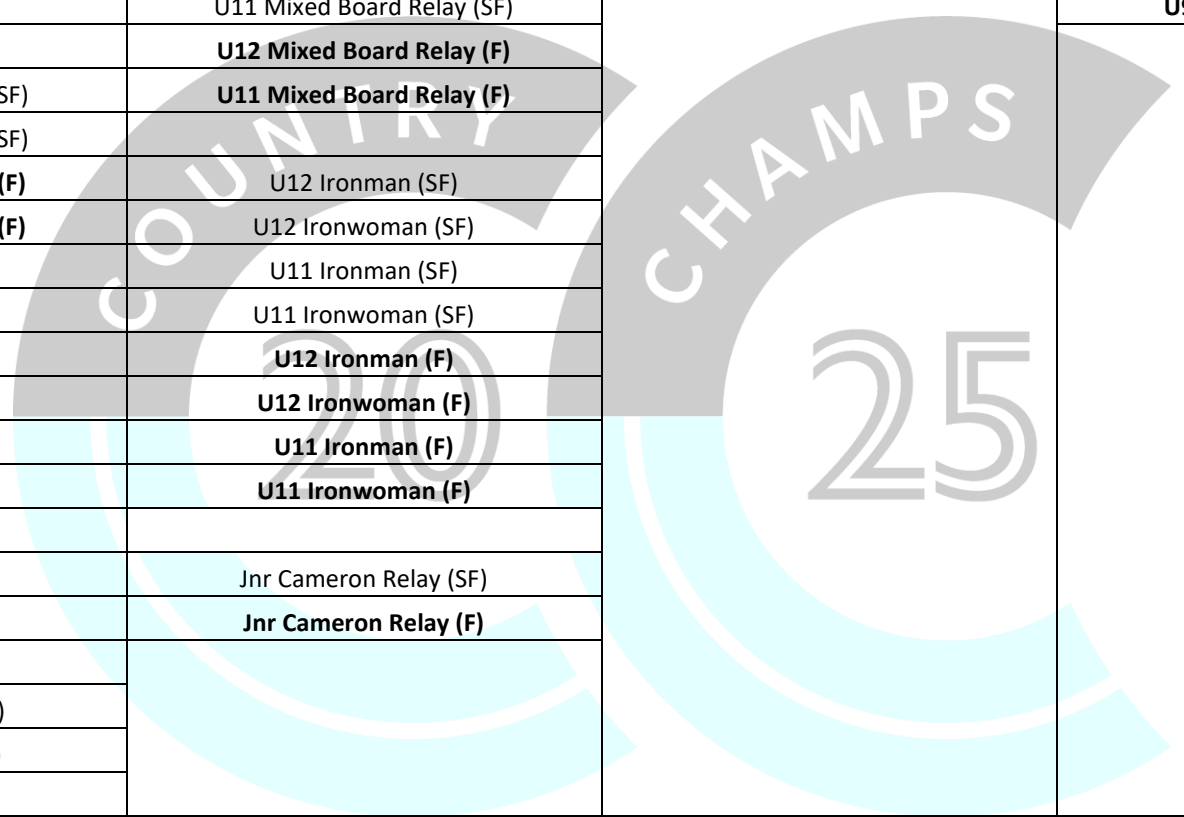


2025 NSW Country Championships

Day 1 – Friday 24 January 2025 (WATER)				
RED AREA	GREEN & GOLD AREA	PINK AREA	BLACK & WHITE AREA	BOARD RIDING
0715 Report – 0730 Start				0700 Report
U14 Male Surf Race (H)	U12 Male Surf Race (H)	U12 Female Surf Race (H)	U9 Male Surf Race (H)	30-39 M&F Short Board
U14 Female Surf Race (H)	U11 Male Surf Race (H)	U11 Female Surf Race (H)	U9 Female Surf Race (H)	30-39 M&F Long Board
U13 Male Surf Race (H)	U12 Male Surf Race (F)	U12 Female Surf Race (F)		0815 Report
U13 Female Surf Race (H)	U11 Male Surf Race (F)	U11 Female Surf Race (F)	U9 Male Board (H)	40-49 M&F Short Board
U14 Male Surf Race (F)		U10's Marshall at 0815	U9 Female Board (H)	40-49 M&F Long Board
U14 Female Surf Race (F)	U12 Mixed Surf Teams (H)	U10 Male Surf Race (H)		0900 Report
U13 Male Surf Race (F)	U11 Mixed Surf Teams (H)	U10 Female Surf Race (H)	U9 Male Surf Race (F)	50-59 M&F Short Board
U13 Female Surf Race (F)	U12 Mixed Surf Teams (F)		U9 Female Surf Race (F)	50-59 M&F Long Board
	U11 Mixed Surf Teams (F)	U10 Male Board (H)		1030 Report
U14 Mixed Surf Teams (H)		U10 Female Board (H)	U9 Male Board (SF)	60-69 M&F Short Board
U13 Mixed Surf Teams (H)	U12 Male Board (H)		U9 Female Board (SF)	60-69 M&F Long Board
U14 Mixed Surf Teams (F)	U12 Female Board (H)	U10 Male Surf Race (F)		70+ M&F Short Board
U13 Mixed Surf Teams (F)	U11 Male Board (H)	U10 Female Surf Race (F)	U8 Male Wade	70+ M&F Long Board
	U11 Female Board (H)		U8 Female Wade	1145 Report
U14 Male Board (H)	U12 Male Board (SF)	U10 Male Board (SF)	U8 Mixed Wade Relay	U15 M&F Short Board
U14 Female Board (H)	U12 Female Board (SF)	U10 Female Board (SF)		1230 Report
U13 Male Board (H)	U11 Male Board (SF)	U10 Male Board (F)	Buchanan Relay (SF)	U17 M&F Short Board
U13 Female Board (H)	U11 Female Board (SF)	U10 Female Board (F)	Buchanan Relay (F)	1315 Report
U14 Male Board (SF)	U12 Male Board (F)			U19 M&F Short Board
U14 Female Board (SF)	U12 Female Board (F)	U10 Mixed Surf Teams (H)	U9 Male Board (F)	1400 Report
U13 Male Board (SF)	U11 Male Board (F)	U10 Mixed Surf Teams (F)	U9 Female Board (F)	Open M&F Short Board
U13 Female Board (SF)	U11 Female Board (F)			
U14 Male Board (F)		U10 Mixed Board Relay (H)	U9 Mixed Surf Teams (H)	
U14 Female Board (F)		U10 Mixed Board Relay (F)	U9 Mixed Surf Teams (F)	

2025 NSW Country Championships

RED AREA	GREEN & GOLD AREA	PINK AREA	BLACK & WHITE AREA
U13 Male Board (F)	U12 Mixed Board Relay (SF)		U9 Mixed Board Relay (H)
U13 Female Board (F)	U11 Mixed Board Relay (SF)		U9 Mixed Board Relay (F)
	U12 Mixed Board Relay (F)		
U14 Mixed Board Relay (SF)	U11 Mixed Board Relay (F)		
U13 Mixed Board Relay (SF)			
U14 Mixed Board Relay (F)	U12 Ironman (SF)		
U13 Mixed Board Relay (F)	U12 Ironwoman (SF)		
	U11 Ironman (SF)		
U14 Ironman (SF)	U11 Ironwoman (SF)		
U14 Ironwoman (SF)	U12 Ironman (F)		
U13 Ironman (SF)	U12 Ironwoman (F)		
U13 Ironwoman (SF)	U11 Ironman (F)		
U14 Ironman (F)	U11 Ironwoman (F)		
U14 Ironwoman (F)			
U13 Ironman (F)	Jnr Cameron Relay (SF)		
U13 Ironwoman (F)	Jnr Cameron Relay (F)		
Snr Cameron Relay (SF)			
Snr Cameron Relay (F)			
Snr Male Board Rescue (H)	Snr Female Board Rescue (H)	Jnr Male Board Rescue (H)	Jnr Female Board Rescue (H)
Snr Male Board Rescue (SF)	Snr Female Board Rescue (SF)	Jnr Male Board Rescue (SF)	Jnr Female Board Rescue (SF)
Snr Male Board Rescue (F)	Snr Female Board Rescue (F)	Jnr Male Board Rescue (F)	Jnr Female Board Rescue (F)

2025 NSW Country Championships

Day 1 – Friday 24 January 2025 (BEACH)		
SPRINT TRACK	BEACH FLAGS 1	BEACH FLAGS 2
0730 Report – 0800 Start		
U8 Male Sprints (H)	U8 Female Flags	
U8 Male Sprint (QF)		
U8 Male Sprint (SF)		
U8 Male Sprint (F)		
U8 Female Sprints (H)	U8 Male Flags	
U8 Female Sprint (QF)		
U8 Female Sprint (SF)		
U8 Female Sprint (F)		
U8 Mixed Beach Relay (SF)		
U8 Mixed Beach Relay (F)		
0945 Report		
U17 Male Sprint (H)	U15 Female Flags	U15 Male Flags
U17 Female Sprint (H)	Open Female Flags	Open Male Flags
U17 Male Sprint (SF)	U17 Female Flags	U17 Male Flags
U17 Female Sprint (SF)	U19 Female Flags	U19 Male Flags
U17 Male Sprint (F)	60+ Female Flags	60+ Male Flags
U17 Female Sprint (F)	50-59 Female Flags	50-59 Male Flags
U17 Male Beach Relay (F)	40-49 Female Flags	40-49 Male Flags
U17 Female Beach Relay (F)	30-39 Female Flags	30-39 Male Flags
U17 Mixed Beach Relay (F)		
	U9 Female Flags (H/Q/SF)	U9 Male Flags (H/Q/SF)
U19 Male Sprint (SF)	U9 Female Flags (F)	U9 Male Flags (F)
U19 Female Sprint (F)	<i>*If time permits U9 Flags will run Friday afternoon. If not, will remain as per Program on Saturday*</i>	

2025 NSW Country Championships

Day 1 – Friday 24 January 2025 cont... (BEACH)		
SPRINT TRACK	BEACH FLAGS 1	BEACH FLAGS 2
U19 Male Sprint (F)		
U19 Male Beach Relay (F)		
U19 Female Beach Relay (F)		
U19 Mixed Beach Relay (F)		
U15 Male Sprint (H)		
U15 Female Sprint (H)		
U15 Male Sprint (SF)		
U15 Female Sprint (SF)		
U15 Male Sprint (F)		
U15 Female Sprint (F)		
U15 Male Beach Relay (F)		
U15 Female Beach Relay (F)		
U15 Mixed Beach Relay (F)		
Open Male Sprint (H)		
Open Female Sprint (H)		
Open Male Sprint (SF)		
Open Female Sprint (SF)		
Open Male Sprint (F)		
Open Female Sprint (F)		
Open Male Beach Relay (F)		
Open Female Beach Relay (F)		
Open Mixed Beach Relay (F)		

2025 NSW Country Championships

Day 1 – Friday 24 January 2024 cont... (BEACH)		
SPRINT TRACK	BEACH FLAGS 1	BEACH FLAGS 2
30-39 Male Sprint (SF)		
30-39 Female Sprint (F)		
30-39 Male Sprint (F)		
40-49 Male Sprint (SF)		
40-49 Female Sprint (SF)		
40-49 Male Sprint (F)		
40-49 Female Sprint (F)		
50-59 Male Sprint (SF)		
50-59 Female Sprint (F)		
50-59 Male Sprint (F)		
60+ Male Sprint (F)		
60+ Female Sprint (F)		
110-149 yrs Male Beach Relay (F)		
110-149 yrs Female Beach Relay (F)		
110-149 yrs Mixed Beach Relay (F)		
150+ yrs Male Beach Relay (F)		
150+ yrs Female Beach Relay (F)		
150+ yrs Mixed Beach Relay (F)		

2025 NSW Country Championships

Day 2 – Saturday 25 January 2025 (WATER)				
RED AREA	GREEN & GOLD AREA	PINK AREA	BLACK & WHITE AREA	BOARD RIDING
0700 Report – 0730 Start	0730 Report – 0800 Start	0745 Report – 0815 Start		0730 Report
All Age Board Relay (SF)	30+ Mixed Double Ski (F)	30-39 Male Surf Race (F)	U15 Male Surf Race (SF)	U14 M&F Short Board
All Age Board Relay (F)	Open Male Double Ski (F)	30-39 Female Surf Race (F)	U15 Female Surf Race (SF)	0900 Report
	Open Female Double Ski (F)	40-49 Male Surf Race (F)		U13 M&F Short Board
U17 Ironman (SF)	Open Mixed Double Ski (F)	40-49 Female Surf Race (F)	U15 Male Board (SF)	
U19 Ironman (SF)	U19 Male Double Ski (F)	50-59 Male Surf Race (F)	U15 Female Board (SF)	
Open Ironman (SF)	U19 Female Double Ski (F)	50-59 Female Surf Race (F)		
		60+ Male Surf Race (F)	U15 Ironman (SF)	
U17 Male Ski (SF)	U17 Ironwoman (SF)	60+ Female Surf Race (F)	U15 Ironwoman (SF)	
U19 Male Ski (SF)	U19 Ironwoman (SF)			
Open Male Ski (SF)	Open Ironwoman (SF)	30-39 Male Ski (F)	U15 Mixed Board Relay (F)	
		30-39 Female Ski (F)		
U17 Male Ski Relay (F)	U17 Female Ski (SF)	40-49 Male Ski (F)	U15 Mixed Surf Teams (SF)	
U19 Male Ski Relay (F)	U19 Female Ski (SF)	40-49 Female Ski (F)	U15 Mixed Surf Teams (F)	
Open Male Ski Relay (F)	Open Female Ski (SF)	50-59 Male Ski (F)		
		50-59 Female Ski (F)	U15 Mixed Cameron Relay (SF)	
U17 Male Surf Race (SF)	U17 Female Ski Relay (F)	60+ Male Ski (F)	U15 Mixed Cameron Relay (F)	
U19 Male Surf Race (SF)	U19 Female Ski Relay (F)	60+ Female Ski (F)		
Open Male Surf Race (SF)	Open Female Ski Relay (F)		U15 Male Rescue Tube (SF)	
		110-149 yrs Mixed Ski Relay (F)	U15 Female Rescue Tube (SF)	
U17 Mixed Surf Teams (F)	U17 Female Surf Race (SF)	150+ yrs Mixed Ski Relay (F)	U15 Male Rescue Tube (F)	
U19 Mixed Surf Teams (F)	U19 Female Surf Race (SF)		U15 Female Rescue Tube (F)	
Open Mixed Surf Teams (F)	Open Female Surf Race (SF)	30-39 Male Board (F)		
		30-39 Female Board (F)	U15 Male Board Rescue (SF)	
U17 Male Board (SF)	U17 Female Board (SF)	40-49 Male Board (F)	U15 Female Board Rescue (SF)	
U19 Male Board (SF)	U19 Female Board (SF)			

2025 NSW Country Championships

Day 2 – Saturday 25 January 2025 cont... (WATER)			
RED AREA	GREEN & GOLD AREA	PINK AREA	BLACK & WHITE AREA
Open Male Board (SF)	Open Female Board (SF)	40-49 Female Board (F)	U15 Male Board Rescue (F)
U17 Male Board Relay (F)	U17 Female Board Relay (F)	50-59 Male Board (F)	U15 Female Board Rescue (F)
U19 Male Board Relay (F)	U19 Female Board Relay (F)	50-59 Female Board (F)	
Open Male Board Relay (F)	Open Female Board Relay (F)	60+ Male Board (F)	
		60+ Female Board (F)	
U17 Male Board Rescue (SF)	U17 Female Board Rescue (SF)		
U19 Male Board Rescue (SF)	U19 Female Board Rescue (SF)	30-39 Ironman (F)	
Open Male Board Rescue (SF)	Open Female Board Rescue (SF)	30-39 Ironwoman (F)	
U17 Male Board Rescue (F)	U17 Female Board Rescue (F)	40-49 Ironman (F)	
U19 Male Board Rescue (F)	U19 Female Board Rescue (F)	40-49 Ironwoman (F)	
Open Male Board Rescue (F)	Open Female Board Rescue (F)	50-59 Ironman (F)	
		50-59 Ironwoman (F)	
		60+ Ironman (F)	
		60+ Ironwoman (F)	
		110-149 yrs Mixed Surf Teams (F)	
		150+ yrs Mixed Surf Teams (F)	
		110-149 yrs Mixed Board Relay (F)	
		150+ yrs Mixed Board Relay (F)	

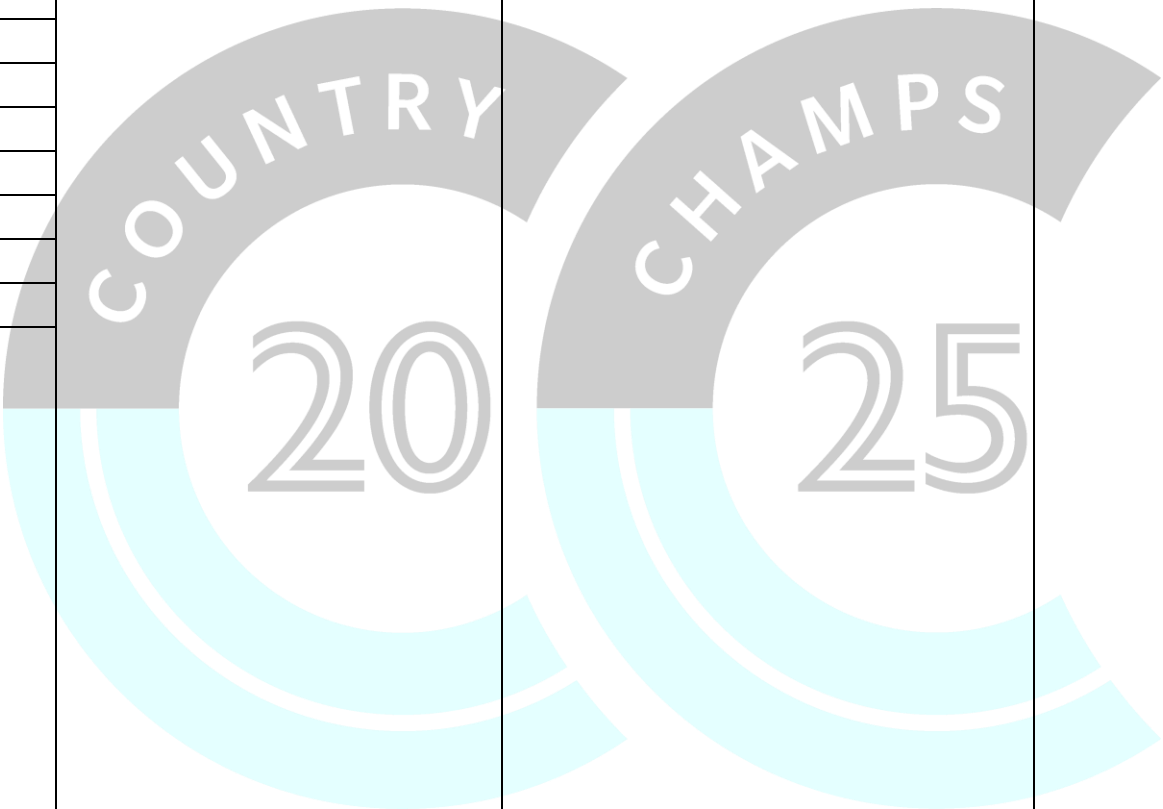
2025 NSW Country Championships

Day 2 – Saturday 25 January 2025 (BEACH)			
SPRINT TRACK	BEACH FLAGS 1	BEACH FLAGS 2	DISTANCE RUNS
0700 Report – 0730 Start	0800 Report – 0830 Start	0800 Report – 0830 Start	0545 Report – 0600 Start
All Age Beach Relay (SF)			U11 Male 2km Beach Run
All Age Beach Relay (F)			U11 Female 2km Beach Run
U9 Male Sprint (H/SF)	U10 Female Flags (H)	U10 Male Flags (H)	U12 Male 2km Beach Run
U9 Male Sprint (SF)	U10 Female Flags (QF)	U10 Male Flags (QF)	U12 Female 2km Beach Run
U9 Male Sprint (F)	U10 Female Flags (SF)	U10 Male Flags (SF)	
U9 Female Sprint (H)	U10 Female Flags (F)	U10 Male Flags (F)	U13 Male 2km Beach Run
U9 Female Sprint (SF)			U13 Female 2km Beach Run
U9 Female Sprint (F)	U14 Female Flags (H)	U14 Male Flags (H)	
U9 Mixed Beach Relay (H)	U14 Female Flags (QF)	U14 Male Flags (QF)	U14 Male 2km Beach Run
U9 Mixed Beach Relay (F)	U14 Female Flags (SF)	U14 Male Flags (SF)	U14 Female 2km Beach Run
	U14 Female Flags (F)	U14 Male Flags (F)	
U12 Male Sprint (H)			U15 Male 1km Beach Run
U12 Male Sprint (SF)	<i>*U9 Flags if not completed on Friday afternoon*</i>		U17 Female 1km Beach Run
U12 Male Sprint (F)	U9 Female Flags (H)	U9 Male Flags (H)	
U12 Female Sprint (H)	U9 Female Flags (QF)	U9 Male Flags (QF)	U17 Male 1km Beach Run
U12 Female Sprint (SF)	U9 Female Flags (SF)	U9 Male Flags (SF)	U17 Female 1km Beach Run
U12 Female Sprint (F)	U9 Female Flags (F)	U9 Male Flags (F)	
U12 Mixed Beach Relay (H)			U19 Male 1km Beach Run
U12 Mixed Beach Relay (F)	U13 Female Flags (H)	U13 Male Flags (H)	U19 Female 1km Beach Run
	U13 Female Flags (QF)	U13 Male Flags (QF)	
U11 Male Sprint (H)	U13 Female Flags (SF)	U13 Male Flags (SF)	Open Male 2km Beach Run
U11 Male Sprint (SF)	U13 Female Flags (F)	U13 Male Flags (F)	Open Female 2km Beach Run
U11 Male Sprint (F)			

2025 NSW Country Championships

Day 2 – Saturday 25 January 2025 cont... (BEACH)			
SPRINT TRACK	BEACH FLAGS 1	BEACH FLAGS 2	DISTANCE RUNS
U11 Female Sprint (H)	U12 Female Flags (H)	U12 Male Flags (H)	30-39 Male 2km Beach Run
U11 Female Sprint (SF)	U12 Female Flags (QF)	U12 Male Flags (QF)	30-39 Female 2km Beach Run
U11 Female Sprint (F)	U12 Female Flags (SF)	U12 Male Flags (SF)	
U11 Mixed Beach Relay (H)	U12 Female Flags (F)	U12 Male Flags (F)	40-49 Male 2km Beach Run
U11 Mixed Beach Relay (F)			40-49 Female 2km Beach Run
	U11 Female Flags (H)	U11 Male Flags (H)	
U10 Male Sprint (H)	U11 Female Flags (QF)	U11 Male Flags (QF)	50-59 Male 2km Beach Run
U10 Male Sprint (SF)	U11 Female Flags (SF)	U11 Male Flags (SF)	50-59 Female 2km Beach Run
U10 Male Sprint (F)	U11 Female Flags (F)	U11 Male Flags (F)	
U10 Female Sprint (H)			60+ Male 1km Beach Run
U10 Female Sprint (SF)			60+ Female 1km Beach Run
U10 Female Sprint (F)			
U10 Mixed Beach Relay (H)			
U10 Mixed Beach Relay (F)			
U14 Male Sprint (H)			
U14 Male Sprint (SF)			
U14 Male Sprint (F)			
U14 Female Sprint (H)			
U14 Female Sprint (SF)			
U14 Female Sprint (F)			
U14 Mixed Beach Relay (H)			
U14 Mixed Beach Relay (F)			

2025 NSW Country Championships

Day 2 – Saturday 25 January 2025 cont...(BEACH)			
SPRINT TRACK	BEACH FLAGS 1	BEACH FLAGS 2	DISTANCE RUNS
U13 Male Sprint (H)			
U13 Male Sprint (SF)			
U13 Male Sprint (F)			
U13 Female Sprint (H)			
U13 Female Sprint (SF)			
U13 Female Sprint (F)			
U13 Mixed Beach Relay (H)			
U13 Mixed Beach Relay (F)			

2025 NSW Country Championships

Day 3 – Sunday 26 January 2025			
RED AREA	GREEN & GOLD AREA	PINK AREA	DISTANCE RUNS
0730 Report – 0800 Start		0545 Report – 0600 Start	
MARCH PAST – 0800			
0800 Report – 0830 Start			
U15 Male Surf Race (F)	U15 Female Surf Race (F)	30-39 Male Rescue Tube (F)	Open Male 2 x 1km Relay
U17 Male Surf Race (F)	U17 Female Surf Race (F)	30-39 Female Recue Tube (F)	Open Female 2 x 1km Relay
U19 Male Surf Race (F)	U19 Female Surf Race (F)	40-49 Male Rescue Tube (F)	
Open Male Surf Race (F)	Open Female Surf Race (F)	40-49 Female Recue Tube (F)	U17/19 Male 2 x 1km Relay
		50-59 Male Rescue Tube (F)	U17/19 Female 2 x 1km Relay
U15 Male Board (F)	U15 Female Board (F)	50-59 Female Recue Tube (F)	
U17 Male Board (F)	U17 Female Board (F)	60+ Male Rescue Tube (F)	Youth (U14/15) Male 2 x 1km Relay
U19 Male Board (F)	U19 Female Board (F)	60+ Female Recue Tube (F)	Youth (U14/15) Female 2 x 1km Relay
Open Male Board (F)	Open Female Board (F)		
		30-39 Male Board Rescue (F)	Junior (U11/12/13) Male 2 x 500m Relay
U17 Male Ski (F)	U17 Female Ski (F)	30-39 Female Board Rescue (F)	Junior (U11/12/13) Female 2 x 500m Relay
U19 Male Ski (F)	U19 Female Ski (F)	40-49 Male Board Rescue (F)	
Open Male Ski (F)	Open Female Ski (F)	40-49 Female Board Recue (F)	
		50-59 Male Board Rescue (F)	
U15 Ironman (F)	U15 Ironwoman (F)	50-59 Female Board Rescue (F)	
U17 Ironman (F)	U17 Ironwoman (F)	60+ Male Board Rescue (F)	
U19 Ironman (F)	U19 Ironwoman (F)	60+ Female Board Recue (F)	
Open Ironman (F)	Open Ironwoman (F)		
U17 Male Taplin Relay (F)	U17 Female Taplin Relay (F)	110-149 yrs Mixed Taplin Relay (F)	
U19 Male Taplin Relay (F)	U19 Female Taplin Relay (F)	150+ yrs Mixed Taplin Relay (F)	
Open Male Taplin Relay (3 pax) (F)	Open Female Taplin Relay (3 pax) (F)		
	Open MIXED Taplin Relay (F)		