 11:00am	U14 Signals Competition
9:30am	Junior Lifesaver of the Year Presentation			
10:00am	U9 Male Sprint Relay	U11 Female Flags	U12 Male Sprint	U14 Female Flags
	U9 Female Sprint Relay	U11 Male Flags	U12 Female Sprint	U14 Male Flags
	U10 Male Sprint		U12 Male Sprint Relay	
	U10 Female Sprint	U9 Female Flags	U12 Female Sprint Relay	U12 Female Flags
	U10 Male Sprint Relay	U9 Male Flags	U12 Mixed Beach Relay	U12 Male Flags
	U10 Female Sprint Relay		U13 Male Sprint	
	U10 Mixed Beach Relay		U13 Female Sprint	U13 Female Flags
	U11 Male Sprint		U13 Male Sprint Relay	U13 Male Flags
	U11 Female Sprint		U13 Female Sprint Relay	
	U11 Male Sprint Relay		U13 Mixed Beach Relay	
	U11 Female Sprint Relay		U14 Male Sprint	
	U11 Mixed Beach Relay		U14 Female Sprint	
			U14 Male Sprint Relay	
			U14 Female Sprint Relay	
			U14 Mixed Beach Relay	

All competitors are required to compete in a Newcastle Permanent/Freemasons pink vest for ALL events.

NOTE : All events are subject to change due to conditions on the day at the discretion of the Carnival and Sectional Referees.

*Start times are an approximation and events could commence earlier or later than advertised time.