

Sunday 28th January 2018 (Low Tide 10:15am) please note: Programme may be subject to change.

Time	Arena Two	Arena Three	Arena Four	U16 Arena (Shark Alley)
07:30	Open M & W Flags	U19 M & W Flags Final	U16 M & W 2km Beach Run	U16 W Surf Teams Race Heat (2)
			U19 M & W 2km Beach Run	U16 M Surf Teams Race Heat (2)
			Open M & W 2km Beach Run	
		M & F Overflow- Arena 3		U16 W Ski Heats (5)
	U19 M Surf Teams Race Heat (2)		U19 W Surf Teams Race Heat (2)	U16 M Ski Heats (6)
	U19 M Iron Man Heats (6)		U19 W Iron Woman Heats (4)	U16 W Diamond Lady Heats (7)
	Open M Iron Man Heats (3)		Open W Iron Woman Heats (2)	U16 M Iron Man Heats (5)
	U19 M Iron Man Semi		U19 W Iron Woman Semi	U16 W Diamond Lady Semi
	Open M Iron Man Semi			U16 M Iron Man Semi
	U19 M Taplin Heats (3 person) (2)		U19 W Taplin Heats (3 person) (2)	U16 W Taplin Heats (3 person) (2)
	Open M Taplin Heats (6 person) (2)		Open W Taplin Heats (3 person) (2)	U16 M Taplin Heats (3 person) (2)
	U19 M Ski Relay Final		U19 W Ski Relay Final	U16 W Run Swim Run Final
			Open W Ski Relay Final	U16 M Run Swim Run Final
	U19 M Run Swim Run Final		U19 W Run Swim Run Final	U16 W Ski Final
	Open M Run Swim Run Final		Open W Run Swim Run Final	U16 M Ski Final
	U19 M Ski Final		U19 W Ski Final	U16 W Surf Teams Race Final
	Open M Ski Final		Open W Ski Final	U16 M Surf Teams Race Final
	U19 M Surf Teams Race Final		U19 W Surf Teams Race Final	U16 W Diamond Lady Final
	Open M Surf Teams Race Final		Open W Surf Teams Race Final	U16 M Iron Man Final
	U19 M Iron Man Final		U19 W Iron Woman Final	U16 W Taplin Final
	Open M Iron Man Final		Open W Iron Woman Final	U16 M Taplin Final
	U19 M Taplin Final		U19 W Taplin Final	U16 M Flags Final (70) Pit 1
	Open M Taplin Final		Open W Taplin Final	U16 W Flags Final (61) Pit 2