



**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> |   |
|-----------------|---|
| 17h00 - 18h00   | Briefing: Masters Team Managers at the Admin Marquee, Glenelg |

**SUNDAY: 18 NOVEMBER**

| <b>BRIEFING</b> |   |
|-----------------|---|
| 17h00-18h00     | Briefing: Masters Technical Officials Ocean at the Admin Marquee, Glenelg |

**MONDAY: 19 NOVEMBER**

High tide: 03h36 & 15h44; Low tide: 09h54 & 21h47  
 Sunrise: 06h00; Sunset: 20h01

| <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 |

| <b>WATER AREA 1: 55-59; 60-64; 65-69</b> |  |                                      |                       |
|--|--|--------------------------------------|-----------------------|
| <b>Time</b>                              | <b>Event</b>   | <b>Gender and Age Group</b>          | <b>Type</b>           |
| 06h45                                    | Safety Meeting                                       |                                      |                       |
| 07h00                                    | Team Managers Briefing by Chief Referee on the Beach |                                      |                       |
| 07h30                                    | Marshalling commences                                |                                      |                       |
| 08h00                                    | Competition commences                                |                                      |                       |
| 08h00                                    | Surf Ski Race  | F-55; M-55; F-60; M-60; F-65; M-65   | Heat/Semi Final/Final |
| 10h00                                    | Surf Race  | F-55; M-55; F-60; M-60; F-65; M-65   | Heat/Semi Final/Final |
| 11h40                                    | Board Race   | F-55; M-55; F-60; M-60; F-65; M-65   | Heat/Semi Final/Final |
| 14h00                                    | Oceanman/woman                                       | F-55; M-55; F-60; M-60; F-65; M-65   | Heat/Semi Final/Final |
| <b>WATER AREA 2: 45-49; 50-54; 70+</b>   |  |                                      |                       |
| <b>TIME</b>                              | <b>Event</b>   | <b>Gender and Age Group</b>          | <b>Type</b>           |
| 08h00                                    | Board Rescue   | F-45; M-45; F-50; M-50; F-70+, M-70+ | Heat/Semi Final/Final |
| 10h00                                    | Surf Race  | F-45; M-45; F-50; M-50; F-70+, M-70+ | Heat/Semi Final/Final |
| 11h45                                    | Board Race   | F-45; M-45; F-50; M-50; F-70+, M-70+ | Heat/Semi Final/Final |
| 14h15                                    | Oceanman/woman                                       | F-45; M-45; F-50; M-50; F-70+, M-70+ | Heat/Semi Final/Final |
| <b>WATER AREA 3: 30-34; 35-39; 40-44</b> |  |                                      |                       |
| <b>TIME</b>                              | <b>Event</b>   | <b>Gender and Age Group</b>          | <b>Type</b>           |
| 08h00                                    | Surf Race  | F-30; M-30; F-35; M 35; F40; M40     | Heat/Semi Final/Final |
| 09h30                                    | Surf Ski Race  | F-30; M-30; F-35; M 35; F40; M40     | Heat/Semi Final/Final |
| 11h00                                    | Board Rescue   | F-30; M-30; F-35; M 35; F40; M40     | Heat/Semi Final/Final |
| 14h30                                    | Oceanman/woman                                       | F-30; M-30; F-35; M 35; F40; M40     | Heat/Semi Final/Final |

| <b>MASTERS VICTORY CEREMONY: DAY 1</b> |  |               |
|--|--|---------------|
| <b>Time</b>                            | <b>Event</b>                           | <b>Gender</b> |
| .17h30                                 | <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. 18h00 |  |               |

**TUESDAY: 20 NOVEMBER**

High tide: 04h53 & 17h27; Low tide: 11h25 & 23h01  
Sunrise: 06h00; Sunset: 20h02

| <b>MASTERS: DAY 2: OCEAN COMPETITION</b>   |  |  |
|--|--|--|
| Races shall be conducted in timetable order through to finals, commencing with youngest to the oldest in each area |  |  |

| <b>WATER AREA 1: 55-59; 60-64; 65-69</b> |  |                                      |                       |
|--|--|--------------------------------------|-----------------------|
| <b>Time</b>                              | <b>Event</b>   | <b>Gender and Age Group</b>          | <b>Type</b>           |
| 06h45                                    | Safety Meeting                                       |                                      |                       |
| 07h00                                    | Team Managers Briefing by Chief Referee on the Beach |                                      |                       |
| 07h30                                    | Marshalling commences                                |                                      |                       |
| 08h00                                    | Competition commences                                |                                      |                       |
| 08h00                                    | Board Rescue   | F-55; M-55; F-60; M-60; F-65; M-65   | Heat/Semi Final/Final |
| <b>WATER AREA 2: 45-49; 50-54; 70+</b>   |  |                                      |                       |
| <b>TIME</b>                              | <b>Event</b>   | <b>Gender and Age Group</b>          | <b>Type</b>           |
| 08h00                                    | Surf Ski Race  | F-45; M-45; F-50; M-50; F-70+, M-70+ | Heat/Semi Final/Final |
| <b>WATER AREA 3: 30-34; 35-39; 40-44</b> |  |                                      |                       |
| <b>TIME</b>                              | <b>Event</b>   | <b>Gender and Age Group</b>          | <b>Type</b>           |
| 08h00                                    | Board Race   | F-30; M-30; F-35; M 35; F40; M40     | Heat/Semi Final/Final |

| <b>WATER AREA 1: 110 -129 and 130-149 MALE</b>        |                       |                             |                       |
|---|-----------------------|-----------------------------|-----------------------|
| <b>Time</b>   | <b>Event</b>          | <b>Gender and Age Group</b> | <b>Type</b>           |
| 11h00   | Surf Teams Race       | M -129; M-149               | Heat/Semi Final/Final |
| 12h15   | Board Relay           | M -129; M-149               | Heat/Semi Final/Final |
| 13h15   | Surf Ski Relay        | M -129; M-149               | Heat/Semi Final/Final |
| 14h30   | Oceanman/ woman Relay | M -129; M-149               | Heat/Semi Final/Final |
| <b>WATER AREA 2: 150-169 and 170+ MALE</b>            |                       |                             |                       |
| <b>Time</b>   | <b>Event</b>          | <b>Gender and Age Group</b> | <b>Type</b>           |
| 11h00   | Surf Teams Race       | M – 169; M-170+             | Heat/Semi Final/Final |
| 12h15   | Board Relay           | M – 169; M-170+             | Heat/Semi Final/Final |
| 13h00   | Surf Ski Relay        | M – 169; M-170+             | Heat/Semi Final/Final |
| 13h45   | Oceanman/ woman Relay | M – 169; M-170+             | Heat/Semi Final/Final |
| <b>WATER AREA 3: 110-129; 150-169 and 170+ FEMALE</b> |                       |                             |                       |
| <b>Time</b>   | <b>Event</b>          | <b>Gender and Age Group</b> | <b>Type</b>           |
| 11h30   | Surf Teams Race       | F – 129; F-169; F-170+      | Heat/Semi Final/Final |
| 11h45   | Board Relay           | F – 129; F -169; F-170+     | Heat/Semi Final/Final |
| 12h35   | Surf Ski Relay        | F – 129; F -169; F-170+     | Heat/Semi Final/Final |
| 13h30   | Oceanman/woman Relay  | F – 129; F -169; F-70+      | Heat/Semi Final/Final |

| <b>MASTERS VICTORY CEREMONY: DAY 2</b> |  |               |
|--|--|---------------|
| <b>Time</b>                            | <b>Event</b>   | <b>Gender</b> |
| .16h30                                 | <b>Victory Ceremony Board Race F &amp; M; 30-34; 35-39 and 40-44</b>   | Male & Female |
|  | <b>Victory Ceremony Surf Ski Race F &amp; M; 45-49; 50-54 and 70+</b>  | Male & Female |
|  | <b>Victory Ceremony Board Rescue F &amp; M; 55-59; 60-64 and 65-69</b> | Male & Female |
|  | <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 17h05         |  |               |

**WEDNESDAY: 21 NOVEMBER**

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

Sunrise: 05h59; Sunset: 20h03

| <b>MASTERS DAY 3: BEACH COMPETITION</b>  |  |  |
|--|--|--|
| Races shall be conducted in timetable order through to finals, commencing with youngest to the oldest in each area |  |  |

| <b>Time</b>                                | <b>Event</b>   | <b>Gender and Age Group</b>  | <b>Type</b>           |
|--|--|--|-----------------------|
| 06h45                                      | Safety Meeting                                       |  |                       |
| 07h00                                      | Team Managers Briefing by Chief Referee on the 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          |
| 09h30                                      | 1 km Beach Run                                       | F-60; M-60; F-65; M-65, F-70+, M-70  | Heats &Final          |
| 10h00                                      | 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 |
| 13h30                                      | Beach Relay  | F-110; M-110; F-130; M-130; F-150; M-150; F-170+; M-170+   | Heat/Semi Final/Final |
| <b>BEACH ARENA 1: 30-34; 35-39; 40-44</b>  |  |  |                       |
| 14h00                                      | Beach Flags  | F-30; M-30; F-35; M – 35; F-40; M-40;  | Heat/Semi Final/Final |
| <b>BEACH ARENA 2;; 45-49; : 50-54; 70+</b> |  |  |                       |
| 14h00                                      | Beach Flags  | F-45; M – 45; F-50; M-50; F-70+, M-70+   | Heat/Semi Final/Final |
| <b>BEACH ARENA 3; 55-59; 60-65; 65-69</b>  |  |  |                       |
| 14h00                                      | Beach Flags  | F-55; M-55; F-60; M-60; F-65; M-65,  | Heat/Semi Final/Final |

| <b>MASTERS VICTORY CEREMONY DAY 3</b> |  |               |
|---------------------------------------|--|---------------|
| <b>Time</b>                           | <b>Event</b>                           | <b>Gender</b> |
| .18h00                                | <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 18h30        |  |               |

**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 programme is subject to change.
3. Events may be combined to incorporate more than 1 age group per event.