



**SURF LIFE SAVING**

**AON**

**NEW ZEALAND  
SURF LIFESAVING**



**5-8 MARCH • ŌHOPE BEACH**



**EVENT  
PROGRAMME**

## Programme Principles

### Built for Conditions

The programme is designed to operate within changing surf and weather conditions while remaining fair and predictable. Event blocks may move between days, but the structure and pathway to completion remains consistent.

### Balanced Across the Event

Competition is spread across the full event window to avoid congestion and over-reliance on a single finals day, supporting better performances, recovery and daily flow.

### Athlete-Centred

The programme prioritises meaningful participation across all disciplines within each age group, with cumulative race load actively managed to support athlete safety, recovery and enjoyment

### Clear Competition Flow

Events are grouped into logical blocks that allow athletes to build into the event, avoiding excessive loading early and providing clear progressions through rounds.

### Realistic & Adaptive Delivery

The programme is designed to be delivered across the event window, with flexibility to adapt to beach, surf and weather conditions whilst maintaining clear communication and consistent decision making.

*\* Please note the programme may be subject to change based on prevailing conditions, entry numbers or other logistical considerations*

## Thursday 5<sup>th</sup> March 2026

Swim Warm Up: 7:00am – 7:20am, Craft Warm Up: 7:25am – 7:45am, Marshalling 7:45am, Start Time: 8:00am

Large Craft Arena	Yellow Arena	Red Arena	Blue Arena	Black Arena	Beach Arena 1	Beach Arena 2
11:00am start	8:00am start	8:00am start	8:00am start	8:00am start		10:00am start
Masters All Age Groups	60+ Age Groups	50-59 Age Groups	40-49 Age Groups	30-39 Age Groups		U15 Male 2km Run
Surf Canoe – Short Course	Male Surf Race	Male Surf Race	Male Surf Race	Male Surf Race		U15 Female 2km Run
	Female Surf Race	Female Surf Race	Female Surf Race	Female Surf Race		U17 Male 2km Run
1:30pm start	Male Board Race	Male Board Race	Male Board Race	Male Board Race		U17 Female 2km Run
Masters All Age Groups	Female Board Race	Female Board Race	Female Board Race	Female Board Race		U19 Male 2km Run
Surf Boat – Short Course	Male Ski Race	Male Ski Race	Male Ski Race	Male Ski Race		U19 Female 2km Run
	Female Ski Race	Female Ski Race	Female Ski Race	Female Ski Race		Open Male 2km Run
	Male Iron	Male Iron	Male Iron	Male Iron		Open Female 2km Run
	Female Iron	Female Iron	Female Iron	Female Iron		
Masters Female All Age Groups	Masters Male All Age Groups		11:00am start	11:00am start	12:30pm start	12:30pm start
Surf Teams	Surf Teams		U19 Female Rescue Tube Rescue - Heats	U19 Male Rescue Tube Rescue - Heats	Masters Female All Age Groups	Masters Male All Age Groups
Board Relay	Board Relay		U17 Female Rescue Tube Rescue - Heats	U17 Male Rescue Tube Rescue - Heats	Beach Sprint	Beach Flags
Ski Relay	Ski Relay		Open Female Rescue Tube Rescue - Heats	Open Male Rescue Tube Rescue - Heats	Beach Relay	
Taplin Relay	Taplin Relay		<b>U17 Female Rescue Tube Rescue - Final</b>	<b>U17 Male Rescue Tube Rescue - Final</b>	Masters Male All Age Groups	Masters Female All Age Groups
Double Ski	Double Ski		<b>U19 Female Rescue Tube Rescue - Final</b>	<b>U19 Male Rescue Tube Rescue - Final</b>	Beach Sprint	Beach Flags
			<b>Open Female Rescue Tube Rescue - Final</b>	<b>Open Male Rescue Tube Rescue - Final</b>	Beach Relay	
			2:00pm start		3:30pm start	
			U19 Male Double Ski – Heats		U17 Male Beach Relay – Heats	
			U19 Female Double Ski - Heats		U17 Female Beach Relay – Heats	
			<b>U19 Male Double Ski – Final</b>		<b>U17 Male Beach Relay – Final</b>	
			<b>U19 Female Double Ski - Final</b>		<b>U17 Female Beach Relay - Final</b>	
			Open Male Double Ski – Heats		U19 Male Beach Relay – Heats	
			Open Female Double Ski - Heats		U19 Female Beach Relay – Heats	
			<b>Open Male Double Ski – Final</b>		Open Male Beach Relay – Heats	
			<b>Open Female Double Ski - Final</b>		Open Female Beach Relay - Heats	
					<b>U19 Male Beach Relay – Final</b>	
					<b>U19 Female Beach Relay – Final</b>	
					<b>Open Male Beach Relay – Final</b>	
					<b>Open Female Beach Relay - Final</b>	
					Open Mixed Beach Relay – Heats	
					<b>Open Mixed Beach Relay - Final</b>	

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## Friday 6<sup>th</sup> March 2026

Swim Warm Up: 7:00am – 7:20am, Craft Warm Up: 7:25am – 7:45am, Marshalling 7:45am, Start Time: 8:00am

Large Craft Arena	Yellow Arena	Red Arena	Blue Arena	Black Arena	Beach Arena 1
8:00am start	8:00am start	8:00am start	8:00am start	8:00am start	11:30am start
Open Male Surf Boat Short Course – R1	U15 Male Run Swim Run – Heats	U17 Male Run Swim Run – Heats	U19 Male Run Swim Run – Heats	Open Male Run Swim Run – Heats	U19 Male Beach Sprint – Heats
Open Female Surf Boat Short Course – R1	U15 Female Run Swim Run – Heats	U17 Female Run Swim Run – Heats	U19 Female Run Swim Run – Heats	Open Female Run Swim Run – Heats	U19 Female Beach Sprint – Heats
U23 Male Surf Boat Short Course – R1	<b>U15 Male Run Swim Run – Final</b>	<b>U17 Male Run Swim Run – Final</b>	<b>U19 Male Run Swim Run – Final</b>	<b>Open Male Run Swim Run – Final</b>	U19 Male Beach Sprint – Semi
U23 Female Surf Boat Short Course – R1	<b>U15 Female Run Swim Run – Final</b>	<b>U17 Female Run Swim Run – Final</b>	<b>U19 Female Run Swim Run – Final</b>	<b>Open Female Run Swim Run – Final</b>	U19 Female Beach Sprint – Semi
U19 Male Surf Boat Short Course – R1					<b>U19 Male Beach Sprint – Final</b>
U19 Female Surf Boat Short Course – R1	U15 Male Ski Race – Heats	U17 Male Ski Race – Heats	U19 Male Ski Race – Heats	Open Male Ski Race – Heats	<b>U19 Female Beach Sprint – Final</b>
	U15 Female Ski Race – Heats	U17 Female Ski Race – Heats	U19 Female Ski Race – Heats	Open Female Ski Race – Heats	
Open Male Surf Boat Short Course – R2	U15 Male Ski Race – Semi	U17 Male Ski Race – Semi	U19 Male Ski Race – Semi	Open Male Ski Race – Quarters	12:30pm start
Open Female Surf Boat Short Course – R2	U15 Female Ski Race – Semi	U17 Female Ski Race – Semi	U19 Female Ski Race – Semi	Open Female Ski Race – Quarters	U15 Male Beach Sprint – Heats
U23 Male Surf Boat Short Course – R2	<b>U15 Male Ski Race – Final</b>	<b>U17 Male Ski Race – Final</b>	<b>U19 Male Ski Race – Final</b>	Open Male Ski Race – Semis	U15 Female Beach Sprint – Heats
U23 Female Surf Boat Short Course – R2	<b>U15 Female Ski Race – Final</b>	<b>U17 Female Ski Race – Final</b>	<b>U19 Female Ski Race – Final</b>	Open Female Ski Race – Semis	U15 Male Beach Sprint – Semi
U19 Male Surf Boat Short Course – R2				<b>Open Male Ski Race – Final</b>	U15 Female Beach Sprint – Semi
U19 Female Surf Boat Short Course – R2	U15 Male Board Race – Heats	U17 Male Board Race – Heats	U19 Male Board Race – Heats	<b>Open Female Ski Race – Final</b>	<b>U15 Male Beach Sprint – Final</b>
	U15 Female Board Race – Heats	U17 Female Board Race – Heats	U19 Female Board Race – Heats		<b>U15 Female Beach Sprint – Final</b>
Open Male Surf Boat Short Course – R3	U15 Male Board Race – Semis	U17 Male Board Race – Semis	U19 Male Board Race – Semis	Open Male Board Race – Heats	
Open Female Surf Boat Short Course – R3	U15 Female Board Race – Semis	U17 Female Board Race – Semis	U19 Female Board Race – Semis	Open Female Board Race – Heats	2:00pm start
U23 Male Surf Boat Short Course – R3	<b>U15 Male Board Race – Final</b>	<b>U17 Male Board Race – Final</b>	<b>U19 Male Board Race – Final</b>	Open Male Board Race – Quarters	U17 Male Beach Sprint – Heats
U23 Female Surf Boat Short Course – R3	<b>U15 Female Board Race – Final</b>	<b>U17 Female Board Race – Final</b>	<b>U19 Female Board Race – Final</b>	Open Female Board Race – Quarters	U17 Female Beach Sprint – Heats
U19 Male Surf Boat Short Course – R3				Open Male Board Race – Semis	U17 Male Beach Sprint – Semi
U19 Female Surf Boat Short Course – R3	U15 Male Surf Race – Heats	U17 Male Surf Race – Heats	U19 Male Surf Race – Heats	Open Female Board Race – Semis	U17 Female Beach Sprint – Semi
	U15 Female Surf Race – Heats	U17 Female Surf Race – Heats	U19 Female Surf Race – Heats	<b>Open Male Board Race – Final</b>	<b>U17 Male Beach Sprint – Final</b>
(Wait for Open & U19 Ski Races to complete)	<b>U15 Male Surf Race – Final</b>	<b>U17 Male Surf Race – Final</b>	<b>U19 Male Surf Race – Final</b>	<b>Open Female Board Race – Final</b>	<b>U17 Female Beach Sprint – Final</b>
1:30pm start	<b>U15 Female Surf Race – Final</b>	<b>U17 Female Surf Race – Final</b>	<b>U19 Female Surf Race – Final</b>		
Open Male Surf Canoe Long Course – R1				Open Male Surf Race – Heats	3:00pm start
Open Female Surf Canoe Long Course – R1				Open Female Surf Race – Heats	Open Male Beach Sprint – Heats
U19 Male Surf Canoe Long Course – R1				<b>Open Male Surf Race – Final</b>	Open Female Beach Sprint – Heats
U19 Female Surf Canoe Long Course – R1				<b>Open Female Surf Race – Final</b>	Open Male Beach Sprint – Semi
					Open Female Beach Sprint – Semi
Open Male Surf Canoe Long Course – R2					<b>Open Male Beach Sprint – Final</b>
Open Female Surf Canoe Long Course – R2					<b>Open Female Beach Sprint – Final</b>
U19 Male Surf Canoe Long Course – R2					
U19 Female Surf Canoe Long Course – R2					
Open Male Surf Canoe Long Course – R3					
Open Female Surf Canoe Long Course – R3					
U19 Male Surf Canoe Long Course – R3					
U19 Female Surf Canoe Long Course – R3					
Open Male Surf Canoe Long Course – Semi					

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## Saturday 7<sup>th</sup> March 2026

Swim Warm Up: 7:00am – 7:20am, Craft Warm Up: 7:25am – 7:45am, Marshalling 7:45am, Start Time: 8:00am

Large Craft Arena	Yellow Arena	Red Arena	Blue Arena	Black Arena
8:00am start	8:00am start	8:00am start	8:00am start	8:00am start
Open Male Surf Boat Long Course – R1	U17 Female Surf Teams – Heats	U17 Male Surf Teams – Heats	U19 Male Surf Teams – Heats	Open Male Surf Teams – Heats
Open Female Surf Boat Long Course – R1	<b>U17 Female Surf Teams - Final</b>	<b>U17 Male Surf Teams - Final</b>	<b>U19 Female Surf Teams – Final</b>	<b>Open Female Surf Teams – Final</b>
U23 Male Surf Boat Long Course – R1			<b>U19 Male Surf Teams – Final</b>	<b>Open Male Surf Teams – Final</b>
U23 Female Surf Boat Long Course – R1	U17 Female Ski Relay – Heats	U17 Male Ski Relay – Heats		
U19 Male Surf Boat Long Course – R1	<b>U17 Female Ski Relay - Final</b>	<b>U17 Male Ski Relay - Final</b>	U19 Male Ski Relay – Heats	Open Male Ski Relay – Heats
U19 Female Surf Boat Long Course – R1			U19 Female Ski Relay – Heats	Open Female Ski Relay – Heats
	U17 Female Iron – Heats	U17 Male Iron – Heats	<b>U19 Male Ski Relay – Final</b>	<b>Open Male Ski Relay – Final</b>
Open Male Surf Boat Long Course – R2	U15 Female Diamond – Heats	U15 Male Diamond – Heats	<b>U19 Female Ski Relay - Final</b>	<b>Open Female Ski Relay - Final</b>
Open Female Surf Boat Long Course – R2	U17 Female Iron – Semis	U17 Male Iron – Semis		
U23 Male Surf Boat Long Course – R2	U15 Female Diamond – Semis	U15 Male Diamond – Semis	U19 Male Iron – Heats	Open Male Iron – Heats
U23 Female Surf Boat Long Course – R2	<b>U17 Female Iron – Final</b>	<b>U17 Male Iron – Final</b>	U19 Female Iron – Heats	Open Female Iron – Heats
U19 Male Surf Boat Long Course – R2	<b>U15 Female Diamond - Final</b>	<b>U15 Male Diamond - Final</b>	U19 Male Iron – Semis	Open Male Iron – Semis
U19 Female Surf Boat Long Course – R2			U19 Female Iron – Semis	Open Female Iron – Semis
			<b>U19 Male Iron – Final</b>	<b>Open Male Iron – Final</b>
Open Male Surf Boat Long Course – R3			<b>U19 Female Iron - Final</b>	<b>Open Female Iron - Final</b>
Open Female Surf Boat Long Course – R3				
U23 Male Surf Boat Long Course – R3	Yellow Flag Arena	Red Flag Arena	Blue Flag Arena	Black Flag Arena
U23 Female Surf Boat Long Course – R3	1:30pm start	1:30pm start	1:30pm start	1:30pm start
U19 Male Surf Boat Long Course – R3	U17 Female Beach Flags	U15 Female Beach Flags	U19 Male Beach Flags	U19 Female Beach Flags
U19 Female Surf Boat Long Course – R3	U15 Male Beach Flags	U17 Male Beach Flags	Open Male Beach Flags	Open Female Beach Flags
1:30pm start				
Open Male Surf Canoe Short Course – R1				
Open Female Surf Canoe Short Course – R1				
U19 Male Surf Canoe Short Course – R1				
U19 Female Surf Canoe Short Course – R1				
Open Male Surf Canoe Short Course – R2				
Open Female Surf Canoe Short Course – R2				
U19 Male Surf Canoe Short Course – R2				
U19 Female Surf Canoe Short Course – R2				
Open Male Surf Canoe Short Course – R3				
Open Female Surf Canoe Short Course – R3				
U19 Male Surf Canoe Short Course – R3				
U19 Female Surf Canoe Short Course – R3				
Open Male Surf Canoe Short Course - Semi				

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## Sunday 8<sup>th</sup> March 2026

Swim Warm Up: 7:00am – 7:20am, Craft Warm Up: 7:25am – 7:45am, Marshalling 7:45am, Start Time: 8:00am

Large Craft Arena	Yellow Arena	Red Arena	Blue Arena	Black Arena
8:00am start	8:00am start	8:00am start	8:00am start	8:00am start
U23 Male Surf Boat Short Course – R4	Open Mixed Double Ski – Heats	U17 Male Board Rescue – Heats	U19 Male Board Rescue – Heats	Open Male Board Rescue – Heats
U19 Male Surf Boat Short Course – R4	Open Mixed Double Ski – Semi	U17 Female Board Rescue – Heats	U19 Female Board Rescue – Heats	Open Female Board Rescue – Heats
<b>Open Male Surf Boat Short Course – Final</b>	<b>Open Mixed Double Ski - Final</b>	U17 Male Board Rescue – Semi	U19 Male Board Rescue – Semi	Open Male Board Rescue – Semi
<b>Open Female Surf Boat Short Course – Final</b>		U17 Female Board Rescue – Semi	U19 Female Board Rescue – Semi	Open Female Board Rescue – Semi
<b>U23 Female Surf Boat Short Course – Final</b>		<b>U17 Male Board Rescue – Final</b>	<b>U19 Male Board Rescue – Final</b>	<b>Open Male Board Rescue – Final</b>
<b>U19 Female Surf Boat Short Course – Final</b>		<b>U17 Female Board Rescue - Final</b>	<b>U19 Female Board Rescue - Final</b>	<b>Open Female Board Rescue - Final</b>
U23 Male Surf Boat Short Course – R5				
U19 Male Surf Boat Short Course – R5		U17 Male Board Relay – Heats	U19 Male Board Relay – Heats	Open Male Board Relay – Heats
		U17 Female Board Relay – Heats	U19 Female Board Relay – Heats	Open Female Board Relay – Heats
U19 Male Surf Canoe Short Course – R5		<b>U17 Male Board Relay – Final</b>	<b>U19 Male Board Relay – Final</b>	<b>Open Male Board Relay – Final</b>
U19 Female Surf Canoe Short Course – R5		<b>U17 Female Board Relay – Final</b>	<b>U19 Female Board Relay – Final</b>	<b>Open Female Board Relay – Final</b>
U23 Male Surf Boat Long Course – R4		U17 Male Taplin Relay – Heats	U19 Male Taplin Relay – Heats	Open Male Taplin Relay – Heats
U19 Male Surf Boat Long Course – R4		U17 Female Taplin Relay – Heats	U19 Female Taplin Relay – Heats	Open Female Taplin Relay – Heats
<b>Open Male Surf Boat Long Course – Final</b>		<b>U17 Male Taplin Relay – Final</b>	<b>U19 Male Taplin Relay – Final</b>	<b>Open Male Taplin Relay – Final</b>
<b>Open Female Surf Boat Long Course – Final</b>		<b>U17 Female Taplin Relay - Final</b>	<b>U19 Female Taplin Relay - Final</b>	<b>Open Female Taplin Relay - Final</b>
<b>U23 Female Surf Boat Long Course – Final</b>				<b>Open Mixed Taplin Relay - Final</b>
<b>U19 Female Surf Boat Long Course – Final</b>				
U23 Male Surf Boat Long Course – R5				
U23 Female Surf Boat Long Course – R5				
U19 Male Surf Canoe Long Course – R4				
U19 Female Surf Canoe Long Course – R5				
<b>Open Male Surf Canoe Long Course – Final</b>				
<b>Open Female Surf Canoe Long Course – Final</b>				
U19 Male Surf Canoe Long Course – R5				
U19 Female Surf Canoe Long Course – R5				
<b>Open Mixed Surf Canoe Relay - Final</b>				
<b>Open Mixed Surf Boat Relay – Final</b>				

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