



2023 DHL South African Lifesaving Championships
Venue: King's Beach, Gqeberha
Date: Sunday 2nd April, 2023
MASTERS SURF CHAMPIONSHIPS PROGRAMME

Competitors Registration: From 07h00 at King's Beach Club House
Team Managers Briefing: 07h30 in the King's Beach Club House
Technical Officials Briefing: 07h45 in the King's Beach Club House
Marshalling commences: 08h15
Start of first event: 08h30

OPENING CEREMONY OF THE 2023 DHL SOUTH AFRICAN LIFESAVING CHAMPIONSHIPS: THURSDAY 30TH MARCH, 2023 AT 08h00 AT KING'S BEACH

High Tide: 02h06; Low Tide: 08h27; High Tide: 14h17; Low Tide: 20h21 / Sunrise: 06h30; Sunset 18h11

ARENA 1: Ages 30-34, 35-39, 40-44, 45-49 Men/Women	
Beach Flags	Heat/Semi Final/ Final
Surf Swim	Heat/Semi Final/ Final
Single Ski	Heat/Semi Final/ Final
Run/Swim/ Run	Heat/Semi Final/ Final
Beach Sprint	Heat/Semi Final/ Final
Board Race	Heat/Semi Final/ Final
2 km Beach Run	Heat/Semi Final/ Final
Ironman/Woman	Heat/Semi Final/ Final

ARENA 2: Ages 50-54, 55-59,60-64,65-69, 70-74, 75+ Men/Women	
Beach Sprint	Heat/Semi Final/ Final
Run/Swim/Run	Heat/Semi Final/ Final
Board Race	Heat/Semi Final/ Final
Beach Flags	Heat/Semi Final/ Final
Surf Swim	Heat/Semi Final/ Final
Single Ski	Heat/Semi Final/ Final
2 km Beach Run	Heat/Semi Final/ Final for 50-54; 55-59 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) Men/Women		
Event	Teams of	Type
Beach Relay	Teams of 3 – Age groups: 110-129 years, 130-149 years, 150-169 year, 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.
- The programme will be reviewed after entries have closed and may change due to conditions and exigencies of the situation.
- Master competitors may not compete in more than one age category in individual and team events.
- In team events, the team **may not** be made up of competitors from multiple clubs.
- 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 (17th Edition of November, 2022 will be applied at the 2023 DHL South African Lifesaving Masters Surf Championships.
- A withdrawal fine per competitor per event will be charged if the competitor or team is a "no show" for an event on the day of the competition.
- Medal presentation ceremony to be held after last event of the day.