

2023 NSW Masters Surf Life Saving Championships

Timetable - Wednesday 1 March 2023

30-54 years	55-75+ years plus	30 - 75+ years plus	BEACH ARENA
Male	Male	Female	7.30am report 8.00am Start
8.30am Report. 9.00am Start	8.30am Report. 9.00am Start	8.30am Report. 9.00am Start	
			75+ Male / Female Beach Run (1km)
50-54 Male Ski	75+ Male Ski	75+ Female Ski	70-74 Male / Female Beach Run (1km)
45-49 Male Ski	70-74 Male Ski	70-74Female Ski	65-69 Male / Female Beach Run (1km)
40-44 Male Ski	65-69 Male Ski	65-69 Female Ski	60-64 Male / Female Beach Run (1km)
35-39 Male Ski	60-64 Male Ski	60-64 Female Ski	55-59 Male / Female Beach Run (2km)
30-35 Male Ski	55-59 Male Ski	55-59 Female Ski	50-54 Male/ Female Beach Run (2km)
		50-54 Female Ski	45-49 Male / Female Beach Run (2km)
50-54 Male Board	75+ Male Board	45-49 Female Ski	40-44 Male / Female Beach Run (2km)
45-49 Male Board	70-74 Male Board	40-44 Female Ski	35-39 Male / Female Beach Run (2km)
40-44 Male Board	65-69 Male Board	35-39 Female Ski	30-34 Male / Female Beach Run (2km)
35-39 Male Board	60-64 Male Board	30-34 Female Ski	
30-34 Male Board	55-59 Male Board		
		75+ Female Board	
50-54 Male Surf Race	75+ Male Surf Race	70-74 Female Board	75+ Male / Female Beach Sprints
45-49 Male Surf Race	70-74 Male Surf Race	65-69 Female Board	70-74 Male / Female Beach Sprints
40-44 Male Surf Race	65-69 Male Surf Race	60-64 Female Board	65-69 Male / Female Beach Sprints
35-39 Male Surf Race	60-64 Male Surf Race	55-59 Female Board	60-64 Male / Female Beach Sprints
30-34 Male Surf Race	55-59 Male Surf Race	50-54 Female Board	55-59 Male / Female Beach Sprints
		45-49 Female Board	50-54 Male/ Female Beach Sprints
50-54 Ironman	75+ Ironman	40-44 Female Board	45-49 Male / Female Beach Sprints
45-49 Ironman	70-74 Ironman	35-39 Female Board	40-44 Male / Female Beach Sprints
40-44 Ironman	65-69 Ironman	30-34 Female Board	
35- 39 Ironman	60-64 Ironman		

30-34 Ironman	55-59 Ironman	75+ Female Surf Race	35-39 Male / Female Beach Sprints
		70-74 Female Surf Race	30-34 Male / Female Beach Sprints
		65-69 Female Surf Race	
50-54 Male Tube Race	75+ Male Tube Race	60-64 Female Surf Race	230 Female Relay
45-49 Male Tube Race	70-74 Male Tube Race	55-59 Female Surf Race	230 Male Relay
40-44 Male Tube Race	65-69 Male Tube Race	50-54 Female Surf Race	200 Female Relay
35-39 Male Tube race	60-64 Male Tube Race	45-49 Female Surf Race	200 Male Relay
30-34 Male Tube Race	55-59 Male Tube Race	40-44 Female Surf Race	170 Female Relay
		35-39 Female Surf Race	170 Male Relay
Area to Take Over if Required	Area to Take Over if Required	30-34 Female Surf Race	
From Female Area	From Female Area		
		75+ Ironwoman	140 Female Relay
		70-74 Ironwoman	140 Male Relay
		65-69 Ironwoman	
		60-64 Ironwoman	65-69 Male / Female Beach Flags
		55-59 Ironwoman	60-64 Male / Female Beach Flags
		50-54 Ironwoman	55-59 Male / Female Beach Flags
		45-49 Ironwoman	50-54 Male/ Female Beach Flags
		40-44 Ironwoman	45-49 Male / Female Beach Flags
		35-39 Ironwoman	40-44 Male / Female Beach Flags
		30-34 Ironwoman	
		75 + Female Tube Race	35-39 Male / Female Beach Flags
		70-74 Female Tube Race	30-34 Male / Female Beach Flags
		65-69 Female Tube Race	
		60-64 Female Tube Race	
		55-59 Female Tube Race	
		50-54 Female Tube Race	

		45-49 Female Tube Race	
		40-44 Female Tube Race	
		35-39 Female Tube Race	

2023 NSW Masters Surf Life Saving Championships

Timetable – Thursday 2 March 2023

110, 130 Years	150, 170 Years	110, 130, 150, 170 Years	BEACH ARENA
Male	Male	Female	
7.30am Report. 8.00am Start	7.30am Report. 8.00am Start	7.30am Report. 8.00am Start	
110 Male Taplin Relay	150 Male Taplin Relay	110 Female Taplin Relay	
130 Male Taplin Relay	170 Male Taplin Relay	130 Female Taplin Relay	
		150 Female Taplin Relay	<i>AREA HELD OVER FOR EVENTS NOT CONCLUDED ON WEDNESDAY</i>
		170 + Female Taplin Relay	
110 Male Board Relay	150 Male Board Relay	110 Female Board Relay	
130 Male Board Relay	170 Male Board Relay	130 Female Board Relay	
		150 Female Board Relay	
		170 + Female Board Relay	
110 Male Surf Teams	150 Male Surf Teams	110 Female Surf Teams	
130 Male Surf Teams	170 Male Surf Teams	130 Female Surf Teams	
		150 Female Surf Teams	
		170 + Female Surf Teams	
110 Male Ski Relay	150 Male Ski Relay	110 Female Ski Relay	
130 Male Ski Relay	170 Male Ski Relay	130 Female Ski Relay	
		150 Female Ski Relay	
		170 + Female Ski Relay	
30-34 Male Board Rescue	50-54 Male Board Rescue	45-49 Male Double Ski	
35-39 Male Board Rescue	50-54 Female Board Rescue	45-49 Female Double Ski	
35-39 Female Board Rescue	55-59 Male Board Rescue	40-44 Male Double Ski	

40-44 Male Board Rescue	55-59 Female Board Rescue	40-44 Female Double Ski	
40-44 Female Board Rescue	60-64 Male Board Rescue	35-39 Male Double Ski	
45-49 Male Board Rescue	60-64 Female Board Rescue	35-39 Female Double Ski	
45-49 Female Board Rescue	65-69 Male Board Rescue	30-34 Male Double Ski	
	65-69 Female Board Rescue	30-34 Female Double Ski	
	70-74 Male Board Rescue	60-64 Male Double Ski	
	70-74 Female Board Rescue	60-64 Female Double Ski	
	75+ Male Board Rescue	65-69 Male Double Ski	
	75+ Female Board Rescue	65-69 Female Double Ski	
		70-74 Male Double Ski	
		70-74 Female Double Ski	
		75+ Male Double Ski	
		75+ Female Double Ski	
		55-59 Male Double Ski	
		55-59 Female Double Ski	
		50-54 Male Double Ski	
		50-54 Female Double Ski	