

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	0745 Report – 0800 Start	0730 Report
All Age Board Relay (SF)	30+ Mixed Double Ski (F)	30-39 Male Surf Race (F)	U11 Male Ironman (SF2)	U14 M&F Short Board
All Age Board Relay (F)	Open Male Double Ski (F)	30-39 Female Surf Race (F)	U11 Female Ironwoman (F)	0900 Report
	Open Female Double Ski (F)	40-49 Male Surf Race (F)	U11 Male Ironman (F)	U13 M&F Short Board
U17 Ironman (SF)	Open Mixed Double Ski (F)	40-49 Female Surf Race (F)		
U19 Ironman (SF)	U19 Male Double Ski (F)	50-59 Male Surf Race (F)	Jnr Cameron Relay (SF)	
Open Ironman (SF)	U19 Female Double Ski (F)	50-59 Female Surf Race (F)	Jnr Cameron Relay (F)	
		60+ Male Surf Race (F)		
U17 Male Ski (SF)	U17 Ironwoman (SF)	60+ Female Surf Race (F)	Jnr Male Board Rescue (H)	
U19 Male Ski (SF)	U19 Ironwoman (SF)		Jnr Female Board Rescue (F)	
Open Male Ski (SF)	Open Ironwoman (SF)	30-39 Male Ski (F)	Jnr Male Board Rescue (F)	
		30-39 Female Ski (F)	Jnr Female Board Rescue (F)	
U17 Male Ski Relay (F)	U17 Female Ski (SF)	40-49 Male Ski (F)		
U19 Male Ski Relay (F)	U19 Female Ski (SF)	40-49 Female Ski (F)	0945 Report – 1000 Start	
Open Male Ski Relay (F)	Open Female Ski (SF)	50-59 Male Ski (F)	U15 Male Surf Race (SF)	
		50-59 Female Ski (F)	U15 Female Surf Race (SF)	
U17 Male Surf Race (SF)	U17 Female Ski Relay (F)	60+ Male Ski (F)		
U19 Male Surf Race (SF)	U19 Female Ski Relay (F)	60+ Female Ski (F)	U15 Male Board (SF)	
Open Male Surf Race (SF)	Open Female Ski Relay (F)		U15 Female Board (SF)	
		110-149 yrs Mixed Ski Relay (F)		
U17 Mixed Surf Teams (F)	U17 Female Surf Race (SF)	150+ yrs Mixed Ski Relay (F)	U15 Ironman (SF)	
U19 Mixed Surf Teams (F)	U19 Female Surf Race (SF)		U15 Ironwoman (SF)	
Open Mixed Surf Teams (F)	Open Female Surf Race (SF)	30-39 Male Board (F)	U15 Mixed Board Relay (F)	
		30-39 Female Board (F)		
U17 Male Board (SF)	U17 Female Board (SF)	40-49 Male Board (F)	U15 Mixed Surf Teams (SF)	
U19 Male Board (SF)	U19 Female Board (SF)		U15 Mixed Surf Teams (F)	

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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 Mixed Cameron Relay (SF)
U17 Male Board Relay (F)	U17 Female Board Relay (F)	50-59 Male Board (F)	U15 Mixed Cameron Relay (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)	U15 Male Rescue Tube (SF)
		60+ Female Board (F)	U15 Female Rescue Tube (SF)
U17 Male Board Rescue (SF)	U17 Female Board Rescue (SF)		U15 Male Rescue Tube (F)
U19 Male Board Rescue (SF)	U19 Female Board Rescue (SF)	30-39 Ironman (F)	U15 Female Rescue Tube (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)	U15 Male Board Rescue (SF)
U19 Male Board Rescue (F)	U19 Female Board Rescue (F)	40-49 Ironwoman (F)	U15 Female Board Rescue (SF)
Open Male Board Rescue (F)	Open Female Board Rescue (F)	50-59 Ironman (F)	
		50-59 Ironwoman (F)	U15 Male Board Rescue (F)
		60+ Ironman (F)	U15 Female Board Rescue (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)	

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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 1km Beach Run
All Age Beach Relay (F)			U11 Female 1km Beach Run
U13 Male Sprint (H)	U10 Female Flags (H)	U10 Male Flags (H)	U12 Male 1km Beach Run
U13 Male Sprint (SF)	U10 Female Flags (QF)	U10 Male Flags (QF)	U12 Female 1km Beach Run
U13 Male Sprint (F)	U10 Female Flags (SF)	U10 Male Flags (SF)	
U13 Female Sprint (H)	U10 Female Flags (F)	U10 Male Flags (F)	U13 Male 2km Beach Run
U13 Female Sprint (SF)			U13 Female 2km Beach Run
U13 Female Sprint (F)	U14 Female Flags (H)	U14 Male Flags (H)	
U13 Mixed Beach Relay (H)	U14 Female Flags (QF)	U14 Male Flags (QF)	U14 Male 2km Beach Run
U13 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 2km Beach Run
U12 Male Sprint (SF)	U13 Female Flags (H)	U13 Male Flags (H)	U15 Female 2km Beach Run
U12 Male Sprint (F)	U13 Female Flags (QF)	U13 Male Flags (QF)	
U12 Female Sprint (H)	U13 Female Flags (SF)	U13 Male Flags (SF)	U17 Male 2km Beach Run
U12 Female Sprint (SF)	U13 Female Flags (F)	U13 Male Flags (F)	U17 Female 2km Beach Run
U12 Female Sprint (F)			
U12 Mixed Beach Relay (H)	U12 Female Flags (H)	U12 Male Flags (H)	U19 Male 2km Beach Run
U12 Mixed Beach Relay (F)	U12 Female Flags (QF)	U12 Male Flags (QF)	U19 Female 2km Beach Run
	U12 Female Flags (SF)	U12 Male Flags (SF)	
U10 Male Sprint (H)	U12 Female Flags (F)	U12 Male Flags (F)	Open Male 2km Beach Run
U10 Male Sprint (SF)			Open Female 2km Beach Run
U10 Male Sprint (F)			

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

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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)		