



## 2025 NSW Surf Life Saving OPEN Championships

### Day 1 –Thursday 13<sup>th</sup> March 2025

**01:30pm Report – 02:00pm Start**

**Water Areas to be confirmed on the day**

U17 Male Surf Belt (H)

U17 Female Surf Belt (H)

Open Male Surf Belt (H)

Open Female Surf Belt (H)

U19 Male Surf Belt (H)

U19 Female Surf Belt (H)

Open Male Surf Belt (SF)

Open Female Surf Belt (SF)

**U17 Male & Female Surf Belt (F)**

**U19 Male & Female Surf Belt (F)**

**Open Male & Female Surf Belt (F)**

U19 Male Rescue Tube Rescue (SF)

U19 Female Rescue Tube Rescue (SF)

Open Male Rescue Tube Rescue (SF)

Open Female Rescue Tube Rescue (SF)

**U19 Male Rescue Tube Rescue (F)**

**U19 Female Rescue Tube Rescue (F)**

**Open Male Rescue Tube Rescue (F)**

**Open Female Rescue Tube Rescue (F)**



## 2025 NSW Surf Life Saving OPEN Championships

### Day 2 – Friday 14<sup>th</sup> March 2025

RED AREA OPEN, U19 & U17 MALE	GREEN & GOLD AREA	PINK AREA	BLACK & WHITE AREA
	OPEN, U19 & U17 MALE	OPEN, U19 & U17 FEMALE	U15 MALE & FEMALE
Warm Ups: SWIM 7.05-7.20, BOARD 7.25-7.40, SKI 7.45-8.00			
8:00am Report – 8:30am Start			
U19 Male Surf Race (SF)	U19 Male Surf Race (SF)	U19 Female Surf Race (SF)	U15 Male Surf Race (SF)
U17 Male Surf Race (H/SF)	U17 Male Surf Race (H/SF)	U17 Female Surf Race (SF)	U15 Female Surf Race (SF)
Open Male Surf Race (H/SF)	Open Male Surf Race (SF)	Open Female Surf Race (SF)	
			U15 Male Board Race (H)
U17 Male Board Race (H)	U17 Male Board Race (H)	U17 Female Board Race (H)	U15 Female Board Race (H)
Open Male Board Race (H/QF)	Open Male Board Race (H/QF)	Open Female Board Race (H/QF)	U15 Male Board Race (SF)
U17 Male Board Race (QF)	U17 Male Board Race (QF)	U17 Female Board Race (QF)	U15 Female Board Race (SF)
U19 Male Board Race (QF)	U19 Male Board Race (QF)	U19 Female Board Race (SF)	
Open Male Board Race (QF)	Open Male Board Race (QF)	Open Female Board Race (QF)	U15 Male Surf Teams (SF/F)
U17 Male Board Race (SF)	U17 Male Board Race (SF)	U17 Female Board Race (SF)	U15 Female Surf Teams (SF/F)
Open Male Board Race (SF)	Open Male Board Race (SF)	Open Female Board Race (SF)	<b>U15 Male Surf Teams (F)</b>
U19 Male Board Race (SF)	U19 Male Board Race (SF)		<b>U15 Female Surf Teams (F)</b>
		U17 Female Surf Teams (SF/F)	
U17 Male Surf Teams (SF)	U17 Male Surf Teams (SF)	Open Female Surf Teams (SF/F)	U15 Ironman (H)
Open Male Surf Teams (SF/F)	Open Male Surf Teams (SF/F)	<b>U19 Female Surf Teams (F)</b>	U15 Ironwoman (H)
U19 Male Surf Teams (SF/F)	U19 Male Surf Teams (SF/F)	<b>U17 Female Surf Teams (F)</b>	U15 Ironman (SF)
<b>U17 Male Surf Teams (F)</b>	<b>U17 Male Surf Teams (F)</b>	<b>Open Female Surf Teams (F)</b>	U15 Ironwoman (SF)
<b>Open Male Surf Teams (F)</b>	<b>Open Male Surf Teams (F)</b>		
<b>U19 Male Surf Teams (F)</b>	<b>U19 Male Surf Teams (F)</b>	U17 Ironwoman (QF)	U15 Male Board Rescue (H/QF)
		U19 Ironwoman (SF)	U15 Female Board Rescue (QF)
U19 Ironman (SF)	U19 Ironman (SF)	Open Ironwoman (SF)	U15 Male Board Rescue (QF/SF)
U17 Ironman (H)	U17 Ironman (H)	U17 Ironwoman (SF)	U15 Female Board Rescue (SF)
Open Ironman (QF/SF)	Open Ironman (QF/SF)		U15 Male Board Rescue (SF)
U17 Ironman (QF)	U17 Ironman (QF)	U17 Female Ski Race (QF)	<b>U15 Female Board Rescue (F)</b>
Open Ironman (SF)	Open Ironman (SF)	Open Female Ski Race (QF)	<b>U15 Male Board Rescue (F)</b>
U17 Ironman (SF)	U17 Ironman (SF)	U19 Female Ski Race (SF)	



## 2025 NSW Surf Life Saving OPEN Championships

### Day 2 – Friday 14<sup>th</sup> March 2025 cont..

RED AREA OPEN, U19 & U17 MALE	GREEN & GOLD AREA OPEN, U19 & U17 MALE	PINK AREA OPEN, U19 & U17 FEMALE	BLACK & WHITE AREA U15 MALE & FEMALE	BEACH AREA
				<b>4pm Report – 4:30pm Start</b>
U17 Male Ski Race (QF)	U17 Male Ski Race (QF)	U17 Female Ski Race (SF)	U15 Male Cameron Relay (SF)	U15 M & F 2km Run
Open Male Ski Race (H)	Open Male Ski Race (H)	Open Female Ski Race (SF)	U15 Female Cameron Relay (SF)	U17 M & F 2km Run
U17 Male Ski Race (SF)	U17 Male Ski Race (SF)		<b>U15 Male Cameron Relay (F)</b>	U19 M & F 2km Run
Open Male Ski Race (QF)	Open Male Ski Race (QF)	U19 Mixed Double Ski (F)	<b>U15 Female Cameron Relay (F)</b>	Open M & F 2km Run
U19 Male Ski Race (SF)	U19 Male Ski Race (SF)	Open Mixed Double Ski (SF)		
Open Male Ski Race (SF)	Open Male Ski Race (SF)			U15 M & F 2 x 1km Relay
		<b>U19 Mixed Double Ski (F)</b>		U17 M & F 2 x 1km Relay
		<b>Open Mixed Double Ski (F)</b>		U19 M & F 2 x 1km Relay
				Open M & F 2 x 1km Relay
				U15 Mixed 2 x 1km Relay
				U17 Mixed 2 x 1km Relay
				U19 Mixed 2 x 1km Relay
				Open Mixed 2 x 1km Relay



## 2025 NSW Surf Life Saving OPEN Championships

Day 3 – Saturday 15<sup>th</sup> March 2025

RED AREA OPEN, U19, U17 & U15 MALE	GREEN & GOLD AREA OPEN, U19, U17 & U15 MALE	PINK AREA OPEN, U19, U17 & U15 FEMALE	BEACH AREA	R&R (FRESHWATER)
Warm Ups: SWIM 7.05-7.20, BOARD 7.25-7.40, SKI 7.45-8.00 8:00am Report – 8:30am Start			8am Report – 8:30am Start	7am Report – 8am Start
U15 Male Board Relay (SF)	U15 Male Board Relay (SF)	U15 Female Board Relay (SF)	U19 F & M Sprint (SF)	U17 2 Person
U19 Male Board Relay (SF)	U19 Male Board Relay (SF)	U19 Female Board Relay (SF/F)	U17 F & M Sprint (QF)	U17 5 Person
U17 Male Board Relay (SF)	U17 Male Board Relay (SF)	U17 Female Board Relay (SF)	Open F & M Sprint (QF/SF)	U19 2 Person
Open Male Board Relay (SF)	Open Male Board Relay (SF)	Open Female Board Relay (SF/F)	U15 F & M Sprint (QF)	U19 5 Person
<b>U15 Male Board Relay (F)</b>		<b>U15 Female Board Relay (F)</b>	Open Male Sprint (SF)	U23 5 Person
<b>U19 Male Board Relay (F)</b>		<b>U19 Female Board Relay (F)</b>	U17 F & M Sprint (SF)	Open 2 person
<b>U17 Male Board Relay (F)</b>		<b>U17 Female Board Relay (F)</b>	U15 F & M Sprint (SF)	Open 6 Person
<b>Open Male Board Relay (F)</b>		<b>Open Female Board Relay (F)</b>	<b>U19 F &amp; M Sprint (F)</b>	Open Male 5 Person
			<b>U17 F &amp; M Sprint (F)</b>	Open Female 5 Person
U17 Male Board Rescue (H)	U17 Male Board Rescue (H)	U17 Female Board Rescue (QF)	<b>Open F &amp; M Sprint (F)</b>	Open Mixed 5 Person
Open Male Board Rescue (H)	Open Male Board Rescue (H)	U19 Female Board Rescue (QF)	<b>U15 F &amp; M Sprint (F)</b>	
U19 Male Board Rescue (QF)	U19 Male Board Rescue (QF)	Open Female Board Rescue (QF)		
U17 Male Board Rescue (QF)	U17 Male Board Rescue (QF)	U17 Female Board Rescue (SF)	<b>U19 F &amp; M Sprint Relay (F)</b>	
Open Male Board Rescue (QF)	Open Male Board Rescue (QF)	U19 Female Board Rescue (SF)	<b>U17 F &amp; M Sprint Relay (F)</b>	
U19 Male Board Rescue (SF)	U19 Male Board Rescue (SF)	Open Female Board Rescue (SF)	<b>Open F &amp; M Sprint Relay (F)</b>	
U17 Male Board Rescue (SF)	U17 Male Board Rescue (SF)	<b>U17 Female Board Rescue (F)</b>	<b>U15 F &amp; M Sprint Relay (F)</b>	
Open Male Board Rescue (SF)	Open Male Board Rescue (SF)	<b>U19 Female Board Rescue (F)</b>		
<b>U19 Male Board Rescue (F)</b>	<b>U17 Male Board Rescue (F)</b>	<b>Open Female Board Rescue (F)</b>	<b>U19 Mixed Sprint Relay (F)</b>	
<b>Open Male Board Rescue (F)</b>			<b>U17 Mixed Sprint Relay (F)</b>	
		U19 Female Taplin Relay (SF/F)	<b>Open Mixed Sprint Relay (F)</b>	
U19 Male Taplin Relay (SF/F)	U19 Male Taplin Relay (SF/F)	U17 Female Taplin Relay (SF/F)	<b>U15 Mixed Sprint Relay (F)</b>	
U17 Male Taplin Relay (SF/F)	U17 Male Taplin Relay (SF/F)	Open Female Taplin Relay (SF)		
Open Male Taplin Relay (SF)	Open Male Taplin Relay (SF)	<b>U19 Female Taplin Relay (F)</b>	<b>U19 F &amp; M Flags (F)</b>	
<b>U19 Male Taplin Relay (F)</b>		<b>U17 Female Taplin Relay (F)</b>	<b>U17 F &amp; M Flags (F)</b>	
<b>U17 Male Taplin Relay (F)</b>			<b>Open F &amp; M Flags (F)</b>	
			<b>U15 F &amp; M Flags (F)</b>	

Updated: 20 February 2025 February 24, 2025

"Subject to change"



## 2025 NSW Surf Life Saving OPEN Championships

### Day 3 – Saturday 15<sup>th</sup> March 2025 cont..

RED AREA OPEN, U19, U17 & U15 MALE	GREEN & GOLD AREA OPEN, U19, U17 & U15 MALE	PINK AREA OPEN, U19, U17 & U15 FEMALE	BEACH AREA
U19 Male Ski Relay (SF/F)	U19 Male Ski Relay (SF/F)	U19 Female Double Ski (SF)	<b>MARCH PAST</b>
U17 Male Ski Relay (SF/F)	U17 Male Ski Relay (SF/F)	Open Female Double Ski (SF)	<b>4:15pm Report – 5pm Start</b>
Open Male Ski Relay (SF)	Open Male Ski Relay (SF)	<b>U19 Female Double Ski (F)</b>	U23 March Past
<b>U19 Male Ski Relay (F)</b>		<b>Open Female Double Ski (F)</b>	Open March Past
<b>U17 Male Ski Relay (F)</b>			
<b>Open Male Ski Relay (F)</b>		U19 Female Ski Relay (SF/F)	
		U17 Female Ski Relay (SF/F)	
Open Male Double Ski (SF)	Open Male Double Ski (SF)	Open Female Ski Relay (SF)	
U19 Male Double Ski (SF/F)	U19 Male Double Ski (SF/F)	<b>U19 Female Ski Relay (F)</b>	
<b>Open Male Double Ski (F)</b>		<b>U17 Female Ski Relay (F)</b>	
<b>U19 Male Double Ski (F)</b>		<b>Open Female Ski Relay (F)</b>	
<b>Open Mixed Taplin Relay (F)</b>			

## 2025 NSW Surf Life Saving OPEN Championships

Day 4 – Sunday 16 <sup>th</sup> March 2025 Finals Package	
RED AREA	GREEN & GOLD AREA
7:00am Report – 07:30am Start	
Open Lifesaver Relay (F) (area tbc on the day)	
Warm Ups: SWIM 7.05-7.20, BOARD 7.25-7.40, SKI 7.45-8.00	
8:00am Report – 8:30am Start	8:10am Report – 8:40am Start
Open Male Ski Race	U17 Male Surf Race
Open Female Ski Race	U17 Female Surf Race
U19 Male Ski Race	U15 Male Surf Race
U19 Female Ski Race	U15 Female Surf Race
U17 Male Ski Race	U19 Male Surf Race
U17 Female Ski Race	U19 Female Surf Race
Open Male Surf Race	
Open Female Surf Race	
U15 Male Board Race	
U15 Female Board Race	
U17 Male Board Race	
U17 Female Board Race	
U19 Male Board Race	
U19 Female Board Race	
Open Male Board Race	
Open Female Board Race	
U15 Ironman	
U15 Ironwoman	
U17 Ironman	
U17 Ironwoman	
U19 Ironman	
U19 Ironwoman	
Open Ironman	
Open Ironwoman	
Open Male Taplin (F)	
Open Female Taplin (F)	