

2023 Southern Region Junior Championships

Saturday 11th & Sunday 12th February, Warrington

SATURDAY

Under 8	Under 9	Under 10	Under 11/12 Girls	Under 11/12 Boys	Under 13/14 Girls	Under 13/14 Boys
2km Beach Relay						
U11-U14 2km Beach Relay (1 x 800m, 1 x 600m, 1 x 400m, 1 x 200m)						
Beach Sprint Arena (50m)	Beach Flag Arena (10m)	Beach Flag Arena (10m)	Beach Flag Arena (15m)		Beach Sprint Arena (70m)	
Beach Sprint	Beach Flags	Beach Flags	Beach Flags		Beach Sprint	Beach Sprint
Beach Relay (Mixed)					Beach Relay (Mixed)	
		Beach Sprint Arena (50m)	Beach Sprint Arena (50m)	Water Arena	Water Arena	
Beach Flag Arena (10m)	Beach Sprint	Beach Sprint	Surf Race	Surf Race	Water Arena	Water Arena
Beach Flags	Beach Relay (Mixed)	Beach Relay (Mixed)			Surf Race	Surf Race
			Board Race	Board Race		
Water Arena	Water Arena	Water Arena			Board Race	Board Race
Run Wade Run	Run Wade Run	Surf Race	Board Relay	Board Relay		
					Board Relay	Board Relay
Body Board Race	Body Board Race	Board Race	Diamond	Diamond		
					Diamond	Diamond
		Diamond	Run Swim Run (Without Fins)	Run Swim Run (Without Fins)		
Diamond	Diamond		Run Swim Run (With Fins)	Run Swim Run (With Fins)	Run Swim Run	Run Swim Run
		Run Swim Run				
Body Board Relay	Body Board Relay		Cameron Relay	Cameron Relay	Cameron Relay	Cameron Relay
		Board Relay				
Cameron Relay	Cameron Relay		Beach Sprint Arena (70m)		Beach Flag Arena (15m)	
		Cameron Relay	Beach Sprint	Beach Sprint	Beach Flags	
			Beach Relay (Mixed)			

SUNDAY

Under 13/14 Girls	Under 13/14 Boys
Board Rescue - Heats	Board Rescue - Heats
Board Rescue - Final	Board Rescue - Final
Tube Rescue - Heats	Tube Rescue - Heats
Tube Rescue - Final	Tube Rescue - Final