



2019 Central Regional Championships Programme

	Beach Arena		Entries	Male Arena		Entries	Female Arena		Entries	Boat/Canoe Arena		Entries
8.30 am	2km Beach Run Open M, U19 F, U16 F			Open/U19 Ski Race Heat	29	Open/U19 Ski Race Heat	26	Boat R1	Open M		7	
	2km Beach Run Open F, U19 M, U16 M			U16 Ski Race Heat	32	U16 Ski Race Heat	21		Open F		7	
				Setup/Change		Setup/Change			U23 M/U19 M		6	
	Open Beach Flags Female (pit 1)	6		Open/U19 Board Race Heat	35	Open/U19 Board Race Heat	32		U23 F		6	
	U16 Beach Flags Female (pit 1)	25		U16 Board Race Heat	34	U16 Board Race Heat	35		U19 F		4	
	Open Beach Flags Male (pit 2)	10		Setup/Change/Flags		Setup/Change			Masters MF		5	
	U16 Beach Flags Male (pit 2)	26		Open Surf Race	9	Open Surf Race	10		Setup/Change			
	U19 Beach Flags Male (pit 3)	18		U19 Surf Race	21	U19 Surf Race	16	Boat R2	Open M		7	
	U19 Beach Flags Female (pit 3)	15		U16 surf race	30	U16 surf race	32	Double Lap	Open F		7	
	Conclusion of 2km and Flags			Setup/Change		Setup/Change			U23 M/U19 M		6	
	Move to Water Events			Open/U19 Ski Race Semi	29	Open/U19 Ski Race Semi	26		U23 F		6	
				U16 Ski Race Semi	32	U16 Ski Race Semi	21		U19 F		4	
				Setup/Change		Setup/Change			Masters MF		5	
	Start at Conclusion of Board Race Semis			Open/U19 Board Race Semi	35	Open/U19 Board Race Semi	32		Setup/Change			
	U16 Beach Sprint Female Heat	21		U16 Board Race Semi	34	U16 Board Race Semi	35	Boat R3	Open M		7	
	U19 Beach Sprint Female Heat	14		Move to Sprint Track		Move to Sprint Track			Open F		7	
	Open Beach Sprint Male Heat	11							U23 M/U19 M		6	
	U16 Beach Sprint Male Heat	23		Start at Conclusion of Sprints		Start at Conclusion of Sprints			U23 F		6	
	U19 Beach Sprint Male Heat	17		Open Run Swim Run	7	Open Run Swim Run	8		U19 F		4	
				U19 Run Swim Run	18	U19 Run Swim Run	17		Masters MF		5	
	U16 Beach Sprint Female Final	9		U16 Run Swim Run	30	U16 Run Swim Run	30		Setup/Change			
	U19 Beach Sprint Female Final	10		Setup/Change		Setup/Change		Boat R4	Open M		7	
	Open Beach Sprint Female Final	8		Open/U19 Ski Race Final	16	Open/U19 Ski Race Final	16	Double Lap	Open F		7	
	U16 Beach Sprint Male Final	9		U16 Ski Race Final	16	U16 Ski Race Final	16		U23 M/U19 M		6	
	U19 Beach Sprint Male Final	10		Setup/Change		Setup/Change			U23 F		6	
	Open Beach Sprint Male Final	8		Open/U19 Board Race Final	18	Open/U19 Board Race Final	18		U19 F		4	
				U16 Board Race Final	16	U16 Board Race Final	16		Masters MF		5	
	Open Beach Relay Male Heat	10		Setup/Change		Setup/Change			Setup/Change			
	Open Beach Relay Female Heat	8		U19 Iron Person Heats	22	U16 Diamond Heats	22	Boat R5	Open M		7	
				U16 Iron Person Heats	31	Open Iron Person Final	7		Open F		7	
				Open Iron Person Final	7	U19 Iron Person Final	17		U23 M/U19 M		6	
				U19 Iron Person Final	16	U16 Iron Person Final	16		U23 F		6	
				U16 Iron Person Final	16	U16 Diamond Final	16		U19 F		4	
				Setup/Change		Setup/Change			Masters MF		5	
				Open Ski Relay	13	Open Ski Relay	9		Setup/Change			
				Open Board Relay	18	Open Board Relay	16	Canoe LC	Open M		3	
				Open Taplin	18	Open Taplin	16		Open FU19 M		4	
									Setup/Change			
								Canoe SC R1	Open M		3	
									Open FU19 M		4	
									Setup/Change			
								Canoe SC R2	Open M		3	
									Open FU19 M		4	
									Setup/Change			
								Canoe SC R3	Open M		3	
									Open FU19 M		4	