

ARENA	1	2	3	4	5	6
FORMAT A						
7.30			R&R	R&R		
8.15					MARCH PAST	
9.00	U/10 WADE RELAY	U/11 BRD RELAY	U/13 CAMERON	U/14 SWIM	U/12 SPRINTS	U/9 FLAGS
10.00	U/9 WADE RELAY	U/12 BRD RELAY	U/14 CAMERON	U/13 SWIM	U/11 SPRINTS	U/10 FLAGS
11.00	U/10 BRD RELAY	U/13 BRD RELAY	U/11 CAMERON	U/12 SWIM	U/9 SPRINTS	U/14 FLAGS
12.00	U/9 BRD RELAY	U/14 BRD RELAY	U/12 CAMERON	U/11 SWIM	U/10 SPRINTS	U/13 FLAGS
1.00	U/9 CAMERON	U/10 CAMERON	U/11 BRD RESCUE	U/14 BRD RESCUE	U/13 SPRINTS	U/12 FLAGS
2.00	U/9 SWIM	U/10 SWIM	U/12 BRD RESCUE	U/13 BRD RESCUE	U/14 SPRINTS	U/11 FLAGS
3.00	FINISH					

ARENA	1	2	3	4	5	6
FORMAT B						
7.30			R&R	R&R		
8.15					MARCH PAST	
9.00	U/10 WADE	U/11 BOARD	U/13 CAMERON	U/14 SWIM TEAMS	U/12 BEACH RELAY	U/9 FLAGS
10.00	U/9 WADE	U/12 BOARD	U/14 CAMERON	U/13 SWIM TEAMS	U/11 BEACH RELAY	U/10 FLAGS
11.00	U/10 BOARD	U/13 BOARD	U/11 CAMERON	U/12 SWIM TEAMS	U/9 BEACH RELAY	U/14 FLAGS
12.00	U/9 BOARD	U/14 BOARD	U/12 CAMERON	U/11 SWIM TEAMS	U/10 BEACH RELAY	U/13 FLAGS
1.00	U/9 CAMERON	U/10 CAMERON	U/11 IRONPERSON	U/14 IRON PERSON	U/13 BEACH RELAY	U/12 FLAGS
2.00	U/9 SWIM TEAMS	U/10 SWIM TEAMS	U/12 IRONPERSON	U/13 IRONPERSON	U/14 BEACH RELAY	U/11 FLAGS
3.00	FINISH					

ARENA	1- 4 are L-R or R-L across beach or as requ.
1	MODIFIED WATER
2	SNR BOARD / MODIFIED WATER
3	SNR SWIM/BOARD
4	SNR SWIM
5	SPRINTS
6	FLAGS 2 AREAS M/F

AGE GROUPS	FORMAT A	FORMAT B
ALL	SPRINTS	BEACH RELAY
ALL	SWIM	SWIM TEAMS
ALL	BOARD RELAY	BOARD
U11 - U14	BOARD RESCUE	IRONMAN
MODS	WADE RELAY	WADE
ALL	FLAGS	FLAGS
ALL	CAMERON	CAMERON