

Victorian Lifesaving Championships

Ocean Grove SLSC | Day 1 - Friday 22 March 2024

High tide: 0945 – 1.81m | Low tide: 0311 – 0.86m | 1546 - 0.58m

Marshalling 1:00pm, 1:15pm start

Youth Water Areas	Open Water Areas
Youth Board Rescue H	Under 17 Board Rescue H
Youth Board Rescue S/F	Under 19 Board Rescue S/F
U15 Tube Race H	Open Board Rescue S/F
U14 Tube Race H	Under 17 Board Rescue S/F
U15 Tube Race Q	Under 19 Board Rescue Final
U14 Tube Race Q	Under 17 Board Rescue Final
U15 Tube Race S/F	Open Board Rescue Final
U14 Tube Race S/F	Under 17 Tube Race H
Youth Board Rescue F	Under 17 Tube Race S/F
U14 Tube Race F	Open Rescue Tube Rescue (4)
U15 Tube Race F	Under 19 Rescue Tube Rescue (4)
	Under 17 Tube Race F
	U19 Belt Race
	U17 Belt Race
	Open Belt Race

Please note the following items:

- Heats or Semis will become straight finals if numbers allow, and the FINAL will be run as per the program.
- Women's & Men's Iron (U17, U19 & Open), Open Women's Ski, Open Women's Taplin Finals will be held in the Men's Area as programmed
- This is a program of events. The order of events for each age group may change at any time and is dependent on area availability / general conditions. Due to time constraints and weather conditions, events may be modified or cancelled at the Referees discretion.
- All Women's Taplin relays consists of 3 competitors
- The Open Men's Taplin relay consists of 6 competitors
- The Surf Teams consists of 4 competitors
- Cameron Relay consists of 4 competitors
- All events will be held in accordance with the SLSA Surf Sport Manual 37th Edition (Revised February 2023) as well as any relevant SLSA Circulars plus the LSV Local Rules as described in the 2023 / 2024 Team Managers and Officials Handbook

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Ocean Grove SLSC | Day 2 - Saturday 23 March 2024

High tide: 1110 – 1.16m | Low tide: 0444 – 0.86m | 1712 – 0.62m

Marshalling 7:30am March Past, Official Opening ceremony commencing at 7:45am. No Competitors are to warm up within the competition areas until the conclusion of March Past/Opening ceremony. **At the conclusion of March Past/Opening ceremony all Warmup areas will open for 15mins.**

Marshalling for all events will open at the conclusion of warm up period for 15mins.

Youth Water Areas	Open Water Area	R&R	Beach Area
March Past	March Past	March Past	March Past
U15 Iron H	U19 Iron H	U13-U14 2 Person	Youth 2x1km Relay
U14 Iron H	U17 Iron H	U14-U15 2 Person	U17 2x1km Relay
U15 Board Race H	Open Iron H	U17 2 Person	U19 2x1km Relay
U14 Board Race H	U19 Board Race H	U13-U15 5 Person	Open 2x1km Relay
U15 Board Race QF	U17 Board Race H	U17 Mixed 5 Person	Youth Belt and Reel
U14 Board Race QF	Open Board Race H	U19 Mixed 5 Person	Open Belt and Reel
	U17 Board Race S/F	Open Male 5 Person	Open Mixed Beach Relay (4) H
U15 Iron S/F	Open Board Race S/F	Open Female 5 Person	Youth Mixed Beach Relay (4) H
U14 Iron S/F	U19 Ski Race H/SF	Open Mixed 5 person	U17 Mixed Beach Relay (4) H
U15 Surf Race H	U17 Ski Race H	Open Mixed 6 person	U19 Mixed Beach Relay (4) H
U14 Surf Race H	Open Ski Race H		Quarter Finals then to semi-finals as required
Youth Board Relay (3) H	U17 Ski Race S/F		Open Mixed Beach Relay (4) F
Surf Teams (4) Final	Open Ski Race S/F		Youth Mixed Beach Relay (4) F
Youth Cameron (4) S/F	U19 Surf Team (4) F		U17 Mixed Beach Relay (4) F
	U17 Surf Team (4) F		U19 Mixed Beach Relay (4) F
	Open Surf Team (4) F		
	U19 Ski Relay Final		
	U17 Ski Relay Final		
	Open Ski Relay Final		
	Open Double Ski Final		
	U19 Double Ski Final		
	Open Mixed Double Ski Final		

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Ocean Grove SLSC | Day 3 – Sunday 24 March 2024

High tide: 1227 – 1.21m | Low tide: 0616 – 0.79m | 1829 – 0.62m

Variable Start Times in each area.

Open Water Areas Marshalling 8:00am	Youth Water Area Marshalling 8:45am	Surfboats Water Area	Beach Area Marshalling 8:15am
Lifesaver Relay Final	U14 Surf Race Final	Lifesaver Relay 8:00am Marshall	U14 2km F
U19 Surf Race Final	U15 Surf Race Final	Approx 8:15am Start	U15 2km F
U17 Surf Race Final	U14 Board Race S/F		Open 2km F
Open Surf Race Final	U15 Board Race S/F	VSRL Program	U19 2km F
Under 19 Iron S/F	U14 Board Race Final	Surfboats Meeting 8:15am	U17 2km F
Under 17 Iron S/F	U15 Board Race Final	First Race 8:30am	Open Beach Sprint H
Open Iron S/F	U14 Iron F	Reserve Men	U14 Beach Sprint H
U19 Board Relay Final	U15 Iron F	Reserve Women	U15 Beach Sprint H
U17 Board Relay Final	Youth Board Relay Final	U23 Men	U17 Beach Sprint H
Open Board Relay Final	Youth Cameron Relay (4) F	U23 Women	U19 Beach Sprint H
U19 Ski Race Final		U19 Men	Quarter Finals then to semi-finals as required
U17 Ski Race Final		Open Men	Open Beach Sprint F
Open Ski Race Final		Open Women	U14 Male Sprint F
U19 Board Race Final		Semi Finals (as required in divisions)	U15 Beach Sprint F
U17 Board Race Final		Finals (as required in divisions)	U17 Beach Sprint F
Open Board Race Final		Surfboat Relay	U19 Beach Sprint F
U19 Iron Final			Beach Relay after heats will be quarter / semi final
U17 Iron Final			Open Beach Relay (4) H
Open Iron Final			Youth Beach Relay (4) H
U19 Taplin			U17 Beach Relay (4) H
U17 Taplin			U19 Beach Relay (4) H
Open Female Taplin (3) Final			Quarter Finals then to semi-finals as required
Open Male Taplin (6) Final			Open Beach Relay (4) F
			Youth Beach Relay (4) F
			U17 Beach Relay (4) F
			U19 Beach Relay (4) F

	U14 Beach Flags
	Open Beach Flags
	U15 Beach Flags
	U17 Beach Flags
	U19 Beach Flags

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