



# EVENT PROGRAMME

## 2025

### Thursday 20 February

#### Meeting Times

6.00am	EMC Meeting:	MMLS Board Room
6.45am	Arena Ref Meeting	MMLS Board Room
7.00am	Team Managers Meeting	MMLS Club
7.30am	Surf Officials	MMLS Club
8.00am	Opening Ceremony	Club End of Flag Pits
8.45am	Missing Person at Sea Exercise, Water Safety, Lifeguards and Club Reps	

#### Event Schedule

Ocean Warm Up: After Missing Person at Sea/Flags	Marshalling: 8.40am	Start Time: 9.00am	LT – 7.20am, HT – 1.39pm
<b>Black Flags Pit</b>	<b>Blue Flags Pit</b>	<b>Yellow Flags Pit</b>	<b>Red Flags Pit</b>
U14 Mens Beach Flags	U14 Womens Beach Flags	U12 Mens Beach Flags	U12 Womens Beach Flags
U13 Mens Beach Flags	U13 Womens Beach Flags	U11 Mens Beach Flags	U11 Womens Beach Flags
<b>Black Ocean Arena</b>	<b>Blue Ocean Arena</b>	<b>Yellow Ocean Arena</b>	<b>Red Ocean Arena</b>
U14 Mens Run Swim Run – Heats	U14 Womens Run Swim Run – Heats	U12 Mens Run-Swim-Run - Heats	U12 Womens Run-Swim-Run - Heats
U13 Mens Run-Swim-Run - Heats	U13 Womens Run-Swim-Run - Heats	U11 Mens Run-Swim-Run - Heats	U11 Womens Run-Swim-Run - Heats
U14 Mens Run Swim Run - Semis	U14 Womens Run Swim Run - Semis	U12 Mens Run-Swim-Run - Semis	U12 Womens Run-Swim-Run - Semis
U13 Mens Run-Swim-Run - Semi	U13 Womens Run-Swim-Run - Semis	U11 Mens Run-Swim-Run - Semis	U11 Womens Run-Swim-Run - Semis
<b>U14 Mens Run Swim Run – Final</b>	<b>U14 Womens Run Swim Run – Final</b>	<b>U12 Mens Run-Swim-Run - Final</b>	<b>U12 Womens Run-Swim-Run - Final</b>
<b>U13 Mens Run-Swim-Run - Final</b>	<b>U13 Womens Run-Swim-Run - Final</b>	<b>U11 Mens Run-Swim-Run - Final</b>	<b>U11 Womens Run-Swim-Run - Final</b>

NOTE: The programme is subject to change to suit ocean conditions and entry numbers.

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U14 Mens Diamond Race - Heats	U14 Womens Diamond Race - Heats	U12 Mens Diamond Race - Heats	U12 Womens Diamond Race - Heats
U13 Mens Diamond Race - Heats	U13 Womens Diamond Race - Heats	U11 Mens Diamond Race - Heats	U11 Womens Diamond Race - Heats
U14 Mens Diamond Race - Semis	U14 Womens Diamond Race - Semis	U12 Mens Diamond Race - Semis	U12 Womens Diamond Race - Semis
U13 Mens Diamond Race - Semis	U13 Womens Diamond Race - Semis	U11 Mens Diamond Race - Semis	U11 Womens Diamond Race - Semis

### Medal Presentations

Event	Age Groups	When
Beach Flags Run Swim Run	All	Following Diamond Semis

## Friday 21 February

### Meeting Times

6.00am	EMC Meeting:	MMLS Board Room
6.30am	Arena Ref Meeting	MMLS Board Room
6.45am	Team Managers Meeting	MMLS Club
7.15am	Surf Officials	Arenas

### Event Schedule

Ocean Warm Up: 7.20am	Marshalling: 7.40am	Start Time: 8.00am	LT – 8.08am, HT – 2.19pm	
<b>Black Ocean Arena</b>	<b>Blue Ocean Arena</b>	<b>Yellow Ocean Arena</b>	<b>Red Ocean Arena</b>	<b>White Beach Sprint Arena – 10.30am</b>
U14 Mens Board Race - Heats	U14 Womens Board Race - Heats	U12 Mens Board Race - Heats	U12 Womens Board Race - Heats	<b>Following U11 and U12 Board</b>
U13 Mens Board Race - Heats	U13 Womens Board Race - Heats	U11 Mens Board Race - Heats	U11 Womens Board Race - Heats	U11 Mens Beach Sprint - Heats
U14 Mens Board Race - Quarters	U14 Womens Board Race - Quarters	U12 Mens Board Race - Quarters	U12 Womens Board Race - Quarters	U11 Womens Beach Sprint - Heats
U13 Mens Board Race - Quarters	U13 Womens Board Race - Quarters	U11 Mens Board Race - Semis	U11 Womens Board Race - Semis	U12 Mens Beach Sprint - Heats
U14 Mens Board Race - Semis	U14 Womens Board Race - Semis	U12 Mens Board Race - Semis	U12 Womens Board Race - Semis	U12 Womens Beach Sprint - Heats
U13 Mens Board Race - Semis	U13 Womens Board Race - Semis			U11 Mens Beach Sprint - Quarters
		<b>U11 Mens Board Race - Final</b>	<b>U11 Womens Board Race - Final</b>	U11 Womens Beach Sprint - Quarters
<b>U14 Mens Board Race - Final</b>	<b>U14 Womens Board Race - Final</b>	<b>U12 Mens Board Race - Final</b>	<b>U12 Womens Board Race - Final</b>	U12 Mens Beach Sprint - Quarters
<b>U13 Mens Board Race - Final</b>	<b>U13 Womens Board Race - Final</b>			U12 Womens Beach Sprint - Quarters
				U11 Mens Beach Sprint - Semis
<b>Black Ocean Arena</b>	<b>Blue Ocean Arena</b>	<b>Yellow Ocean Arena</b>	<b>Red Ocean Arena</b>	U11 Womens Beach Sprint - Semis
U14 Mens Board Rescue - Heats	U14 Mens Board Rescue - Heats	U14 Womens Board Rescue - Heats	U14 Womens Board Rescue - Heats	U12 Mens Beach Sprint - Semis
U14 Mens Board Rescue - Quarters	U14 Mens Board Rescue - Quarters	U14 Womens Board Rescue - Quarters	U14 Womens Board Rescue - Quarters	U12 Womens Beach Sprint - Semis
U14 Mens Board Rescue - Semis	U14 Mens Board Rescue - Semis	U14 Womens Board Rescue - Semis	U14 Womens Board Rescue - Semis	
				<b>U11 Mens Beach Sprint Final</b>
	<b>U14 Mens Board Rescue - Final</b>	<b>U14 Womens Board Rescue - Final</b>		<b>U11 Womens Beach Sprint Final</b>
				<b>U12 Mens Beach Sprint Final</b>
				<b>U12 Womens Beach Sprint Final</b>
				<b>Following Board Rescue</b>
				U14 Mens Beach Sprint - Heats
				U14 Womens Beach Sprint - Heats
				U13 Mens Beach Sprint - Heats
				U13 Womens Beach Sprint - Heats
				U14 Mens Beach Sprint - Quarters
				U14 Womens Beach Sprint - Quarters
				U13 Mens Beach Sprint - Quarters
				U13 Womens Beach Sprint - Quarters

				U14 Mens Beach Sprint - Semis
				U14 Womens Beach Sprint - Semis
				U13 Mens Beach Sprint - Semis
				U13 Womens Beach Sprint - Semis
				U14 Womens Beach Sprint - Semis
				U13 Womens Beach Sprint - Semis
				<b>U14 Mens Beach Sprint Final</b>
				<b>U14 Womens Beach Sprint Final</b>
				<b>U13 Mens Beach Sprint Final</b>
				<b>U13 Womens Beach Sprint Final</b>

### Medal Presentations

Event	Age Groups	When
Board Race Beach Sprint	U11, U12	Following U11 and U12 Beach Sprint Finals
Board Race Board Rescue Beach Sprint	U13, U14	Following U13 and U14 Beach Sprint Finals

## Saturday 22 February

### Meeting Times

6.00am	EMC Meeting:	MMLS Board Room
6.30am	Arena Ref Meeting	MMLS Board Room
6.45am	Team Managers Meeting	MMLS Club
7.15am	Surf Officials	MMLS Club

### Event Schedule

Ocean Warm Up: 7.15am	Marshalling: 7.40am	Start Time: 8.00am	LT – 9.01am, HT – 3.05pm	
<b>Black Ocean Arena – 9.00am</b>	<b>Blue Ocean Arena – 9.00am</b>	<b>Yellow Ocean Arena – 8.00am</b>	<b>Red Ocean Arena – 8.00am</b>	<b>Beach Sprint Arena – 8.00am</b>
U14 Mens Surf Race - Heats	U14 Womens Surf Race - Heats	U12 Mens Surf Race - Heats	U12 Womens Surf Race - Heats	U14 Mixed Beach Relay - Heats
U13 Mens Surf Race - Heats	U13 Womens Surf Race - Heats	U11 Mens Surf Race - Heats	U11 Womens Surf Race - Heats	U14 Mixed Beach Relay - Semis
U14 Mens Surf Race - Semis	U14 Womens Surf Race - Semis	U12 Mens Surf Race - Semis	U12 Womens Surf Race - Semis	
U13 Mens Surf Race - Semis	U13 Womens Surf Race - Semis	U11 Mens Surf Race - Semis	U11 Womens Surf Race - Semis	<b>U14 Mixed Beach Relay - Final</b>
<b>U13 Mens Surf Race - Final</b>	<b>U14 Mens Surf Race - Final</b>	<b>U12 Mens Surf Race - Final</b>	<b>U12 Womens Surf Race - Final</b>	
<b>U14 Womens Surf Race - Final</b>	<b>U13 Womens Surf Race - Final</b>	<b>U11 Mens Surf Race - Final</b>	<b>U11 Womens Surf Race - Final</b>	
U14 Male Board Relay - Heats	U14 Female Board Relay - Heats	U12 Male Board Relay - Heats	U12 Female Board Relay – Heats	
U14 Male Board Relay - Semis	U14 Female Board Relay - Semis	U12 Male Board Relay - Semis	U12 Female Board Relay - Semis	
<b>U14 Male Board Relay – Final</b>	<b>U14 Female Board Relay – Final</b>	<b>U12 Male Board Relay – Final</b>	<b>U12 Female Board Relay – Final</b>	
<b>Black Ocean Arena – 9.00am</b>	<b>Blue Ocean Arena – 9.00am</b>	<b>Yellow Ocean Arena – 8.00am</b>	<b>Red Ocean Arena – 8.00am</b>	<b>Beach Sprint Arena</b>
U14 Mens Tube Rescue - Heats	U14 Mens Tube Rescue - Heats	U14 Womens Tube Rescue - Heats	U14 Womens Tube Rescue - Heats	U12 Mixed Beach Relay - Heats
U14 Mens Tube Rescue - Quarters	U14 Mens Tube Rescue - Quarters	U14 Womens Tube Rescue - Quarters	U14 Womens Tube Rescue - Quarters	U11 Mixed Beach Relay - Semis
U14 Mens Tube Rescue - Semis	U14 Mens Tube Rescue - Semis	U14 Womens Tube Rescue - Semis	U14 Womens Tube Rescue - Semis	U12 Mixed Beach Relay - Semis
	<b>U14 Mens Tube Rescue - Final</b>	<b>U14 Womens Tube Rescue - Final</b>		<b>U12 Mixed Beach Relay - Final</b>

## Medal Presentations

Event	Age Groups	When
Surf Race Board Relay Beach Relay	U11, U12	Following U12 Mixed Beach Relay Final
Beach Relay Surf Race Board Relay Tube Rescue	U13, U14	Following U14 Mixed Beach Relay Final

## Sunday 23 February

### Meeting Times

6.00am	EMC Meeting:	MMLS Board Room
6.30am	Arena Ref Meeting	MMLS Board Room
6.45am	Team Managers Meeting	MMLS Club
7.15am	Surf Officials	MMLS Club

Ocean Warm Up: 7.20am	Marshalling: 7.40am	Start Time: 8.00am	LT – 9.58am, HT – 3.58pm	
				<b>Beach Arena – 8.00am</b>
				2km Beach Relay
<b>Black Ocean Arena – 9.00am</b>	<b>Blue Ocean Arena – 9.00am</b>	<b>Yellow Ocean Arena – 9.00am</b>	<b>Red Ocean Arena – 9.00am</b>	
<b>U14 Mens Diamond Race - Final</b>	<b>U13 Mens Diamond Race - Final</b>	<b>U12 Mens Diamond Race - Final</b>	<b>U11 Mens Diamond Race - Final</b>	
<b>U14 Womens Diamond Race - Final</b>	<b>U13 Womens Diamond Race - Final</b>	<b>U12 Womens Diamond Race - Final</b>	<b>U11 Womens Diamond Race - Final</b>	
	<b>Blue Ocean Arena</b>			
	U12 Mixed Grand Cameron - Heats			
	U14 Mixed Grand Cameron - Heats			
	<b>U12 Mixed Grand Cameron - Final</b>			
	<b>U14 Mixed Grand Cameron - Final</b>			

### Medal Presentations

Event	Age Groups	When
2km Beach Relay Diamond Race Grand Cameron	All	Following Grand Cameron Finals