

Central Region Championships 2022 - Seniors - Saturday - Draft Programme

Male Arena	Female Arena	Beach Arena
Open Surf Race	Open Surf Race	U19 Beach Sprint Male Heat
U19 Surf Race	U19 Surf Race	U17 Beach Sprint Male Heat
U17 Surf Race	U17 Surf Race	U15 Beach Sprint Male Heat
U15 Surf Race	U15 Surf Race	Break
Setup/Change	Setup/Change	Open Beach Sprint Male Final
Open Board Race Heat	Open Ski Race Heat	U19 Beach Sprint Male Final
U19 Board Race Heat	U19 Ski Race Heat	U17 Beach Sprint Male Final
U17 Board Race Heat	U17 Ski Race Heat	U15 Beach Sprint Male Final
U15 Board Race Heat	U15 Ski Race Heat	Break
Setup/Change	Setup/Change	U19 Beach Sprint Female Heat
Open Ski Race Heat	Open Board Race Heat	U17 Beach Sprint Female Heat
U19 Ski Race Heat	U19 Board Race Heat	U15 Beach Sprint Female Heat
U17 Ski Race Heat	U17 Board Race Heat	Break
U15 Ski Race Heat	U15 Board Race Heat	Open Beach Sprint Female Final
Setup/Change	Setup/Change	U19 Beach Sprint Female Final
Open Board Race Final	Open Ski Race Final	U17 Beach Sprint Female Final
U19 Board Race Final	U19 Ski Race Final	U15 Beach Sprint Female Final
U17 Board Race Final	U17 Ski Race Final	Setup/Change
U15 Board Race Final	U15 Ski Race Final	Open Beach Flags Female
Setup/Change	Setup/Change	U19 Beach Flags Female
Open Ski Race Final	Open Board Race Final	U17 Beach Flags Female
U19 Ski Race Final	U19 Board Race Final	U15 Beach Flags Female
U17 Ski Race Final	U17 Board Race Final	BREAK
U15 Ski Race Final	U15 Board Race Final	Open Beach Flags Male
Setup/Change	Setup/Change	U19 Beach Flags Male
U19 Iron Person Heats	U19 Iron Person Heats	U17 Beach Flags Male
U17 Iron Person Heats	U17 Iron Person Heats	U15 Beach Flags Male
U15 Diamond Heats	U15 Diamond Heats	Setup/Change
Open Iron Person Final	Open Iron Person Final	U17 Beach Relay Male Heat
U19 Iron Person Final	U19 Iron Person Final	U19 Beach Relay Male Heat
U17 Iron Person Final	U17 Iron Person Final	Open Beach Relay Male Final
U15 Diamond Final	U15 Diamond Final	Setup/Change
Setup/Change	Setup/Change	U17 Beach Relay Male Final
Open Run Swim Run	Open Run Swim Run	U19 Beach Relay Male Final
U19 Run Swim Run	U19 Run Swim Run	Setup/Change
U17 Run Swim Run	U17 Run Swim Run	U17 Beach Relay Female Heat
U15 Run Swim Run	U15 Run Swim Run	U19 Beach Relay Female Heat
Setup/Change	Setup/Change	Open Beach Relay Female Final
Open Board Relay	Open Ski Relay	Break
U19 Board Relay	U19 Ski Relay	U17 Beach Relay Female Final
U17 Board Relay	U17 Ski Relay	U19 Beach Relay Female Final
Setup/Change	Setup/Change	
Open Ski Relay	Open Board Relay	
U19 Ski Relay	U19 Board Relay	
U17 Ski Relay	U17 Board Relay	
Setup/Change	Setup/Change	
Open Taplin	Open Taplin	

<b>Saturday 8th January</b>	
<b>Start Time</b>	<b>0730</b>
<b>2km Beach Run</b>	

Male & Female Arena's will start at the conclusion of the 2km Beach Run

Beach Sprints will be scheduled for Friday PM at Waimarama Beach.

Tides		
Low:	0447	0.2
High:	1105	1.8
Low:	1724	0.2