



**LIFESAVING WORLD CHAMPIONSHIPS ADELAIDE 2018**  
**INTERCLUB MASTERS TEAMS OCEAN CHAMPIONSHIPS**  
**VENUE: GLENELG BEACH**  
**DATE: 19 to 21 November, 2018**  
**COMPETITION PROGRAMME**

**THURSDAY: 15 NOVEMBER**

<b>BRIEFING</b>	
16h00 - 17h00	Briefing: Masters Technical Officials Ocean at the Champs Hub, Glenelg

**SUNDAY: 18 NOVEMBER**

<b>BRIEFING</b>	
17h00 - 18h00	Briefing: Masters Team Managers at the Champs Hub, Glenelg

**MONDAY: 19 NOVEMBER**

High tide: 03h36 & 15h44; Low tide: 09h54 & 21h47  
 Sunrise: 05h00; Sunset: 19h03

<b>MASTERS: DAY 1: OCEAN COMPETITION</b>
Races shall be conducted in timetable order through to finals, commencing with youngest to the oldest in each area

**ARENA 1: 50-54; 55-59; 60-64; 65-69; 70+**

Time	Event	Gender and Age Group	Type
07h30	Team Managers Briefing by Chief Referee on beach		
07h30	Marshalling commences		
08h00	Competition commences		
	Board Rescue	F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65, F-70+, M-70+	Heat/Semi Final/Final
	Surf Ski Race	F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65, F-70+, M-70+	Heat/Semi Final/Final
	Surf Race	F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65, F-70+, M-70+	Heat/Semi Final/Final
	Board Race	F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65, F-70+, M-70+	Heat/Semi Final/Final
	Oceanman/woman	F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65, F-70+, M-70+	Heat/Semi Final/Final

**ARENA 2: 40-44; 45-49**

TIME	Event	Gender and Age Group	Type
08h00	Board Rescue	F-40; M-40; F-45; M-45	Heat/Semi Final/Final
	Surf Race	F-40; M-40; F-45; M-45	Heat/Semi Final/Final
	Board Race	F-40; M-40; F-45; M-45	Heat/Semi Final/Final
	Surf Ski Race	F-40; M-40; F-45; M-45	Heat/Semi Final/Final
	Oceanman/woman	F-40; M-40; F-45; M-45	Heat/Semi Final/Final

**ARENA 3: 30-34; 35-39**

TIME	Event	Gender and Age Group	Type
08h00	Board Rescue	F-30; M-30; F-35; M 35	Heat/Semi Final/Final
	Board Race	F-30; M-30; F-35; M 35	Heat/Semi Final/Final

	Surf Ski Race	F-30; M-30; F-35; M 35	Heat/Semi Final/Final
	Surf Race	F-30; M-30; F-35; M 35	Heat/Semi Final/Final
	Oceanman/woman	F-30; M-30; F-35; M 35	Heat/Semi Final/Final

### MASTERS VICTORY CEREMONY: DAY 1

Time	Event	Gender
	<b>Victory Ceremony Board Race</b>	Male & Female
	<b>Victory Ceremony Surf Ski Race</b>	Male & Female
	<b>Victory Ceremony Surf Race</b>	Male & Female
	<b>Victory Ceremony Oceanman/woman</b>	Male & Female
	<b>Victory Ceremony Board Rescue</b>	Male & Female
End of day's proceedings approx. 16h00		

**TUESDAY: 20 NOVEMBER**

High tide: 04h53 & 17h27; Low tide: 11h25 & 23h01

Sunrise: 04h59; Sunset: 19h04

### MASTERS DAY 2: OCEAN COMPETITION

Races shall be conducted in timetable order through to finals, commencing with youngest to the oldest in each area

#### ARENA 1: 110 - 129

Time	Event	Gender and Age Group	Type
07h30	Team Managers Briefing by Chief Referee on beach		
07h30	Marshalling commences		
08h00	Competition commences		
	Surf Teams Race	F - 129; M -129	Heat/Semi Final/Final
	Board Relay	F - 129; M -129	Heat/Semi Final/Final
	Surf Ski Relay	F - 129; M -129	Heat/Semi Final/Final
	Oceanman/ woman Relay	F - 129; M -129	Heat/Semi Final/Final

#### ARENA 2: 130 - 149

Time	Event	Gender and Age Group	Type
08h00	Surf Teams Race	F – 149; M - 149	Heat/Semi Final/Final
	Board Relay	F – 149; M – 149	Heat/Semi Final/Final
	Surf Ski Relay	F – 149; M – 149	Heat/Semi Final/Final
	Oceanman/ woman Relay	F – 149; M - 149	Heat/Semi Final/Final

#### ARENA 3: 150-169 and 170+

Time	Event	Gender and Age Group	Type
08h00	Surf Teams Race	F – 169; M – 169; F – 170+; M – 170+	Heat/Semi Final/Final
	Board Relay	F – 169; M – 169; F – 170+; M – 170+	Heat/Semi Final/Final
	Surf Ski Relay	F – 169; M – 169; F – 170+; M – 170+	Heat/Semi Final/Final
	Oceanman/woman Relay	F – 169; M – 169; F – 170+; M – 170+	Heat/Semi Final/Final

### MASTERS VICTORY CEREMONY: DAY 2

Time	Event	Gender
	<b>Victory Ceremony Surf Teams Race</b>	Male & Female
	<b>Victory Ceremony Board Relay</b>	Male & Female
	<b>Victory Ceremony Surf Ski Relay</b>	Male & Female
	<b>Victory Ceremony Oceanman/woman Relay</b>	Male & Female
End of day's proceedings		

**MASTERS DAY 3: BEACH COMPETITION**

Races shall be conducted in timetable order through to finals, commencing with youngest to the oldest in each area

Time	Event	Gender and Age Group	Type
07h30	Team Managers Briefing by Chief Referee on beach		
07h30	Marshalling commences		
08h00	Competition commences		
08h00	2 km Beach Run	F-30; M-30; F-35; M 35; F-40; M-40; F-45; M-45; F-50; M-50; F-55; M-55	Heats & Final
	1 km Beach Run	F-60; M-60; F-65; M-65, F-70+, M-70	Heats & Final
	Beach Sprint	F-30; M-30; F-35; M - 35; F-40; M-40; F-45; M-45; F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65, F-70+, M-70+	Heat/Semi Final/Final
	Beach Relay	F-110; M-110; F-130; M-130; F-150; M-150; F-170+; M-170+	Heat/Semi Final/Final
<b>ARENA 1: 30-34; 35-39</b>			
14h00	Beach Flags	F-30; M-30; F-35; M - 35	Heat/Semi Final/Final
<b>ARENA 2: 40-44; 45-49</b>			
14h00	Beach Flags	F-40; M-40; F-45; M - 45	Heat/Semi Final/Final
<b>ARENA 3: 50-54; 55-59; 60-65; 65-69; 70+</b>			
14h00	Beach Flags	F-50; M-50; F-55; M-55; F-60; M-60; F-65; M-65, F-70+, M-70+	Heat/Semi Final/Final

**MASTERS VICTORY CEREMONY DAY 3**

Time	Event	Gender
	<b>Victory Ceremony 2km Beach Run</b>	Male & Female
	<b>Victory Ceremony 1 km Beach Run</b>	Male & Female
	<b>Victory Ceremony Beach Sprint</b>	Male & Female
	<b>Victory Ceremony Beach Relay</b>	Male & Female
	<b>Victory Ceremony Beach Flags</b>	Male & Female
End of day's proceedings		

**Note:**

1. Other than the initial marshalling and start times for each session all other listed times are indicative and for event planning purposes only. Individuals and Teams must be available at the commencement of each session for marshalling and competition of an event listed for conduct within that session.
2. This is a draft programme and subject to change. The programme will be finalized once entries for the Lifesaving World Championships Adelaide 2018 have closed.
3. Events may be combined to incorporate more than 1 age group per event.