



2025 DHL South African Lifesaving Championships

Venue: King's Beach, Gqeberha

Dates: Thursday 1st May to Saturday 3rd May, 2025

OPEN MEN & WOMAN SURF CHAMPIONSHIPS PROGRAMME

OPENING CEREMONY OF THE 2025 DHL SOUTH AFRICAN LIFESAVING CHAMPIONSHIPS: THURSDAY 1ST MAY, 2025 AT 07h55 AT KING'S BEACH

BRIEFINGS: Team Managers briefing by Chief Referee (Compulsory Attendance for all Team Managers) – Thursday 1ST May 07h00 in King's Beach Clubhouse

Technical Officials briefing by Chief Referee (Compulsory Attendance for all TO's) – Wednesday 30th April 17h00 in King's Beach Clubhouse

SENIOR MEN & WOMAN ARENA									
THURSDAY: 1 st MAY			FRIDAY: 2 nd MAY			SATURDAY: 3 rd MAY			
High Tide: 05h41; Low Tide: 11h49; High Tide: 18h06 Sunrise: 06h51; Sunset: 17h35			High Tide: 06h27; Low Tide: 12h02; High Tide: 18h53; Low Tide: 00h29 Sunrise: 06h52; Sunset: 17h34			High Tide: 07h19; Low Tide: 12h53; High Tide: 19h51; Low Tide: 01h16 Sunrise: 06h52; Sunset: 17h33			
TIME	EVENT	H/SF/F	TIME	EVENT	H/SF/F	TIME	EVENT	H/SF/F	
06h45	Safety Meeting in King's Beach Clubhouse		06h45	Safety Meeting in King's Beach Clubhouse		06h45	Safety Meeting in King's Beach Clubhouse		
07h00	Team Managers brief by Chief Referee in King's Beach Club House		07h00	Team Managers briefing by Sectional Referee in arena		07h00	Team Managers briefing by Sectional Referee in arena		
07h15	Technical Officials briefing by Sectional Referee		07h15	Technical Officials briefing by Sectional Referee in arena		07h15	Technical Officials briefing by Sectional Referee in arena		
07h45	Marshaling Colour Parade								
07h55	Opening Ceremony								
08h15	Marshalling Commences		07h30	Marshalling commences		07h30	Marshalling commences		
08h30	Championship commences		08h00	Championship commences		08h00	Championship commences		
Beach Sprint: Men/Woman		H/SF	Single Ski Relay: Men/Woman			H	Board Race: Men/Woman		H/SF
Board Rescue: Men/Woman		H/SF	Beach Relay: Men/Woman			H/SF	Beach Flags: Men/Woman		H/SF
Rescue Tube Rescue Race: Men/Woman		H/SF	Single Ski: Men/Woman			H/SF	Surf Boat: Dry Start & Wet Start		Demo
Run/Swim/Run: Men/Woman		H	Surf Swim: Men/Woman			H/SF	Board Relay: Men/Woman		H/SF
Board Rescue: Men/Woman		F	Iron Man: Men/Woman			H	Taplin Relay: Men/Woman		H/SF
Rescue Tube Rescue Race: Men/Woman		F	Single Ski Relay: Men/Woman			F	Double Ski: Men/Woman		H/SF
Beach Sprint: Men/Woman		F	Surf Swim: Men/Woman			F	Board Race: Men/Woman		F
Run/Swim/Run: Men/Woman		F	Beach Relay: Men/Woman			F	Double Ski: Men/Woman		F
Beach Run: Men/Woman		F	Single Ski: Men/Woman			F	Beach Flags: Men/Woman		F
			Iron Man: Men/Woman			F	Board Relay: Men/Woman		F
							Taplin Relay: Men/Woman		F
MEDAL PRESENTATION CEREMONY AFTER LAST EVENT			MEDAL PRESENTATION CEREMONY AFTER LAST EVENT			MEDAL PRESENTATION CEREMONY AFTER LAST EVENT			

- Notes**
- The programme will be reviewed after entries have closed and may change due to conditions and exigencies of the situation.
 - Three competitors or teams must register to constitute an event, if 2 or less register, the event will **not** be held.
 - The lunch-break will be determined by the Sectional Referee in conjunction with the Chief Referee – preferably before the finals take place.
 - Juniors competing in the Open arena will not be waited for. Athletes and managers to make their own decisions as to where they want to compete.
 - The competition rules, a set out in the Competition Manual (17th Edition of November, 2022 & All Amendments as per Circular 27/24 and 03/25) will be applied at the 2025 DHL South African Lifesaving Senior and Junior Surf Championships.
 - Managers and Clubs not to alter teams once marshaling commences for that division on LiveHeats.



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JUNIOR MEN SURF CHAMPIONSHIPS PROGRAMME

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Technical Officials briefing by Chief Referee (Compulsory Attendance for all TO’s) – Wednesday 30th April 17h00 in King’s Beach Clubhouse

JUNIOR MEN ARENA (U/15, U/17 & U/19)									
THURSDAY: 1 st MAY			FRIDAY: 2 nd MAY			SATURDAY: 3 rd MAY			
High Tide: 05h41; Low Tide: 11h49; High Tide: 18h06 Sunrise: 06h51; Sunset: 17h35			High Tide: 06h27; Low Tide: 12h02; High Tide: 18h53; Low Tide: 00h29 Sunrise: 06h52; Sunset: 17h34			High Tide: 07h19; Low Tide: 12h53; High Tide: 19h51; Low Tide: 01h16 Sunrise: 06h52; Sunset: 17h33			
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07h45	Opening Ceremony		07h15	Technical Officials briefing by Sectional Referee in arena		07h15	Technical Officials briefing by Sectional Referee in arena		
08h15	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		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
MEDAL PRESENTATION CEREMONY AFTER LAST EVENT			MEDAL PRESENTATION CEREMONY AFTER LAST EVENT			MEDAL PRESENTATION CEREMONY AFTER LAST EVENT			

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JUNIOR WOMEN ARENA (U/15, U/17 & U/19)

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07h45	Opening Ceremony		07h30	Marshalling commences		07h30	Marshalling commences	
08h15	Marshalling commences		08h00	Championship commences		08h00	Championship commences	
08h00	Championship commences		08h00	Championship commences		08h00	Championship commences	
Beach Flags: U/19, U/17, U/15		H/SF	Beach Sprint: U/19, U/17, U/15		H/SF	Surf Swim: U/19, U/17, U/15		H
Single Ski: U/19, U/17, U/15		H/SF	Double Ski:		H/SF	Taplin:		H
Beach Relay:		H/SF	Board Relay:		H/SF	Board Rescue:		H/SF
Ironwoman: U/19, U/17, U/15		H/SF	Run/Swim/Run: U/19, U/17, U/15		H/SF	Rescue Tube Rescue:		H/SF
Single Ski Relay:		H	Board Race: U/19, U/17, U/15		H/SF	Beach Run: U/19, U/17, U/15		F
Beach Relay:		F	Double Ski:		F	Board Rescue:		F
Single Ski: U/19, U/17, U/15		F	Board Relay:		F	Rescue Tube Rescue:		F
Beach Flags: U/19, U/17, U/15		F	Run/Swim/Run: U/19, U/17, U/15		F	Surf Swim: U/19, U/17, U/15		F
Single Ski Relay:		F	Board Race: U/19, U/17, U/15		F	Taplin:		F
Ironwoman: U/19, U/17, U/15		F	Beach Sprint: U/19, U/17, U/15		F	MEDAL PRESENTATION CEREMONY AFTER LAST EVENT		
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