

**South African Lifesaving Inter-Provincial Championships 2021
Nippers: Ocean and Beach Programme
Venue: Addington Beach: 26th April, 2021**

BRIEFINGS:

Monday: 26th April: 07:00 - Team Managers at Marine Surf LS Club
07:30 - Technical Officials Roll Call and Briefing at Marine Surf LS Club.

Tides: High: 03:08 (2.20 m) and 15:26 (2.04 m)
Low: 09:20 (0.12 m) and 09:32 (0.08 m)

Sun Rise: 06:21

Sun Set: 17:25

| Event No. | Time (Aprox.) | Event | Gender | No. of Teams or Athletes | Event Type | Aprox. Time | |
|-----------|---------------|---|-------------------|--------------------------|------------|-------------|--|
| | 07:45 | Opening Ceremony | | | | | |
| | 08:00 | Marshalling commences | | | | | |
| 1 | 08:35 | Surf Swim Relay Race | 2 Male + 2 Female | 1 Team of 3 | Final | | |
| 2 | | Board Race | Male & Female | 2 Male/ 2 Female | Final | | |
| 3 | | Iron Nipper | Male & Female | 2 Male/ 2 Female | Final | | |
| 4 | | Beach Sprint | Male & Female | 2 Male/ 2 Female | Final | | |
| 5 | | Beach Flags | Male & Female | 2 Male/ 2 Female | Final | | |
| 6 | | Surf Swim Race | Male & Female | 2 Male/ 2 Female | Final | | |
| 7 | | Board Relay | Male & Female | 1 Team of 3 | Final | | |
| 8 | | Beach Relay | Male & Female | 1 Team of 4 | Final | | |
| 9 | | Taplin Relay Run/Swim/Board | Male & Female | 1 Team of 3 | Final | | |
| | | End of Inter-Provincial Championships | | | | | |
| | | Prize giving after last event on the beach | | | | | |

Notes:

1. Individuals and teams must be available at the commencement of the session for marshalling and competition of an event listed.
2. This is a draft programme and subject to change.
3. The Chief Referee may combine events in order to save time.
4. Order of events will be 1 – Nipper Male, 2 – Nipper Female.
5. Order of events may be changed by the Chief Referee depending on surf conditions.
6. No parents, no siblings and or spectators other than the officials, coaches and chaperones will be allowed access into the arena or marshalling areas.
7. Social distancing of 2 m between all persons is compulsory at all times – Team Managers/ Chaperones to help monitoring social distances & wearing of mask.
8. Athletes to always wear their own face mask when not participating in their events. (Face mask to be stored in clearly market Ziploc bag in the kit bag and not to be left lying around.)

No smoking in the arena or marshalling areas.