

MASTERS SURF COMPETITION PROGRAMME

Venue: Kings Beach, Port Elizabeth - Date: Sunday 22nd March, 2020

Competitors Registration:	From 07h00 at Kings Beach SLS Club House
Team Managers Briefing:	07h30 in the Kings Beach Club Clubhouse
Technical Officials Briefing:	07h45 in Kings Beach Club House
Marshalling commences:	08h15
Start of first event:	08h30
Opening Ceremony:	Wednesday 19th March at 07h45 on the beach in the vicinity of the Main Tower at Kings Beach

High Tide: 03h11; Low Tide: 09h16; High Tide: 15h21; Low Tide: 21h25 / Sunrise: 06h22; Sunset 18h25

ARENA 1: Ages 30-34, 35-39, 40-44 Male/Female		ARENA 2: Ages 45-50, 50-54, 55-59, 60-64, 65-69, 70-74, 75+ Male/Female	
Beach Flags	Heat/Semi Final/ Final	Beach Sprint	Heat/Semi Final/ Final
Surf Swim	Heat/Semi Final/ Final	Run/Swim/Run	Heat/Semi Final/ Final
Single Ski	Heat/Semi Final/ Final	Board Race	Heat/Semi Final/ Final
Run/Swim/ Run	Heat/Semi Final/ Final	Beach Flags	Heat/Semi Final/ Final
Beach Sprint	Heat/Semi Final/ Final	Surf Swim	Heat/Semi Final/ Final
Board Race	Heat/Semi Final/ Final	Single Ski	Heat/Semi Final/ Final
2 km Beach Run	Heat/Semi Final/ Final	2 km Beach Run	Heat/Semi Final/ Final for 45-49,
Ironman/Woman	Heat/Semi Final/ Final	50-54; 55-59 Age groups	Heat/Semi Final/ Final for 60-64; 65-69 and 70+ Age groups
		1 km Beach Run	Heat/Semi Final/ Final for 60-64; 65-69, 70-74 and 75+ Age groups
		Ironman/Woman	Heat/Semi Final/ Final

At the conclusion of the individual events for both arenas, all Masters and Officials to gather in Arena 1 to commence with the team events programme. ARENA 1: TEAM EVENTS (All age groups) Male/Female

ARENA 1: TEAM EVENTS (All age groups) - Male/Female		
Event	Teams of	Type
Beach Relay	Teams of 3 – Age groups: 110-129 years, 130-149 years, 150-169 years, and 170 years or more	Heat/Semi Final/ Final
Double Ski	Teams of 2 – All age groups	Heat/Semi Final/ Final
Taplin Relay	Teams of 3 – Age groups: 110-129 years, 130-149 years, 150-169 years, and 170 years or more	Heat/Semi Final/ Final
3 x 1 km Beach Run Relay	Teams of 3 – Age groups: 110-129 years, 130-149 years, 150-169 years, and 170 years or more	Heat/Semi Final/ Final

NOTES:

- Individual events and Double Ski Race, the events are conducted in age groups. In these events, the two-person team shall compete in the age group of the younger competitor.
- Beach Relay 3 x 1 km Beach Run Relay and Taplin events are conducted as total-age events with competitors whose ages total 110-129 years, 130-149 years, 150-169 years, and 170 years or more. The total of the three Competitors' ages determines the team's age-group. For example, a team composed of a 30-year-old, a 40-year-old, and a 50-year-old (= 120 years) would compete in the 110-129 years age group. Competitors may only compete in one age group Beach Relay Race.
- Master competitors may not compete in more than one age category in individual and team events.
- Master competitors may enter the championships as an individual member of a club and may participate in individual events.
- In team events, the team may not be made up of competitors from multiple clubs.
- Competitors may only compete in one team event.
- The Chief Referee will determine when the specific arena will conduct the Beach events – that is subject to the availability of the beach geography.
- Different age groups and gender events may be run concurrently (while maintaining their individual age group status).
- The competition rules, as set out in the Competition Manual (16th Edition of February, 2020) will be applied at the Wimpy South African Lifesaving Masters Surf Championships 2020.