



2025 NSW Surf Life Saving AGE Championships

Day 1 – Thursday 6 March 2025			
PINK AREA U10 FEMALE	BLACK & WHITE AREA U10 MALE	BEACH AREA ONE U9 MALE	BEACH AREA TWO U9 FEMALE
Warm Ups: Swim 7:10-7:25, Board 7:30-7:45 7:45am Report – 8:15am Start			
U10 Female Surf Race (H)	U10 Male Surf Race (H)	U9 Mixed Beach Relay (H)	
U10 Female Surf Race (QF)	U10 Male Surf Race (QF)	U9 Mixed Beach Relay (SF)	
U10 Female Surf Race (SF)	U10 Male Surf Race (SF)	U9 Mixed Beach Relay (F)	
U10 Female Surf Race (F)	U10 Male Surf Race (F)		
		U9 Male Sprint (H)	U9 Female Sprint (H)
U10 Female Board Race (H)	U10 Male Board Race (H)	U9 Male Sprint (SF)	U9 Female Sprint (SF)
U10 Female Board Race (QF)	U10 Male Board Race (QF)	U9 Male Sprint (F)	U9 Female Sprint (F)
U10 Female Board Race (SF)	U10 Male Board Race (SF)		
		U9 Male Beach Relay (H)	U9 Female Beach Relay (H)
U10 Female Surf Teams (QF)	U10 Male Surf Teams (QF)	U9 Male Beach Relay (SF)	U9 Female Beach Relay (SF)
U10 Female Surf Teams (SF)	U10 Male Surf Teams (SF)	U9 Male Beach Relay (F)	U9 Female Beach Relay (F)
U10 Female Surf Teams (F)	U10 Male Surf Teams (F)		
		U9 Male Beach Flags (H)	U9 Female Beach Flags (H)
U10 Female Board Relay (QF)	U10 Male Board Relay (QF)	U9 Male Beach Flags (SF)	U9 Female Beach Flags (SF)
U10 Female Board Relay (SF)	U10 Male Board Relay (SF)	U9 Male Beach Flags (F)	U9 Female Beach Flags (F)
Finals package area tbc on the day U10 Female Board Race (F) U10 Male Board Race (F) U10 Female Board Relay (F) U10 Male Board Relay (F)			



2025 NSW Surf Life Saving AGE Championships

Day 2 – Friday 7 March 2025			
RED AREA U13/U14 MALE & FEMALE	GREEN & GOLD AREA U11/U12 MALE & FEMALE	PINK AREA U9 FEMALE	BLACK & WHITE AREA U9 MALE
Warm Ups: Swim 7:10-7:25, Board 7:30-7:45 7:45am Report – 8:15am Start			
U14 Female Cameron Relay (SF)	U12 Mixed Cameron Relay (SF)	U9 Female Surf Race (H)	U9 Male Surf Race (H)
U14 Male Cameron Relay (SF)	U11 Mixed Cameron Relay (SF)	U9 Female Surf Race (QF)	U9 Male Surf Race (QF)
U13 Female Cameron Relay (SF)		U9 Female Surf Race (SF)	U9 Male Surf Race (SF)
U13 Male Cameron Relay (SF)	U12 Female Board Relay (QF)	U9 Female Surf Race (F)	U9 Male Surf Race (F)
	U12 Male Board Relay (QF)		
U14 Female Board Relay (QF)	U11 Female Board Relay (QF)	U9 Female Board Race (H)	U9 Male Board Race (H)
U14 Male Board Relay (QF)	U11 Male Board Relay (QF)	U9 Female Board Race (QF)	U9 Male Board Race (QF)
U13 Female Board Relay (QF)	U12 Female Board Relay (SF)	U9 Female Board Race (SF)	U9 Male Board Race (SF)
U13 Male Board Relay (QF)	U12 Male Board Relay (SF)		
U14 Female Board Relay (SF)	U11 Female Board Relay (SF)	U9 Female Surf Teams (SF)	U9 Male Surf Teams (SF)
U14 Male Board Relay (SF)	U11 Male Board Relay (SF)	U9 Female Surf Teams (F)	U9 Male Surf Teams (F)
U13 Female Board Relay (SF)			
U13 Male Board Relay (SF)	U12 Female Board Relay (F)	U9 Female Board Relay (QF)	U9 Male Board Relay (QF)
	U12 Male Board Relay (F)	U9 Female Board Relay (SF)	U9 Male Board Relay (SF)
U14 Female Board Relay (F)	U11 Female Board Relay (F)	Finals package area tbc on the day U9 Female Board Race (F) U9 Male Board Race (F) U9 Female Board Relay (F) U9 Male Board Relay (F)	
U14 Male Board Relay (F)	U11 Male Board Relay (F)		
U13 Female Board Relay (F)			
U13 Male Board Relay (F)	U11 Female Board Rescue (SF)		
	U11 Male Board Rescue (SF)		
	U12 Female Board Rescue (SF)		
	U12 Male Board Rescue (SF)		



2025 NSW Surf Life Saving AGE Championships

Day 2 – Friday 7 March 2025			
RED AREA U13/U14 MALE & FEMALE	GREEN & GOLD AREA U11/U12 MALE & FEMALE	PINK AREA U9 FEMALE	BLACK & WHITE AREA U9 MALE
U13 Male Board Rescue (SF)	U11 Female Board Rescue (F)		
U13 Female Board Rescue (SF)	U11 Male Board Rescue (F)		
U14 Male Board Rescue (SF)	U12 Female Board Rescue (F)		
U14 Female Board Rescue (SF)	U12 Male Board Rescue (F)		
U13 Male Board Rescue (F)			
U13 Female Board Rescue (F)			
U14 Male Board Rescue (F)			
U14 Female Board Rescue (F)			



2025 NSW Surf Life Saving AGE Championships

Day 2 – Friday 7 March 2025	
BEACH AREA ONE U10 MALE	BEACH AREA TWO U10 FEMALE
7:45am Report – 8:15am Start	
U10 Mixed Beach Relay (H)	
U10 Mixed Beach Relay (F)	
U10 Male Sprint (H)	U10 Female Sprint (H)
U10 Male Sprint (SF)	U10 Female Sprint (SF)
U10 Male Sprint (F)	U10 Female Sprint (F)
U10 Male Beach Relay (H)	U10 Female Beach Relay (H)
U10 Male Beach Relay (SF)	U10 Female Beach Relay (SF)
U10 Male Beach Relay (F)	U10 Female Beach Relay (F)
U10 Male Beach Flags (H)	U10 Female Beach Flags (H)
U10 Male Beach Flags (SF)	U10 Female Beach Flags (SF)
U10 Male Beach Flags (F)	U10 Female Beach Flags (F)
2:00pm Report – 2:30pm Start	
U11 Male & Female 1km Beach Run (F) / 2 x 500m Beach Run Relays (F)	
U12 Male & Female 1km Beach Run (F) / 2 x 500m Beach Run Relays (F)	
U13 Male & Female 2km Beach Run (F) / 2 x 1km Beach Run Relays (F)	
U14 Male & Female 2km Beach Run (F) / 2 x 1km Beach Run Relays (F)	
U11 Mixed 2 x 500m Beach Run Relay (F)	
U12 Mixed 2 x 500m Beach Run Relay (F)	
U13 Mixed 2 x 500m Beach Run Relay (F)	
U14 Mixed 2 x 500m Beach Run Relay (F)	



2025 NSW Surf Life Saving AGE Championships

Day 3 – Saturday 8 March 2025			
RED AREA U14 MALE & FEMALE	GREEN & GOLD AREA U13 MALE & FEMALE	PINK AREA U12 MALE & FEMALE	BLACK & WHITE AREA U11 MALE & FEMALE
7:45am Report – 8:00am Start			
	ALL AGE BOARD RELAY		
Warm Ups: Swim 7:10-7:25, Board 7:30-7:45			
7:45am Report – 8:15am Start			
U14 Male Surf Race (H)	U13 Female Surf Race (H)	U12 Male Surf Race (H)	U11 Female Surf Race (H)
U14 Female Surf Race (H)	U13 Male Surf Race (H)	U12 Female Surf Race (H)	U11 Male Surf Race (H)
U14 Male Surf Race (SF)	U13 Female Surf Race (SF)	U12 Male Surf Race (SF)	U11 Female Surf Race (SF)
U14 Female Surf Race (SF)	U13 Male Surf Race (SF)	U12 Female Surf Race (SF)	U11 Male Surf Race (SF)
U14 Male Iron (QF)	U13 Female Iron (QF)	U12 Male Iron (QF)	U11 Female Iron (QF)
U14 Female Iron (QF)	U13 Male Iron (QF)	U12 Female Iron (QF)	U11 Male Iron (QF)
U14 Male Iron (SF)	U13 Female Iron (SF)	U12 Male Iron (SF)	U11 Female Iron (SF)
U14 Female Iron (SF)	U13 Male Iron (SF)	U12 Female Iron (SF)	U11 Male Iron (SF)
U14 Male Board Race (H)	U13 Female Board Race (H)	U12 Male Board Race (H)	U11 Female Board Race (H)
U14 Female Board Race (H)	U13 Male Board Race (H)	U12 Female Board Race (H)	U11 Male Board Race (H)
U14 Male Board Race (QF)	U13 Female Board Race (QF)	U12 Male Board Race (QF)	U11 Female Board Race (QF)
U14 Female Board Race (QF)	U13 Male Board Race (QF)	U12 Female Board Race (QF)	U11 Male Board Race (QF)
U14 Male Board Race (SF)	U13 Female Board Race (SF)	U12 Male Board Race (SF)	U11 Female Board Race (SF)
U14 Female Board Race (SF)	U13 Male Board Race (SF)	U12 Female Board Race (SF)	U11 Male Board Race (SF)



Day 3 – Saturday 8 March 2025			
RED AREA U14 MALE & FEMALE	GREEN & GOLD AREA	PINK AREA U12 MALE & FEMALE	BLACK & WHITE AREA
	U3 MALE & FEMALE		U11 MALE & FEMALE
U14 Male Surf Teams (SF)	U13 Female Surf Teams (SF)	U12 Male Surf Teams (SF)	U11 Female Surf Teams (SF)
U14 Female Surf Teams (SF)	U13 Male Surf Teams (SF)	U12 Female Surf Teams (SF)	U11 Male Surf Teams (SF)
U14 Male Surf Teams (F)	U13 Female Surf Teams (F)	U12 Male Surf Teams (F)	U11 Female Surf Teams (F)
U14 Female Surf Teams (F)	U13 Male Surf Teams (F)	U12 Female Surf Teams (F)	U11 Male Surf Teams (F)



2025 NSW Surf Life Saving AGE Championships

Day 3 – Saturday 8 March 2025		
BEACH AREA ONE U11/U14 MALE & FEMALE	BEACH AREA TWO U12/U13 MALE & FEMALE	JUNIOR R&R FRESHWATER BEACH
7:30am Report – 08:00am Start		7:00am Report – 7:30am Start
ALL AGE BEACH RELAY (H)		U10-U11 2 Person R&R
ALL AGE BEACH RELAY (F)		U12 2 Person R&R
		U13-U14 2 Person R&R
U11 Male Sprint (H/SF)	U13 Male Sprint (H/SF)	U14-U15 2 Person R&R
U11 Female Sprint (H/SF)	U13 Female Sprint (H/SF)	U13-U15 5 Person R&R
U11 M&F Sprint (F)	U13 M&F Sprint (F)	
U11 Male Beach Relays (H/SF)	U13 Male Beach Relays (H/SF)	
U11 Female Beach Relays (H/SF)	U13 Female Beach Relays (H/SF)	
U11 M&F Beach Relay (F)	U13 M&F Beach Relay (F)	
U11 Mixed Beach Relay (H/SF)	U13 Mixed Beach Relay (H/SF)	
U11 Mixed Beach Relay (F)	U13 Mixed Beach Relay (F)	
U14 Male Sprint (H/SF)	U12 Male Sprint (H/SF)	
U14 Female Sprint (H/SF)	U12 Female Sprint (H/SF)	
U14 M&F Sprint (F)	U12 M&F Sprint (F)	
U14 Male Beach Relays (H/SF)	U12 Male Beach Relays (H/SF)	
U14 Female Beach Relays (H/SF)	U12 Female Beach Relays (H/SF)	
U14 M&F Beach Relay (F)	U12 M&F Beach Relay (F)	
U14 Mixed Beach Relay (H/SF)	U12 Mixed Beach Relay (H/SF)	
U14 Mixed Beach Relay (F)	U12 Mixed Beach Relay (F)	



2025 NSW Surf Life Saving AGE & INCLUSIVE Championships

Day 4 - Sunday 9 March 2025				
RED AREA	GREEN & GOLD	BEACH AREA ONE	BEACH AREA TWO	INCLUSIVE
	AREA			
		7:15am Report – 7:45am Start - MARCH PAST		8:30am Report - 9am Start
Warm Ups: Swim 7:10-7:25, Board 7:30-7:45 7:45am Report – 8:15am Start		7:45am Report – 8:15am Start		Age Groups U9, 10, 11, 12, 13, 14, 15, 17, 19, Open & Masters
FINALS PACKAGE		U11 Male Beach Flags (H)	U11 Female Beach Flags (H)	
U13 Female Surf Race (F)	U11 Female Surf Race (F)	U11 Male Beach Flags (SF)	U11 Female Beach Flags (SF)	
U13 Male Surf Race (F)	U11 Male Surf Race (F)	U11 Male Beach Flags (F)	U11 Female Beach Flags (F)	
U14 Female Surf Race (F)	U12 Female Surf Race (F)			Order of Events Sprints / Relay Flags Swim Board / Relay Wade Wade Relay (Jnr 9-14 & Snr 15–Masters) Run-Wade-Run (Jnr 11-13 & Youth 14-15) Run-Swim-Run (Snr 17 – Masters) <i>Subject to change – dependent on conditions</i>
U14 Male Surf Race (F)	U12 Male Surf Race (F)	U12 Male Beach Flags (H)	U12 Female Beach Flags (H)	
U13 Female Board Race (F)	U11 Female Board Race (F)	U12 Male Beach Flags (SF)	U12 Female Beach Flags (SF)	
U13 Male Board Race (F)	U11 Male Board Race (F)	U12 Male Beach Flags (F)	U12 Female Beach Flags (F)	
U14 Female Board Race (F)	U12 Female Board Race (F)			
U14 Male Board Race (F)	U12 Male Board Race (F)	U13 Male Beach Flags (H)	U13 Female Beach Flags (H)	
U13 Female Iron (F)	U11 Female Iron (F)	U13 Male Beach Flags (SF)	U13 Female Beach Flags (SF)	
U13 Male Iron (F)	U11 Male Iron (F)			
U14 Female Iron (F)	U12 Female Iron (F)	U14 Male Beach Flags (H)	U14 Female Beach Flags (H)	
U14 Male Iron (F)	U12 Male Iron (F)	U14 Male Beach Flags (SF)	U14 Female Beach Flags (SF)	
U13 Female Cameron Relay (F)	U11 Mixed Cameron Relay (F)			
U13 Male Cameron Relay (F)	U12 Mixed Cameron Relay (F)	U13 Female Beach Flags (F)		
U14 Female Cameron Relay (F)		U13 Male Beach Flags (F)		
U14 Male Cameron Relay (F)		U14 Female Beach Flags (F)		
		U14 Male Beach Flags (F)		