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|  | **2024 DHL South African Lifesaving Championships**  **Venue: Addington Beach, Durban**  **Dates: Monday 25th March to Wednesday 27th March 2024**  **NIPPER SURF CHAMPIONSHIPS PROGRAMME** |

**BRIEFINGS: Nipper Team Managers:** Briefing by Chief Referee (Compulsory Attendance for all Team Managers) – Sunday 24th March 2024 at 16h00 in Marine SLC Clubhouse

**OPENING CEREMONY OF THE 2024 DHL SOUTH AFRICAN LIFESAVING CHAMPIONSHIPS: THURSDAY 21st MARCH 2024 AT 07H30 AT MARINE SLC**

**MONDAY 25th MARCH 2024:**

High Tide: 03h59; Low Tide: 10h08; High Tide: 16h10; Low Tide: 22h13 / Sunrise: 06h02; Sunset: 18h00.

**U/9 & U/10 ARENA 1 U/11 & U/12 ARENA 2 U/13 & U/14 ARENA 3**

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| **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 Marine SLC Clubhouse | | | | | | | | | | | | |
| 07h00 | **Technical Officials: B**riefing by Chief Referee (Compulsory Attendance for all Technical Officials) in Marine SLC Clubhouse | | | | | | | | | | | | |
| 07h30 | Marshaling for Opening Ceremony | | | | | | | | | | | | |
| 07h45 | 2024 DHL Nipper Championships Opening ceremony | | | | | | | | | | | | |
| 07h50 | Marshalling Commences | | |  | 07h50 | Marshalling Commences | | |  | 07h50 | Marshalling Commences | | |
| 08h00 | Championship Commences | | | 08h00 | Championship Commences | | | 08h00 | 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 |
| **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** | | | | 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 |
| **MEDAL PRESENTATION CEREMONY AFTER LAST**  **EVENT** | | | | **MEDAL PRESENTATION CEREMONY AFTER LAST**  **EVENT** | | | |

**TUESDAY: 26th MARCH 2024:**

High Tide: 04h23; Low Tide: 10h31; High Tide: 16h32; Low Tide 22h36/ Sunrise: 06h03 Sunset: 17h59

**U/9 & U/10 ARENA 1 U/11 & U/12 ARENA 2 U/13 & U/14 ARENA 3**

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| **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 Marine SLC Clubhouse | | | 06h45 | Safety Meeting in Marine SLC Clubhouse | | | 06h45 | Safety Meeting in Marine SLC Clubhouse | | |
| 07h30 | Briefing by Sectional Referee on beach in  arena | | | 07h30 | Briefing by Sectional Referee on beach in  arena | | | 07h30 | Briefing by Sectional Referee on beach in  arena | | |
| 07h50 | Marshalling Commences | | | 07h50 | Marshalling Commences | | | 07h50 | Marshalling commences | | |
| 08h00 | Championships commences | | | 08h00 | Championships commences | | | 08h00 | Championships commences | | |
| Beach Flags: Boys & Girls | | U/10 | H/SF | Taplin Relay: Open | | U/11 &12 | H/SF | Beach Sprint: Boys & Girls | | U/13 | H/SF |
| Beach Flags: Boys & Girls | | U/9 | H/SF | Run/Swim/Run: Boys & Girls | | U/12 | H | Beach Sprint: Boys & Girls | | U/14 | H/SF |
| Bodyboard Relay: Open | | U/9 & 10 | H/SF | Run/Swim/Run: Boys & Girls | | U/11 | H | Beach Relay: Open | | U/13 & 14 | H |
| Beach Flags: Boys & Girls | | U/10 | F | Board Relay: Open | | U/11 &12 | H | Surf Swim Race: Boys & Girls | | U/13 | H |
| Beach Flags: Boys & Girls | | U/9 | F | Run/Swim/Run: Boys & Girls | | U/12 | F | Surf Swim Race: Boys & Girls | | U/14 | H |
| Bodyboard Relay: Open | | U/9 & 10 | F | Run/Swim/Run: Boys & Girls | | U/11 | F | Beach Sprint: Boys & Girls | | U/13 | F |
| Beach Run: Boys & Girls | | U/10 | F | Board Relay: Open | | U/11 &12 | F | Beach Sprint: Boys & Girls | | U/14 | F |
| Beach Run: Boys & Girls | | U/9 | F | Taplin Relay: Open | | U/11 &12 | F | Surf Swim Race: Boys & Girls | | U/13 | F |
| **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** | | | | Beach Run: Boys & Girls | | U/12 | F | Surf Swim Race: Boys & Girls | | U/14 | F |
| Beach Run: Boys & Girls | | U/11 | F | Beach Relay: Open | | U/13 & 14 | F |
| **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** | | | | **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** | | | |

**WEDNESDAY 27th MARCH 2024:**

High Tide: 04h46; Low Tide: 10h54; High Tide: 16h55; Low Tide 22h59 / Sunrise: 06h03 Sunset: 17h57

**U/9 & U/10 ARENA 1 U/11 & U/12 ARENA 2 U/13 & U/14 ARENA 3**

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| **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 Marine SLC Clubhouse | | | 06h45 | Safety Meeting in Marine SLC Clubhouse | | | 06h45 | Safety Meeting in Marine SLC Clubhouse | | | |
| 07h30 | Briefing by Sectional Referee on beach in  arena | | | 07h30 | Briefing by Sectional Referee on beach in  arena | | | 07h30 | Briefing by Sectional Referee on beach in  arena | | | |
| 07h50 | Marshalling Commences | | | 07h50 | Marshalling Commences | | | 07h50 | Marshalling commences | | | |
| 08h00 | Championships commences | | | 08h00 | Championships commences | | | 08h00 | Championships commences | | | |
| Bodyboard: Boys & Girls | | U/10 | H/SF | Surf Swim: Boys & Girls | | U/12 | H | Beach Flags: Boys & Girls | | U/14 | H/SF | |
| Bodyboard: Boys & Girls | | U/9 | H/SF | Surf Swim: Boys & Girls | | U/11 | H | Beach Flags: Boys & Girls | | U/13 | H/SF | |
| Surf Swim: Boys & Girls | | U/10 | H/SF | Beach Sprint: Boys & Girls | | U/12 | H/SF | Taplin Relay: Open | | U/13 & 14 | H/SF | |
| Surf Swim: Boys & Girls | | U/9 | H/SF | Beach Sprint: Boys & Girls | | U/11 | H/SF | Board Race: Boys & Girls | | U/14 | H/SF | |
| Taplin Relay: Open | | U/9 & 10 | H/SF | Beach Relay: Open | | U/11 & 12 | H | Board Race: Boys & Girls | | U/13 | H/SF | |
| Bodyboard: Boys & Girls | | U/10 | F | Surf Swim: Boys & Girls | | U/12 | F | Beach Flags: Boys & Girls | | U/14 | F | |
| Bodyboard: Boys & Girls | | U/9 | F | Surf Swim: Boys & Girls | | U/11 | F | Beach Flags: Boys & Girls | | U/13 | F | |
| Surf Swim: Boys & Girls | | U/10 | F | Beach Sprint: Boys & Girls | | U/12 | F | Board Race: Boys & Girls | | U/14 | F | |
| Surf Swim: Boys & Girls | | U/9 | F | Beach Sprint: Boys & Girls | | U/11 | F | Board Race: Boys & Girls | | U/13 | F | |
| Taplin Relay: Open | | U/9 & 10 | F | Beach Relay: Open | | U/11 & 12 | F | Taplin Relay: Open | | U/13 & 14 | F | |
| **MEDAL PRESENTATION CEREMONY AFTER LAST**  **EVENT** | | | | **MEDAL PRESENTATION CEREMONY AFTER LAST**  **EVENT** | | | | **MEDAL PRESENTATION CEREMONY AFTER LAST**  **EVENT** | | | | |

**Notes** 1. B=Boys, G=Girls and O=Open (Teams consisting of Boys and Girls)

1. Beach events will be slotted in when the Beach Sprint or Beach Flags Track is available.
2. If not enough competitors report for a heat, the final will be run straight away.
3. 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.
4. The programme will be reviewed after entries have closed.
5. 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.
6. The lunch-break will be determined by the Sectional Referee in conjunction with the Chief Referee – preferably before the finals take place.
7. The competition rules, as set out in the Competition Manual (17th Edition of November 2022) will be applied at the 2024 South African Surf Nipper Lifesaving Championships.