



Official Logistics Partner



**2023 DHL South African Lifesaving Championships**  
**Venue: King's Beach, Gqeberha**  
**Dates: Monday 3<sup>rd</sup> April to Wednesday 5<sup>th</sup> April, 2023**

**NIPPER SURF CHAMPIONSHIPS PROGRAMME**

**Nipper Team Managers briefing:** Briefing by Chief Referee (Compulsory Attendance for all Team Managers) – Sunday 2<sup>nd</sup> April at 16h00 in King's Beach Clubhouse  
**OPENING CEREMONY OF THE 2023 DHL SOUTH AFRICAN LIFESAVING CHAMPIONSHIPS: THURSDAY 30<sup>TH</sup> MARCH, 2023 AT 08h00 AT KING'S BEACH**

**MONDAY 3<sup>rd</sup> APRIL:**

High Tide: 02h33; Low Tide: 08h46; High Tide: 14h45; Low Tide: 20h47 / Sunrise: 06h31; Sunset: 18h10.

**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
06h45	Safety Meeting in King's Beach Clubhouse										
07h00	<b>Technical Officials: Briefing</b> by Chief Referee (Compulsory Attendance for all Technical Officials) in King's Beach Clubhouse										
07h30	Marshaling for Opening Ceremony										
07h45	2023 DHL Nipper Championships Opening ceremony										
08h30	Marshalling Commences			08h30	Marshalling Commences			08h30	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		Iron Nipper: Boys & Girls	U/13	H
	Beach Sprint: Boys & Girls	U/9	H/SF		Beach Flags: Boys & Girls	U/11	H/SF		Iron Nipper: Boys & Girls	U/14	H
	Run/Swim/Run: Boys & Girls	U/10	H/SF		Board Race: Boys & Girls	U/12	H/SF		Run/Swim/Run: Boys & Girls	U/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/13	H/SF
	Beach Relay: Open	U/9 & 10	H		Bodyboard: Boys & Girls	U/12	H/SF		Board Relay: Open	U/13 & 14	H/SF
	Beach Sprint: Boys & Girls	U/10	F		Bodyboard: Boys & Girls	U/11	H/SF		Run/Swim/Run: Boys & Girls	U/14	F
	Beach Sprint: Boys & Girls	U/9	F		Beach Flags: Boys & Girls	U/12	F		Run/Swim/Run: Boys & Girls	U/13	F
	Run/Swim/Run: Boys & Girls	U/10	F		Beach Flags: Boys & Girls	U/11	F		Board Relay: Open	U/13 & 14	F
	Run/Swim/Run: Boys & Girls	U/9	F		Board Race: Boys & Girls	U/12	F		Iron Nipper: Boys & Girls	U/13	F
	Beach Relay: Open	U/9 & 10	F		Board Race: Boys & Girls	U/11	F		Iron Nipper: Boys & Girls	U/14	F
					Bodyboard: Boys & Girls	U/12	F		Beach Run: Boys & Girls	U/14	F
					Bodyboard: Boys & Girls	U/11	F		Beach Run: Boys & Girls	U/13	F
	<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>				<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>				<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>		

**TUESDAY: 4<sup>TH</sup> APRIL**

High Tide: 02h59; Low Tide: 09h10; High Tide: 15h11; Low Tide 21h12/ Sunrise: 06h31 Sunset: 18h09

**U/9 & U/10 ARENA 1**

TIME	EVENT	AGE GROUP	H/SF/F
06h45	Safety Meeting in King's Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	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 King's Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	Marshalling Commences		
08h15	Championships commences		
	Taplin Relay: Open	U/11 & 12	H/SF
	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
	Taplin 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 King's Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	Marshalling commences		
08h15	Championships commences		
	Beach Sprint: Boys & Girls	U/13	H/SF
	Beach Sprint: Boys & Girls	U/14	H/SF
	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
	Beach Relay: Open	U/13 & 14	F
<b>MEDAL PRESENTATION CEREMONY AFTER LAST EVENT</b>			

**WEDNESDAY 5<sup>th</sup> APRIL**

High Tide: 03h24; Low Tide: 09h34; High Tide: 15h38; Low Tide 21h37 / Sunrise: 06h32 Sunset: 18h07

**U/9 & U/10 ARENA 1**

TIME	EVENT	AGE GROUP	H/SF/F
06h45	Safety Meeting in King's Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	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 King's Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	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 King's Beach Clubhouse		
07h30	Briefing by Sectional Referee on beach in arena		
07h50	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. Beach events will be slotted in when the Beach Sprint or Beach Flags Track is available.
3. If not enough competitors report for a heat, the final will be run straight away.
4. 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.
5. The programme will be reviewed after entries have closed.
6. 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.
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 (17<sup>th</sup> Edition of November, 2022) will be applied at the 2023 South African Surf Nipper Lifesaving Championships.