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|  | **2024 DHL South African Lifesaving Championships****Venue: Addington Beach, Durban****Dates: Thursday 21st March to Saturday 23rd March 2024****SENIOR MEN SURF CHAMPIONSHIPS PROGRAMME** |

**OPENING CEREMONY OF THE 2024 DHL SOUTH AFRICAN LIFESAVING CHAMPIONSHIPS: THURSDAY 21st MARCH 2024 AT 07h30 AT ADDINGTON BEACH**

**BRIEFINGS: Team Managers** briefing by Chief Referee (Compulsory Attendance for all Team Managers) – Wednesday 20th March 16h00 in Marine SLSC Clubhouse

 **Technical Officials** briefing by Chief Referee (Compulsory Attendance for all TO’s) – Wednesday 20th March 17h00 in Marine SLSC Clubhouse

| **SENIOR MEN ARENA** |
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| **THURSDAY: 21st MARCH**High Tide: 02h27; Low Tide: 08h33; High Tide: 14h36; Low Tide: 20h41Sunrise: 06h00; Sunset: 18h05 |  | **FRIDAY: 22nd MARCH**High Tide: 02h51; Low Tide: 08h58; High Tide: 15h00; Low Tide: 21h04Sunrise: 06h00; Sunset: 18h04 |  | **SATURDAY: 23rd MARCH**High Tide: 03h14; Low Tide: 09h21; High Tide: 15h24; Low Tide: 21h27Sunrise: 06h01; Sunset: 18h02 |
| **TIME** | **EVENT** | **H/SF/F** |  | **TIME** | **EVENT** | **H/SF/F** |  | **TIME** | **EVENT** | **H/SF/F** |
| 06h45 | Safety Meeting in Marine SLC Clubhouse |  | 06h45 | Safety Meeting in Marine SLC Clubhouse |  | 06h45 | Safety Meeting in Marine SLC Clubhouse |
| 07h00 | Team Managers brief by Chief Referee in Marine SLC Clubhouse |  | 07h00 | Team Managers briefing by Sectional Referee in arena |  | 07h00 | Team Managers briefing by Sectional Referee in arena |
| 07h30 | **Opening Ceremony**  | 07h15 | Technical Officials briefing by Sectional Referee in arena | 07h15 | Technical Officials briefing by Sectional Referee in arena |
| 08h00 | Marshalling Commences | 07h30 | Marshalling commences | 07h30 | Marshalling commences |
| 08h30 | Championship commences | 08h00 | Championship commences | 08h00 | Championship commences |
| Beach Sprint | H/SF | Single Ski Relay | H |  | Board Race | H/SF |
| Board Rescue | H/SF | Beach Relay | H/SF |  | Beach Flags | H/SF |
| Rescue Tube Rescue Race (4 persons) | H/SF |  | Single Ski  | H/SF |  | Board Relay | H/SF |
| Run/Swim/Run | H |  | Surf Swim | H/SF |  | Taplin Relay | H/SF |
| Board Rescue | F |  | Iron Man  | H |  | Double Ski  | H/SF |
| Rescue Tube Rescue Race (4 persons) | F | Single Ski Relay | F | Board Race | F |
| Beach Sprint | F |  | Surf Swim | F |  | Double Ski | F |
| Run/Swim/Run | F |  | Beach Relay | F |  | Beach Flags | F |
| Beach Run | F |  | Single Ski  | F |  | Board Relay | F |
| Long Run Relay (Modelist Stand-Alone Event) | F |  | Iron Man | F |  | Taplin Relay | F |
| **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** |  | **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** |  | **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** |
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| **Notes** | 1. The programme will be reviewed after entries have closed and may change due to conditions and exigencies of the situation.
2. If insufficient competitors or teams register with the Marshal before the start to constitute heats, a straight final will be run in place of the heats.
3. Three competitors or teams must register to constitute an event, if 2 or less register, the event will **not** be held.
4. The lunch-break will be determined by the Sectional Referee in conjunction with the Chief Referee – preferably before the finals take place.
5. Open Ladies Finals may be slotted into this programme as and when required or determined by the Chief Referee & relevant Sectional Referees.
6. The competition rules, a set out in the Competition Manual (17th Edition of November 2022) will be applied at the 2024 DHL South African Lifesaving Senior and Junior Surf Championships.
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| **JUNIOR MEN ARENA (U/15, U/17 & U/19)** |
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| **THURSDAY: 21st MARCH**High Tide: 02h27; Low Tide: 08h33; High Tide: 14h36. Low Tide: 20h41Sunrise: 06h00; Sunset: 18h05 |  | **FRIDAY: 22nd MARCH**High Tide: 02h51; Low Tide: 08h58; High Tide: 15h00; Low Tide: 21h04Sunrise: 06h00; Sunset: 18h04 |  | **SATURDAY: 23rd MARCH**High Tide: 03h14; Low Tide: 09h21; High Tide: 15h24; Low Tide: 21h27Sunrise: 06h01; Sunset: 18h02 |
| **TIME** | **EVENT** | **H/SF/F** | **TIME** | **EVENT** | **H/SF/F** |  | **TIME** | **EVENT** | **H/SF/F** |
| 06h45 | Safety Meeting in Marine SLC Clubhouse | 06h45 | Safety Meeting in Marine SLC Clubhouse |  | 06h45 | Safety Meeting in Marine SLC Clubhouse |
| 07h00 | Team Managers brief by Chief Referee in Marine SLC Clubhouse | 07h00 | Team Managers briefing by Sectional Referee in arena |  | 07h00 | Team Managers briefing by Sectional Referee in arena |
| 07h30 | **Opening Ceremony**  | 07h15 | Technical Officials briefing by Sectional Referee in arena | 07h15 | Technical Officials briefing by Sectional Referee in arena |
| 08h00 | Marshalling Commences | 07h30 | Marshalling commences | 07h30 | Marshalling commences |
| 08h30 | Championship commences | 08h00 | Championship commences | 08h00 | Championship commences |
| Board Race: U/19, U/17, U/15 | H/SF | Beach Flags: U/19, U/17, U/15 | H/SF | Beach Sprint: U/19, U/17, U/15 | H/SF |
| Run/Swim/Run: U/19, U/17, U/15 | H/SF | Rescue Tube Rescue (4 persons) | H/SF | Single Ski: U/19, U/17, U/15 | H/SF |
| Board Relay | H/SF | Surf Swim: U/19, U/17, U/15 | H/SF | Beach Relay | H/SF |
| Double Ski | H/SF | Board Rescue | H/SF | Single Ski Relay | H |
| Taplin Relay | H/SF | Surf Swim: U/19, U/17, U/15 | F | Iron Man: U/19, U/17, U/15 | H |
| Board Race: U/19, U/17, U/15 | F | Rescue Tube Rescue (4 persons) | F | Single Ski: U/19, U/17, U/15 | F |
| Run/Swim/Run: U/19, U/17, U/15 | F | Board Rescue | F | Beach Relay | F |
| Board Relay | F | Beach Flags: U/19, U/17, U/15 | F | Single Ski Relay | F |
| Double Ski | F | Beach Run: U/19, U/17, U/15 | F | Iron Man: U/19, U/17, U/15 | F |
| Taplin Relay | F | **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** | Beach Sprint: U/19, U/17, U/15 | F |
| Long Run Relay (Modelist Stand-Alone Event) | F |  |  |
| **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** | **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** |

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| **Notes** | 1. The programme will be reviewed after entries have closed and may change due to conditions and exigencies of the situation.
2. Subject to entries received, age groups may be combined.
3. If insufficient competitors or teams register with the Marshal before the start to constitute heats, a straight final will be run in place of the heats.
4. Three competitors or teams must register to constitute an event, if 2 or less register, the event will **not** be held.
5. The lunch-break will be determined by the Sectional Referee in conjunction with the Chief Referee – preferably before the finals take place.
6. The competition rules, a set out in the Competition Manual (17th Edition of November 2022) will be applied at the 2024 DHL South African Lifesaving Senior and Junior Surf Championships.

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|  **JUNIOR & SENIOR WOMEN ARENA (OPEN, U/15, U/17 & U/19)** |
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| **THURSDAY: 21st MARCH**High Tide: 02h27; Low Tide: 08h33; High Tide: 14h36; Low Tide: 20h41Sunrise: 06h00; Sunset: 18h05 |  | **FRIDAY: 22nd MARCH**High Tide: 02h51; Low Tide: 08h58; High Tide: 15h00; Low Tide: 21h04Sunrise: 06h00; Sunset: 18h04 |  | **SATURDAY: 23rd MARCH**High Tide: 03h14; Low Tide: 09h21; High Tide: 15h24; Low Tide: 21h27Sunrise: 06h01; Sunset: 18h02 |
| **TIME** | **EVENT** | **H/SF/F** |  | **TIME** | **EVENT** | **H/SF/F** |  | **TIME** | **EVENT** | **H/SF/F** |
| 06h45 | Safety Meeting in Marine SLC Clubhouse | 06h45 | Safety Meeting in Marine SLC Clubhouse |  | 06h45 | Safety Meeting in Marine SLC Clubhouse |
| 07h00 | Team Managers brief by Chief Referee in Marine SLC Clubhouse | 07h00 | Team Managers briefing by Sectional Referee in arena |  | 07h00 | Team Managers briefing by Sectional Referee in arena |
| 07h30 | **Opening Ceremony**  | 07h15 | Technical Officials briefing by Sectional Referee in arena | 07h15 | Technical Officials briefing by Sectional Referee in arena |
| 08h00 | Marshalling Commences | 07h30 | Marshalling commences | 07h30 | Marshalling commences |
| 08h30 | Championship commences | 08h00 | Championship commences | 08h00 | Championship commences |
| Beach Flags: Open, U/19, U/17, U/15 | H/SF | Beach Sprint: Open, U/19, U/17, U/15 | H/SF | Surf Swim: Open, U/19, U/17, U/15 | H |
| Single Ski: Open, U/19, U/17, U/15 | H/SF | Double Ski: Open & Junior | H/SF | Taplin: Open & Junior | H |
| Beach Relay: Open & Junior | H/SF | Board Relay: Open & Junior | H/SF | Board Rescue: Open & Junior | H/SF |
| Ironwoman: Open, U/19, U/17, U/15 | H/SF | Run/Swim/Run: Open, U/19, U/17, U/15 | H/SF | Rescue Tube Rescue: Open & Junior (4 persons) | H/SF |
| Single Ski Relay: Open & Junior | H | Board Race: Open, U/19, U/17, U/15 | H/SF | Beach Run: Open, U/19, U/17, U/15 | F |
| Beach Relay: Open & Junior | F | Double Ski: Open & Junior | F | Board Rescue : Open & Junior | F |
| Single Ski: Open, U/19, U/17, U/15 | F | Board Relay: Open & Junior | F | Rescue Tube Rescue: Open & Junior (4 persons) | F |
| Beach Flags: Open, U/19, U/17, U/15 | F |  | Run/Swim/Run: Open, U/19, U/17, U/15 | F |  | Surf Swim: Open, U/19, U/17, U/15 | F |
| Single Ski Relay: Open & Junior | F |  | Board Race: Open, U/19, U/17, U/15 | F |  | Taplin: Open & Junior | F |
| Ironwoman: Open, U/19, U/17, U/15 | F |  | Beach Sprint: Open, U/19, U/17, U/15 | F |  | **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** |
| Long Run Relay (Modelist Stand-Alone Event) | F |  | **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** |  |
| **MEDAL PRESENTATION CEREMONY AFTER LAST EVENT** |  |  |
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