

**2023 Southern Region Championships**  
**Saturday 18th & Sunday 19th February, New Brighton**

**SATURDAY**

**Double Ski Arena**

Open Womens Double Ski  
 Open Mens Double Ski  
 U19 Womens Double Ski  
 U19 Mens Double Ski  
 Open Mixed Double Ski

**Water Arena**

Board Race

Surf Race + Teams

Surf Race

Ski Race

Run Swim Run

Ironperson

Diamond

**Beach Sprint Arena**

Beach Sprint

Beach Relay

Open Mixed Beach Relay

**2:00pm start**

**Canoe Arena**

Open Male - Long Course (x3)

Open Female - Long Course (x3)

U19 Male - Long Course (x3)

U19 Female - Long Course (x3)

**SUNDAY**

**Canoe Arena**

Open Male - Short Course (x3)

Open Female - Short Course (x3)

U19 Male - Short Course (x3)

U19 Female - Short Course (x3)

**Beach Flag Arena**

Beach Flags

**Water Arena**

Board Rescue

Rescue Tube Rescue

Board Relay

Ski Relay

Taplin Relay