Event Programme		
Saturday 2nd March, 2024		
Tides - HT: 8:44am, LT: 3:01pm	# of Heats	
Open Mens Mass Rescue - Heats	4	
U19 Womens Mass Rescue - Heats	2	
U23 Mens Mass Rescue - Heats	2	
U23 Womens Mass Rescue - Heats	2	
Open Mens Mass Rescue - Semis	2	
Open Womens Mass Rescue - Heats	2	
U19 Mens Mass Rescue - FINAL	1	
U19 Womens Mass Rescue - FINAL	1	
U23 Mens Mass Rescue - FINAL	1	
U23 Womens Mass Rescue - FINAL	1	
Open Mens Mass Rescue - FINAL	1	
Open Womens Mass Rescue - FINAL	1	
Open Mens Assembly Rescue - Heats	3	
U19 Womens Assembly Rescue - Heats	2	
U23 Mens Assembly Rescue - Heats	2	
U23 Womens Assembly Rescue - Heats	2	
Open Mens Assembly Rescue - Semis	2	
Open Womens Assembly Rescue - Heats	2	
Masters Mens Assembly Rescue - Heats	2	
U19 Mens Assembly Rescue - FINAL	1	
U19 Womens Assembly Rescue - FINAL	1	
U23 Mens Assembly Rescue - FINAL	1	
U23 Womens Assembly Rescue - FINAL	1	
Open Mens Assembly Rescue - FINAL	1	
Open Womens Assembly Rescue - FINAL	1	
Masters Mens Assembly Rescue - FINAL	1	
Open Mens Single Rescue - Heats	4	
U19 Womens Single Rescue - Heats	2	
U23 Mens Single Rescue - Heats	2	
U23 Womens Single Rescue - Heats	2	
Open Mens Single Rescue - Semis	2	
Open Womens Single Rescue - Heats	2	
Masters Mens Single Rescue - Heats	2	
U19 Mens Single Rescue - FINAL	1	
U19 Womens Single Rescue - FINAL	1	
U23 Mens Single Rescue - FINAL	1	
U23 Womens Single Rescue - FINAL	1	
Open Mens Single Rescue - FINAL	1	
Open Womens Single Rescue - FINAL	1	
Masters Mens Single Rescue - FINAL	1	
Open Mens/Mixed Teams Race - Heats	3	

Event Programme		
Sunday 3rd March, 2024		
Tides - HT: 9:46am, LT: 3:59pm	# of Heats	
Open Mens Tube Rescue - Heats	4	
U19 Womens Tube Rescue - Heats	2	
U23 Mens Tube Rescue - Heats	2	
Open Womens - Tube Rescue - Heats	2	
Open Mens Tube Rescue - Semis	2	
U19 Mens Tube Rescue - FINAL	1	
U19 Womens Tube Rescue - FINAL	1	
U23 Mens Tube Rescue - FINAL	1	
U23 Womens Tube Rescue - FINAL	1	
Open Mens Tube Rescue - FINAL	1	
Open Womens Tube Rescue - FINAL	1	
Open Mens/Mixed Teams Race - Semis	2	
Open Womens Teams Race - Heats	2	
Open Mens/Mixed Teams Race - FINAL	1	
Open Womens Teams Race - FINAL	1	