Surf Life Saving Central Coast
Twilight Sand

SAND - Saturday 31st October 2026

12:45 Marshall 1pm Start — **R&R**

1:45 Marshall 2:00pm Start

Long Distance Runs	Sprint Track 1	Sprint Track 2
1K and 2km Beach Runs U11, U12, U13, U14	U9 Male Sprint	U10 Male Sprint
2 x 1km Beach Run Relay - U13, U14	U9 Female Sprint	U10 Female Sprint
2 x 500m Beach Run Relays - U11, U12		

All Age Beach Relay - Sprint Track 1

Flag Area 1	Flag Area 2	Sprint Track 1	Sprint Track 2
U13 Female Flags	U14 Female Flags	U9 Mixed Sprint Relay	U10 Mixed Beach Relay
U13 Male Flags	U14 Male Flags		
		U11 Male Sprint	U12 Male Sprint
U10 Female Flags	U9 Female Flags	U11 Female Sprint	U12 Female Sprint
U10 Male Flags	U9 Male Flags	U11 Mixed Beach Relay	U12 Mixed Beach Relay
U12 Female Flags	U11 Female Flags	U13 Male Sprint	U14 Male Sprint
U12 Male Flags	U11 Male Flags	U13 Female Sprint	U14 Female Sprint
		U13 Mixed Beach 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. Event finish 7:00pm

No same age events will run at the same time *Start times are an approximation and events could commence earlier or later than advertised time.