



2025 NSW Surf Life Saving LIFESAVING Championships

Friday 28 February 2025 - Champion Lifesaver - U14, U15 & U17

7:00am Report – 7:30am Start

U14 & U15		U17	
Approx		Approx	
7:30am	Question Paper	7:30am	Question Paper
8:30am	Sprints	8:30am	Sprints
9:00am	Resus and Live Patient	9:15am	Swim Race
11:45am	Swim Race	10:30am	Board Race
12:45pm	Board Race	11:00am	Tube Race
1:15pm	Rescue Tube Race	11:30am	Resus & Live Patient
1:45pm	Finish	2:00pm	Finish
	Medal Presentation		Medal Presentation



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Saturday 1 March 2025 - Champion Lifesaver - U19, Opens & Masters

7:00am Report – 7:30am Start

U19 & Opens		Masters	
Approx		Approx	
7:30am	Question Paper	7:30am	Question Paper
8:30am	Sprints	08:30am	Sprints
9:00am	Swim Race	09:00am	Resus and Live patient
9:30am	Board Race		
10:30am	Rescue Tube race	11:30am	Rescue Tube
		12:15pm	Swim Race
11:15am	Resus & Live Patient	12:45pm	Board Race
1:00pm	Finish	1:15pm	Finish
	Medal Presentation		Medal Presentation



2025 NSW Surf Life Saving LIFESAVING Championships

Sunday 2 March 2024 - Champion Patrol - U17 & Opens

7:00am Report – 7:30am Start

Approx	
7:40am	Question Paper
8:30am	Surf Race
	Surf Rescue
09:30am	Resus
10:15am	Scenarios commence
1:30pm	Finish
	Medal Presentation



2025 NSW Surf Life Saving LIFESAVING Championships

Saturday 8 March 2025 - First Aid - U17 & U19		Sunday 9 March 2025 - First Aid - U15 & Opens	
7:00am Report – 7:30am Start		7:00am Report – 7:30am Start	
Approx:		Approx:	
7:30am	U17	7:30am	U15
10:00am	U19	8:30am	Opens
	Results		Results