



**2010 ENERGY AUSTRALIA
SURF LIFESAVING CENTRAL COAST
MASTERS CHAMPIONSHIPS PROGRAM
SHELLY BEACH SLSC
13th FEBRUARY, 2010**



REFEREE: Richard Hudson

High Tide:

Low Tide:

WATER 1 (30 – 44yrs)	WATER 2 (45 +yrs)	BEACH
REPORT TIME 8.30am	REPORT TIME 8.30am	REPORT TIME 7:00am
START TIME 8:45am	START TIME 8:45am	START TIME 7:30am
130yrs (M/F) Surf Team 110yrs (M/F) Surf Team 130yrs (M/F) Ski Relay 110 yrs (M/F) Ski Relay 130yrs (M/F) Board Relay 110yrs (M/F) Board Relay 130yrs (M/F) Taplin Relay 110yrs (M/F) Taplin Relay 30-34yrs (M/F) Board Rescue 35-39yrs (M/F) Board Rescue 40-44yrs (M/F) Board Rescue 30-34yrs (M/F) Double Ski 30-44 (F) Double Ski 35-39yrs (M) Double Ski 40-44yrs (M) Double Ski 45-49yrs (M) Double Ski 45+ (F) Double Ski 50-54yrs (M) Double Ski 55-59yrs (M) Double Ski 60-64yrs (M) Double Ski 65-69yrs (M) Double Ski 70 yrs + Double Ski 30-34yrs (M/F)) Tube 35-39yrs (M/F) Tube 40-44yrs (M/F)) Tube 30-34yrs (M/F) Single Ski 35-39yrs (M/F)) Single Ski 40-44yrs (M/F)) Single Ski 30-34yrs (M/F) Surf 35-39yrs (M/F) Surf 40-44yrs (M/F) Surf 30-34yrs (M/F) Board 35-39yrs (M/F) Board 40-44yrs (M/F) Board 30-34yrs (M/F) Ironperson 35-39yrs (M/F)Ironperson 40-44yrs I(M/F)Ironperson	150yrs (M/F) Surf Team 170yrs (M/F) Surf Team 150yrs (M/F) Ski Relay 170yrs (M/F) Ski Relay 150yr (M/F) Board Relay 170yr (M/F) Board Relay 150yrs (M/F) Taplin Relay 170yrs (M/F) Taplin Relay 45-49yrs (M/F) Board Rescue 45-49yrs (M/F) Board Rescue 50-54yrs (M/F) Board Rescue 55-59yrs (M/F) Board Rescue 60-64yrs (M/F) Board Rescue 65-69yrs (M/F) Board Rescue 70 + (Gen Neut) Board Rescue 45-49yrs (M/F) Tube 50-54yrs (M/F) Tube 55-59yrs (M/F) Tube 60-64yrs (M/F) Tube 65-69yrs (M/F) Tube 70 + yrs (Gen Neut) Tube 45-49yrs (M/F) Single Ski 50-54yrs (M/F) Single Ski 55-59yrs (M/F) Single Ski 60-64yrs (M/F) Single Ski 65-69yrs (M/F) Single Ski 70 + (Gen Neut) Single Ski 45-49yrs (M/F) Surf 50-54yrs (M/F) Surf 55-59yrs (M/F) Surf 60-64yrs (M/F) Surf 65-69yrs (M/F) Surf 70 + yrs (Gen Neut) Surf 45-49yrs (M/F) Board 50-54yrs (M/F) Board 55-59yrs (M/F) Board 60-64yrs (M/F) Board 65-69yrs (M/F) Board 70 + (Gen Neut) Board	2Km Beach Run M/F 30-34 up to 50-59 1Km Beach Run M/F 60 up to 69 1Km Beach Run 70+ Gender Neutral 230yrs (Gen Neut) Beach Relay 200yrs (M/F) Beach Relay 170yrs (M/F)Beach Relay 140yrs (M/F) Beach Relay 70 + (Gen Neut)) Beach Sprint 65-69 (M/F) Beach Sprint 60-64 (M/F) Beach Sprint 55-59 (M/W) Beach Sprint 50-54 (M/W) Beach Sprint 45-49 (M/W) Beach Sprint 40-44 (M/W) Beach Sprint 35-39 (M/W) Beach Sprint 30-34 (M/W) Beach Sprint 70 + (Gen Neut) Flags 65-69 (M/F) Flags 60-64 (M/F) Flags 55-59 (M/F) Flags 50-54 (M/W) Flags 45-49 (M/W) Flags 40-44 (M/W) Flags 35-39 (M/W) Flags 30-34 (M/W) Flags

	45-49yrs (M/F) Ironperson 50-54yrs (M/F) Ironperson 55-59yrs (M/F) Ironperson 60-64yrs (M/F) Ironperson 65-69yrs (M/F) Ironperson 70 + yrs (Gen Neut) Ironperson	
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Note:

- 1. All events are subject to change due to conditions on the day at the direction of the Carnival and Sectional Referees.**
- 2. Water will start after completion of the Beach Relays.**
- 3. Ski Included in all Masters Ironwomen up to 65-69 as per state circular.**