

UPDATED PROGRAMME (v4)



THURSDAY 14 MARCH

Team Managers Meeting: 6.45am	Warm Up 7.00am to 7.30am	Opening Ceremony 7.30am	Event Start: 8.00am	Low Tide: 5.04am	High Tide: 11.26am
Water Arena 1	Water Arena 2	Water Arena 3	Water Arena 4	Water Arena 5	Boat and Canoe Arena
<i>Overflow/Alternative</i>	Start 8.00am	Start 8.00am			
	Masters Surf Race Male	Masters Surf Race Female			
	Masters Board Race Male	Masters Board Race Female			
	Masters Surf Teams Male	Masters Surf Teams Female	Start 9.00am		
	Masters Ski Race Male	Masters Ski Race Female	2km Run U15 Female/ Male		
	Masters Board Relay Male	Masters Board Relay Female	2km Run U17 Female/ Male		
	Masters Ski Relay Male	Masters Ski Relay Female	2km Run U19 Female/ Male		
	Masters Iron Male	Masters Iron Female	2km Run Open Female/ Male		
	Masters Taplin Relay Male	Masters Taplin Relay Female			Start 11.00am
Beach Sprint Arena		Masters Double Ski Female	Approx. Start 10.00am		Masters Male Canoe Round 1
Approx. Start 11.00pm		Masters Double Ski Male	Open Mixed Double Ski Heats		Masters Female Canoe Round 1
Masters Sprints Female			Open Male Double Ski Heats		Masters Male Canoe Round 2
Masters Relay Female		Approx. Start 11.00am	Open Female Double Ski Heats		Masters Female Canoe Round 2
Masters Sprint Male		U19 Male Tube Rescue Heats	Open Mixed Double Ski Semis		Masters Male Canoe Round 3
Masters Relay Male		U19 Female Tube Rescue Heats	Open Mixed Double Ski Final		Masters Female Canoe Round 3
Approx. Start 2.00pm	Beach Flags Arena(s)	U19 Male Tube Rescue Final	Open Male Double Ski Final		Masters Male Boat Round 1
U17 Male Beach Relay Heats	Start after Masters Relays	U19 Female Tube Rescue Final	Open Female Double Ski Final		Masters Female Boat Round 1
U17 Female Beach Relay Heats	Masters Flags Female	U17 Male Tube Rescue Heats	U19 Male Double Ski Heats		Masters Male Boat Round 2
U19 Male Beach Relay Heats	Masters Flags Male	U17 Female Tube Rescue Heats	U19 Female Double Ski Heats		Masters Female Boat Round 2
Open Male Beach Relay Heats		U17 Male Tube Rescue Semis	U19 Male Double Ski Final		Masters Male Boat Round 3
Open Female Beach Relay Heats		U17 Female Tube Rescue Semis	U19 Female Double Ski Final		Masters Female Boat Round 3
U17 Male Beach Relay Final		U17 Male Tube Rescue Final			
U17 Female Beach Relay Final		U17 Female Tube Rescue Final			
U19 Male Beach Relay Final		Open Male Tube Rescue Heats			
U19 Female Beach Relay Final		Open Female Tube Rescue Heats			
Open Male Beach Relay Final		Open Male Tube Rescue Final			
Open Female Beach Relay Final		Open Female Tube Rescue Final			
Medal Ceremonies will commence 4.30pm unless advised otherwise on Team Reach. Masters will be at MMLS Club and Seniors in The Hub					

- The programme is subject to change by the Event Management Committee (EMC).
- Listed times are a guide only. The EMC will communicate updates on start times during the day using Team Reach.
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UPDATED PROGRAMME (v4)



FRIDAY 15th MARCH

Team Managers Meeting: 6.45am	Warm Up 7.00am to 7.40am	Officials Meeting: 7.15am	Event Start: 8.00am	Low Tide: 5.55am	High Tide: 12.18pm
Water Arena 1	Water Arena 2	Water Arena 3	Water Arena 4	Water Arena 5	Boat and Canoe Arena
Start 8.00am	Start 8.00am	Start 8.00am	Start 8.00am	Overflow/Alternative	Start 8.00am
Open Male Iron Heats	U19 Male Iron Heats	U19 Female Iron Heats	U15 Female Diamond Heats		(U19M, U19F, OM, OF)
Open Female Iron Heats	U17 Male Iron Heats	U17 Female Iron Heats	U15 Male Diamond Heats		Short Course Canoe R1 (all divs)
Open Male Iron Semis	U19 Male Iron Semis	U19 Female Iron Semis	U15 Female Diamond Semis		
Open Female Iron Semis	U17 Male Iron Semis	U17 Female Iron Semis	U15 Male Diamond Semis		Short Course Canoe R2 (all divs)
				Beach Sprint Arena	
Open Male Board Rescue Heats	U19 Male Board Rescue Heats	U19 Female Board Rescue Heats	U15 Female Run Swim Run Heats	Start 1.30pm	Short Course Canoe R3 (all divs)
Open Female Board Rescue Heats	U17 Male Board Rescue Heats	U17 Female Board Rescue Heats	U15 Male Run Swim Run Heats	Open Female Beach Sprint Heats	
Open Male Board Rescue Semis	U19 Male Board Rescue Semis	U19 Female Board Rescue Semis	U15 Female Run Swim Run Final	Open Male Beach Sprint Heats	Open M Short Course Canoe Semis
Open Female Board Rescue Semis	U17 Male Board Rescue Semis	U17 Female Board Rescue Semis	U15 Male Run Swim Run Final	U15 Female Beach Sprint Heats	Open F Short Course Canoe Semis
Open Male Board Rescue Final	U19 Male Board Rescue Final	U19 Female Board Rescue Final		U15 Male Beach Sprint Heats	
Open Female Board Rescue Final	U17 Male Board Rescue Final	U17 Female Board Rescue Final	U15 Female Board Race Heats	U17 Female Beach Sprint Heats	Open M Short Course Canoe Final
			U15 Male Board Race Heats	U17 Male Beach Sprint Heats	Open F Short Course Canoe Final
Open Male Run Swim Run Heats	U17 Male Run Swim Run Heats	U17 Female Run Swim Run Heats	U15 Female Board Race Semis	U19 Female Beach Sprint Heats	
Open Female Run Swim Run Heats	U19 Male Run Swim Run Final	U19 Female Run Swim Run Final	U15 Male Board Race Semis	U19 Male Beach Sprint Heats	
Open Male Run Swim Run Final	U17 Male Run Swim Run Final	U17 Female Run Swim Run Final	U15 Female Board Race Final	Open Female Beach Sprint Semis	
Open Female Run Swim Run Final			U15 Male Board Race Final	Open Male Beach Sprint Semis	
				U15 Female Beach Sprint Semis	
				U15 Male Beach Sprint Semis	Approx. Start 12.30pm
				U17 Female Beach Sprint Semis	(U19F, U23M, U19M, U23F, OM, OF)
				U17 Male Beach Sprint Semis	Short Course Boat R1 (all divs)
				U19 Female Beach Sprint Semis	
				U19 Male Beach Sprint Semis	Short Course Boat R2 (all divs)
				U15 Female Beach Sprint Final	
				U15 Male Beach Sprint Final	Short Course Boat R3 (all divs)
				U17 Female Beach Sprint Final	
				U17 Male Beach Sprint Final	Short Course Boat R4 (all divs)
				U19 Female Beach Sprint Final	
				U19 Male Beach Sprint Final	
				Open Female Beach Sprint Final	
				Open Male Beach Sprint Final	

Medal Ceremonies will commence 4.30pm unless advised otherwise on Team Reach.

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UPDATED PROGRAMME (v4)



SATURDAY 16th MARCH

Team Managers Meeting: 6.45am	Warm Up 7.00am to 7.40am	Officials Meeting: 7.15am	Event Start: 8.00am	Low Tide: 6.45am	High Tide: 1.07pm
Water Arena 1	Water Arena 2	Water Arena 3	Water Arena 4	Water Arena 5	Boat and Canoe Arena
Start 8.00am	Start 8.00am	Start 8.00am	Start 8.00am	Overflow/Alternative	Start 8.00am
Open Male Surf Race Heats	U19 Male Surf Race Heats	U19 Female Surf Race Heats	U15 Female Surf Race Heats		(U19F, U23M, U19M, U23F, OM, OF)
Open Female Surf Race Heats	U17 Male Surf Race Heats	U17 Female Surf Race Heats	U15 Male Surf Race Heats		Long Course Boat R1 (all divs)
			U15 Female Surf Race Final		
Open Male Ski Race Heats	U19 Male Ski Race Heats	U19 Female Ski Race Heats	U15 Male Surf Race Final		Long Course Boat R2 (all divs)
Open Female Ski Race Heats	U17 Male Ski Race Heats	U17 Female Ski Race Heats		Beach Flags 1	
Open Male Ski Race Quarters	U19 Male Ski Race Semis	U19 Female Ski Race Semis	U15 Female Ski Race Heats	Start approx. 1.30pm	Long Course Boat R3 (all divs)
Open Female Ski Race Semis	U17 Male Ski Race Semis	U17 Female Ski Race Semis	U15 Male Ski Race Heats	U15 Male Beach Flags Heats	
Open Male Ski Race Semis			U15 Female Ski Race Semis	U17 Male Beach Flags Heats	
	U17 Male Board Race Heats	U17 Female Board Race Heats	U15 Male Ski Race Semis	Open Male Beach Flags Heats	
Open Female Board Race Heats	U19 Male Board Race Heats	U19 Female Board Race Heats	U15 Female Ski Race Final	U15 Male Beach Flags Final	Approx. Start 11.00am
Open Male Board Race Heats	U17 Male Board Race Quarters	U17 Female Board Race Quarters	U15 Male Ski Race Final	U17 Male Beach Flags Final	(U19M, U19F, OM, OF)
Open Female Board Race Semis	U19 Male Board Race Semis	U19 Female Board Race Semis		Open Male Beach Flags Final	Short Course Canoe R1 (all divs)
Open Male Board Race Quarter	U17 Male Board Race Semis	U17 Female Board Race Semis			
Open Male Board Race Semi				Beach Flags 2	Short Course Canoe R2 (all divs)
	U19 Male Ski Relay Heats	U19 Female Ski Relay Heats		Start approx. 1.30pm	
Open Female Ski Relay Heats	U17 Male Ski Relay Heats	U17 Female Ski Relay Heats		U15 Female Beach Flags Heats	Short Course Canoe R3 (all divs)
Open Male Ski Relay Heats	U19 Male Board Relay Heats	U19 Female Board Relay Heats		U17 Female Beach Flags Heats	
Open Female Board Relay Heats	U17 Male Board Relay Heats	U17 Female Board Relay Heats		Open Female Beach Flags Heats	Open M Short Course Canoe Semis
Open Male Board Relay Heats	U17 Male Surf Teams Heats	U17 Female Surf Teams Heats		U15 Female Beach Flags Final	Open F Short Course Canoe Semis
Open Male Surf Teams Heats	U19 Male Surf Teams Final	U19 Female Surf Teams Final		U17 Female Beach Flags Final	
Open Female Surf Teams Final	U17 Male Surf Teams Final	U17 Female Surf Teams Final		Open Female Beach Flags Final	Open M Short Course Canoe Final
Open Male Surf Teams Final					Open F Short Course Canoe Final
	Open Male Ski Relay Final	U19 Male Ski Relay Final		Beach Flags 3	
	Open Female Ski Relay Final	U19 Female Ski Relay Final		Start approx. 1.30pm	
		U17 Male Ski Relay Final		U19 Male Beach Flags Heats	
	Open Male Board Relay Final	U17 Female Ski Relay Final		U19 Female Beach Flags Heats	
	Open Female Board Relay Final	U19 Male Board Relay Final		U19 Male Beach Flags Final	
		U19 Female Board Relay Final		U19 Female Beach Flags Final	
		U17 Male Board Relay Final			
		U17 Female Board Relay Final			

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SUNDAY 17th MARCH

Team Managers Meeting 6.45am	Warm Up 7.00am to 7.40am	Low Tide: 7.38am, High Tide: 1.55pm
Black Arena	Blue Arena	Boat and Canoe Arena
Start 8.00am	Start 8.00am	Start 8.00am
U17 Male Taplin Heats	U17 Female Taplin Heats	Open M Short Course Boat Semis
Open Male Taplin Heats	Open Female Taplin Heats	Open F Short Course Boat Semis
Approx 9.45am	Approx 9.45am	U19F Short Course Boat R5
U17 Male Surf Race Final	U17 Female Surf Race Final	U23M Short Course Boat R5
U19 Male Surf Race Final	U19 Female Surf Race Final	U19M Short Course Boat R5
Open Male Surf Race Final	Open Female Surf Race Final	U23M Short Course Boat R5
U17 Male Board Race Final	U17 Female Board Race Final	Open M Short Course Boat Final
U19 Male Board Race Final	U19 Female Board Race Final	Open F Short Course Boat Final
Open Male Board Race Final	Open Female Board Race Final	
U17 Male Ski Race Final	U17 Female Ski Race Final	(U19F,U23M, U19M,U23F,OM, OF)
U19 Male Ski Race Final	U19 Female Ski Race Final	Long Course Boat R4 (all divs)
Open Male Ski Race Final	Open Female Ski Race Final	Open M Long Course Boat Semis
U15 Male Diamond Final	U15 Female Diamond Final	Open F Long Course Boat Semis
U17 Male Iron Final	U17 Female Iron Final	U19F Long Course Boat R5
U19 Male Iron Final	U19 Female Iron Final	U23M Long Course Boat R5
Open Male Iron Final	Open Female Iron Final	U19M Long Course Boat R5
U17 Male Taplin Relay Final	U17 Female Taplin Relay Final	U23M Long Course Boat R5
U19 Male Taplin Relay Final	U19 Female Taplin Relay Final	Open M Long Course Boat Final
Open Male Taplin Relay Final	Open Female Taplin Relay Final	Open F Long Course Boat Final
		Open Mixed Surf Boat Relay Final

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