

## LSA Inter-Provincial Championships 2022

**Strand Beach**  
**7<sup>th</sup> August 2022**

### Programme

**Briefings:**  
07:00 - Team Managers  
07:30 - Technical Officials  
07:45 - Opening Ceremony  
08:00 - Championships Start

**Tides:**  
**High:** 11h00  
**Low:** 04h48 17h07

**Sun Rise:** 06h00  
**Sun Set:** 17h00

Event No.	Beach Arena Events		Gender	No. of Teams or Athletes	Event Type
1	Beach Flags	Nipper	Male & Female	2 Male/ 2 Female	Final
2	Beach Flags	Youth	Male & Female	2 Male/ 2 Female	Final
3	Beach Flags	Open	Male & Female	2 Male/ 2 Female	Final
4	Beach Sprint	Nipper	Male & Female	2 Male/ 2 Female	Final
5	Beach Sprint	Youth	Male & Female	2 Male/ 2 Female	Final
6	Beach Sprint	Open	Male & Female	2 Male/ 2 Female	Final
7	Board Relay	Nipper	Male & Female	1 Team of 4	Final
8	Beach Relay	Youth	Male & Female	1 Team of 4	Final
9	Beach Relay	Open	Male & Female	1 Team of 4	Final
Event No.	Water Arena Events		Gender	No. of Teams or Athletes	Event Type
1	Single Ski	Youth & Open	Male & Female	2 Male/ 2 Female	Final
2	Surf Swim	Youth, Open & Nipper	Male & Female	2 Male/ 2 Female	Final
3	Board	Youth, Open & Nipper	Male & Female	2 Male/ 2 Female	Final
4	Iron Man/Woman	Youth & Open	Male & Female	2 Male/ 2 Female	Final
5	Iron Nipper	Nipper	Male & Female	2 Male/ 2 Female	Final
6	Board Rescue	Youth & Open	Male & Female	1 Team of 2	Final
7	Surf Ski Relay	Youth & Open	Male & Female	1 Team of 3	Final
8	Rescue Tube	Youth & Open	Male & Female	1 Team of 2	Final
9	Surf Swim Relay	Nipper	Male & Female	1 Team of 4	Final
10	Board Relay	Youth, Open & Nipper	Male & Female	1 Team of 3	Final
11	Taplin Relay	Nipper	Male & Female	1 Team of 3	Final
12	Taplin Relay	Youth & Open	Male & Female	1 Team of 4	Final
	<b>Prize Giving</b>				

**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 Male, 2 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. No smoking in the arena or marshalling areas.