

<b>SATURDAY</b>		
<i>Time</i>	<i>Event</i>	<i>Grade</i>
11am	Double ski	M/F all grades
11am	Beach Relay	M/F all grades
11.15am	Board Relay	M/F All grades
11.25 am	Ski relay	M/F all grades
11.35am	Board rescue	M/F All grades
11.50am	Tube Rescue	M/F all grades
NOTE Times are approximate only		
officials will not wait for competitors to compete out of age group - have your teams nominated		
Male beach relays will be run during womans double ski		
Female beach relay will be run during mens double ski		

<b>Sunday</b>		
<i>Time</i>	<i>Arena 1</i>	<i>Arena 2</i>
9am	Long course canoe Female	Male Board
		Male Ski
		Male Surf Race
9.25 am	Long course canoe male	female Board
		female Ski
		female Surf Race
9.45 am	Short Course Canoe Female	Male Ironman/Dimond
		Male taplins
10.10 am	Short Course Canoe male	Female Ironman/Dimond
		Female taplins
10.35am		Run Swim run Male & Female
10.45am	Female Beach sprints	Male Beach Flags
11am	Male Beach sprints	Female beach glags
11.15 am	Home	