



**SYD BRANCH CHAMPIONSHIPS PROGRAM**

Version - 3

Tide HIGH 5:26pm 0.96m

**SLSS Distance Runs & Relays (All Age Groups) & March Past - Elouera // Lifesaving - Elouera Friday 7th February 2025**

4pm	Track & Clubhouse setup		
4pm	Safety & Emergency Committee meeting		
4:15pm	Senior Officials briefing at Elouera		
4:30pm	Officials briefing in areas (Distance Runs & Champion Lifesaver)		
4:50pm	Team Manager Briefing in areas (Distance Runs & Champion Lifesaver)		
6:15pm	Officials briefing - March Past		
6:30pm	Team Manager briefing - March Past		
<b>Beach Runs &amp; Relays - 2 Tracks</b>		<b>March Past</b>	<b>Champion Lifesaver</b>
			<b>Theory &amp; Resus</b>
<b>5pm Marshall 5:30pm Start</b>		<b>6:45pm Marshall 7pm Start</b>	<b>5pm Marshall 5:30pm Start</b>
U11 Male 1km Beach Run	U15 Male 2km Beach Run	U14 and Open March Past	Theory
U11 Female 1km Beach Run	U15 Female 2km Beach Run	Opening Ceremony to be held during March Past - including:	Resus
U12 Male 1km Beach Run	U17 Male 2km Beach Run	- Acknowledgement of Country	U14 Male
U12 Female 1km Beach Run	U17 Female 2km Beach Run	- National Anthem	U15 Male
U13 Male 2km Beach Run	U19 Male 2km Beach Run	- Draw of Ironperson legs	U17 Female
U13 Female 2km Beach Run	U19 Female 2km Beach Run	- Official's & Athlete's Ode	Open Male
U14 Male 2km Beach Run	Open Male 2km Beach Run	- Club Colour Parties	Open Female
U14 Female 2km Beach Run	Open Female 2km Beach Run		30-39 Male
U11 Male Beach 2 x 500m Run Relays	U15 Male 2 x 1km Beach Run Relay		40+ Female
U11 Female Beach 2 x 500m Run Relay	U15 Female 2 x 1km Beach Run Relay		40-49 Male
U12 Male Beach 2 x 500m Run Relays	U13 Male 2 x 1km Beach Run Relay		50+ Male
U12 Female Beach 2 x 500m Run Relay	U13 Female 2 x 1km Beach Run Relay		
U12 Male Beach 2 x 500m Run Relays	U14 Male 2 x 1km Beach Run Relay		
U12 Female Beach 2 x 500m Run Relay	U14 Female 2 x 1km Beach Run Relay		
60+ Male 1km Beach Runs	U17 Male 2 x 1km Beach Run Relay		
60+ Female 1km Beach Runs	U17 Female 2 x 1km Beach Run Relay		
30 - 39 Male 2km Beach Runs	U19 Male 2 x 1km Beach Run Relay		
30 - 39 Female 2km Beach Runs	U19 Female 2 x 1km Beach Run Relay		
40 - 49 Male 2km Beach Runs	Open Male 2 x 1km Beach Run Relays		
40 - 49 Female 2km Beach Runs	Open Female 2 x 1km Beach Run Relay		
50 - 59 Male 2km Beach Runs			

Sydney Branch Championships will run according to the SLSA Surf Sports Manual No. 3, 37th Edition, November 2021, Revised July 2024.

All Entrants must be proficient, registered & financial members of SLSA.

Live Heats will be used at the Sydney Branch Championships.

There will be NO Late Entries to the Sydney Branch Championships.

As per section 6.1 Surf Sports Manual & section 2.3.6 Note 6.

E). U15 age competitors who obtain the SLSA Bronze Medallion are permitted to participate in U17 age team events with the exception that they cannot compete on a ski until they are in the U17 age category.

U14 age competitors must hold their SRC award.

As per section 2.3.5 Surf Sports Manual.

Note 4. U14 age competitors must remain in the U14 age category for individual events and shall not be permitted to compete in any older age division in individual events. U14 competitors are eligible to compete in designated U14 and U15 team events.

As per section 2.3.7. U17 age competitors may compete in only two team event ages i.e. U17, U19, Open.

For clubs that don't have a March Past team entered they need to provide atleast a 2 person "Colour Party" as per the Carnival Bulletin. Failure to do so will result in that club being unable to compete at the 2025 Branch Championships.

Distance runs will not start (beach conditions pending) whilst National Anthem, Welcome to Country, Ode's and Iron draws are held.

Team Event entry limits -

Two (2) teams per club Beach Run Relays

Champion Lifesaver Theory exam will be online so competitors need to ensure they bring a device with them (tablet or laptop is preferable) and know their SLSA Members Area login/password. Paper based copies will be available on Referee approved exception only.

**U19 Events will ONLY take place with 4 or more competitors or teams for each event. In the event there is less than 4 teams or competitors the events will be combined with the Open events.**

For any other event that has less than four (4) competitors or four (4) teams the event will not run.