

## 2022 DHL South African Lifesaving Championship

Venue: Kings Beach, Gqebeha

Dates: Monday 21st March to Wednesday 23rd March, 2022

NIPPER SURF COMPETITION PROGRAMME

**BRIEFINGS:** **Nipper Team Managers:** Briefing by Chief Referee (Compulsory Attendance for all Team Managers) – Sunday 20<sup>th</sup> March at 17h00 in Kings Beach Clubhouse  
**Technical Officials:** Briefing by Chief Referee (Compulsory Attendance for all Technical Officials) – Sunday 20<sup>th</sup> March at 18h00 in Kings Beach Clubhouse

### MONDAY 21<sup>ST</sup> MARCH:

High Tide: 05h43; Low Tide: 11h43; High Tide: 17h54; Low Tide: 23h54 / Sunrise: 06h21; Sunset: 18h27. Note: Very high Tide of 1.9 m at 17h54

#### U/9 & U/10 ARENA 1

#### U/11 & U/12 ARENA 2

#### U/13 & U/14 ARENA 3

TIME	EVENT	AGE GROUP	H/SF/F	TIME	EVENT	AGE GROUP	H/SF/F	TIME	EVENT	AGE GROUP	H/SF/F	
07h00	Safety Meeting in Kings Beach Clubhouse											
07h30	Marshaling for Opening Ceremony											
07h45	<b>2022 DHL South African Lifesaving Championships Opening Ceremony</b>											
08h45	Marshalling Commences			08h45	Marshalling Commences			08h45	Marshalling Commences			
09h00	Championship Commences			09h00	Championship Commences			09h00	Championship Commences			
	Beach Sprint: Boys & Girls	U/10	H/SF		Beach Flags: Boys & Girls	U/12	H/SF		Run/Swim/Run: Boys & Girls	U/14	H/SF	
	Beach Sprint: Boys & Girls	U/9	H/SF		Beach Flags: Boys & Girls	U/11	H/SF		Run/Swim/Run: Boys & Girls	U/13	H/SF	
	Run/Swim/Run: Boys & Girls	U/10	H/SF		Board Race: Boys & Girls	U/12	H/SF		Board Relay: Open	U/13 & 14	H/SF	
	Run/Swim/Run: Boys & Girls	U/9	H/SF		Board Race: Boys & Girls	U/11	H/SF		Run/Swim/Run: Boys & Girls	U/14	F	
	Beach Relay: Open	U/9 & 10	H		Taplin Relay: Open	U/11 & 12	H/SF		Run/Swim/Run: Boys & Girls	U/13	F	
	Beach Sprint: Boys & Girls	U/10	F		Bodyboard: Boys & Girls	U/12	H/SF		Board Relay: Open	U/13 & 14	F	
	Beach Sprint: Boys & Girls	U/9	F		Bodyboard: Boys & Girls	U/11	H/SF		Beach Run: Boys & Girls	U/14	F	
	Run/Swim/Run: Boys & Girls	U/10	F		Beach Flags: Boys & Girls	U/12	F		Beach Run: Boys & Girls	U/13	F	
	Run/Swim/Run: Boys & Girls	U/9	F		Beach Flags: Boys & Girls	U/11	F		<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			
	Beach Relay: Open	U/9 & 10	F		Board Race: Boys & Girls	U/12	F					
	<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>				Board Race: Boys & Girls	U/11	F					
					Bodyboard: Boys & Girls	U/12	F					
					Bodyboard: Boys & Girls	U/11	F					
					Taplin Relay: Open	U/11 & 12	F					
				<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>				<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>				

## 2022 DHL South African Lifesaving Championship

Venue: Newton Park Pool, Gqebeha

Dates: Thursday, 24th March 2022 to Saturday, 26th March 2022

NIPPER POOL COMPETITION PROGRAMME

### TUESDAY: 22<sup>nd</sup> MARCH, 2022

High Tide: 06h15; Low Tide: 12h15; High Tide: 18h27/ Sunrise: 06:22 Sunset: 18h26

**Note: Very high Tide of 1.8 m at 18h27**

#### U/9 & U/10 ARENA 1

TIME	EVENT	AGE GROUP	H/SF/F
06h45	Safety Meeting in Kings Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	Tick Off / Marshalling Commences		
08h15	Championships commences		
	Beach Flags: Boys & Girls	U/10	H/SF
	Beach Flags: Boys & Girls	U/9	H/SF
	Bodyboard Relay: Open	U/9 & 10	H/SF
	Beach Flags: Boys & Girls	U/10	F
	Beach Flags: Boys & Girls	U/9	F
	Bodyboard Relay: Open	U/9 & 10	F
	Beach Run: Boys & Girls	U/10	F
	Beach Run: Boys & Girls	U/9	F
<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			

#### U/11 & U/12 ARENA 2

TIME	EVENT	AGE GROUP	H/SF/F
06h45	Safety Meeting in Kings Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	Tick Off / Marshalling Commences		
08h15	Championships commences		
	Run/Swim/Run: Boys & Girls	U/12	H
	Run/Swim/Run: Boys & Girls	U/11	H
	Board Relay: Open	U/11 & 12	H
	Run/Swim/Run: Boys & Girls	U/12	F
	Run/Swim/Run: Boys & Girls	U/11	F
	Board Relay: Open	U/11 & 12	F
	Beach Run: Boys & Girls	U/12	F
	Beach Run: Boys & Girls	U/11	F
<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			

#### U/13 & U/14 ARENA 3

TIME	EVENT	AGE GROUP	H/SF/F
06h45	Safety Meeting in Kings Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	Tick Off / Marshalling commences		
08h15	Championships commences		
	Beach Sprint: Boys & Girls	U/13	H/SF
	Beach Sprint: Boys & Girls	U/14	H/SF
	Iron Nipper: Boys & Girls	U/13	H
	Iron Nipper: Boys & Girls	U/14	H
	Beach Relay: Open	U/13 & 14	H
	Surf Swim Race: Boys & Girls	U/13	H
	Surf Swim Race: Boys & Girls	U/14	H
	Beach Sprint: Boys & Girls	U/13	F
	Beach Sprint: Boys & Girls	U/14	F
	Surf Swim Race: Boys & Girls	U/13	F
	Surf Swim Race: Boys & Girls	U/14	F
	Iron Nipper: Boys & Girls	U/13	F
	Iron Nipper: Boys & Girls	U/14	F
	Beach Relay: Open	U/13 & 14	F
<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			

## 2022 DHL South African Lifesaving Championship

Venue: Newton Park Pool, Gqebeha

Dates: Thursday, 24th March 2022 to Saturday, 26th March 2022

NIPPER POOL COMPETITION PROGRAMME

### WEDNESDAY 23<sup>rd</sup> MARCH, 2022

High Tide: Low Tide: 00h27; High Tide: 06h48; Low Tide: 17h50; High Tide: 19h03 / Sunrise: 06h22 Sunset: 18h25 **Note: Very high Tide of 1.6 m at 19h03**

#### U/9 & U/10 ARENA 1

TIME	EVENT	AGE GROUP	H/SF/F
06h45	Safety Meeting in Kings Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	Tick Off / Marshalling Commences		
08h15	Championships commences		
	Bodyboard: Boys & Girls	U/10	H/SF
	Bodyboard: Boys & Girls	U/9	H/SF
	Surf Swim: Boys & Girls	U/10	H/SF
	Surf Swim: Boys & Girls	U/9	H/SF
	Taplin Relay: Open	U/9 & 10	H/SF
	Bodyboard: Boys & Girls	U/10	F
	Bodyboard: Boys & Girls	U/9	F
	Surf Swim: Boys & Girls	U/10	F
	Surf Swim: Boys & Girls	U/9	F
	Taplin Relay: Open	U/9 & 10	F
<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			

#### U/11 & U/12 ARENA 2

TIME	EVENT	AGE GROUP	H/SF/F
06h45	Safety Meeting in Kings Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	Tick Off / Marshalling Commences		
08h15	Championships commences		
	Surf Swim: Boys & Girls	U/12	H
	Surf Swim: Boys & Girls	U/11	H
	Beach Sprint: Boys & Girls	U/12	H/SF
	Beach Sprint: Boys & Girls	U/11	H/SF
	Beach Relay: Open	U/11 & 12	H
	Surf Swim: Boys & Girls	U/12	F
	Surf Swim: Boys & Girls	U/11	F
	Beach Sprint: Boys & Girls	U/12	F
	Beach Sprint: Boys & Girls	U/11	F
	Beach Relay: Open	U/11 & 12	F
<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			

#### U/13 & U/14 ARENA 3

TIME	EVENT	AGE GROUP	H/SF/F
06h45	Safety Meeting in Kings Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	Tick Off / Marshalling commences		
08h15	Championships commences		
	Beach Flags: Boys & Girls	U/14	H/SF
	Beach Flags: Boys & Girls	U/13	H/SF
	Taplin Relay: Open	U/13 & 14	H/SF
	Board Race: Boys & Girls	U/14	H/SF
	Board Race: Boys & Girls	U/13	H/SF
	Beach Flags: Boys & Girls	U/14	F
	Beach Flags: Boys & Girls	U/13	F
	Board Race: Boys & Girls	U/14	F
	Board Race: Boys & Girls	U/13	F
	Taplin Relay: Open	U/13 & 14	F
<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			

#### Notes

1. B=Boys, G=Girls and O=Open (Teams consisting of Boys and Girls)
2. All **Covid-19 protocols** need to be always adhered to as specified at the briefings.
3. Beach events will be slotted in when the Beach Sprint or Beach Flags Track is available.
4. If not enough competitors report for a heat, the final will be run straight away.
5. Programme is subject to change. The Chief Referee and/or the LSA Director: Sport may change the programme due to conditions and/or other factors.
6. The programme will be reviewed after entries have closed.
7. The lunch-break will be determined by the Sectional Referee in conjunction with the Chief Referee – preferably before the finals take place.
8. The competition rules, as set out in the Competition Manual (16<sup>th</sup> Edition of February, 2020) will be applied at the 2022 South African Surf Nipper Lifesaving Championships.