



Programme for Day 1 – Thursday 12th March (Masters Championships)

High tide: 0736
 Low tide: 1352

	Central Arena		Boat Arena
	<p>1000 start Run-Swim-Run Ski Race Board Race Ski Relay Board Relay Double Ski Surf Race Surf Teams Race 4 Man R&R 6 Man R&R Ironman/Woman Races Taplin Relay Beach Flags Beach Sprint Beach Relay</p>		<p>1300 start Short Course Canoe Series Short Course Boat Series</p>

- 1. The Event Management Committee reserves the right to alter or amend the programme as required during the event.**
- 2. Finals will be run where stated in the programme. Events made into straight finals will be run in the place of the respective heats.**

Programme for Day 2 – Friday 13th March (Interclub Championships)

Low tide: 1443

High tide: 0828

Code	Under 19 Arena	Code	Open Arena	Code	Under 16 Arena	Code	Boat Arena
	0800 start		0800 start		0800 start		0800 start
101	U19 M Ski Race Heats	102	Open M Ski Race Heats	100	U16 M Ski Race Heats	160	U19 M SC Boat
201	U19 W Ski Race Heats	202	Open W Ski Race Heats	200	U16 W Ski Race Heats	161	U23 M SC Boat
101	U19 M Ski Race Semi	102	Open M Ski Race Semi	100	U16 M Ski Race Semi	162	Open M SC Boat
201	U19 W Ski Race Semi					262	Open W SC Boat
		112	Open M Board Race Heats	110	U16 M Board Race Heats		(round robins, semis, finals)
111	U19 M Board Race Heats	212	Open W Board Race Heats	210	U16 W Board Race Heats		
211	U19 W Board Race Heats	112	Open M Board Race Semi	110	U16 M Board Race Semi		
111	U19 M Board Race Semi			210	U16 W Board Race Semi	166	U19 M SC Canoe
211	U19 W Board Race Semi	222	Open W Surf Race Heats			266	U19 W SC Canoe
						167	Open M SC Canoe
121	U19 M Surf Race Heats	115	Open M Board Res Heats	120	U16 M Surf Race Heats	267	Open W SC Canoe
221	U19 W Surf Race Heats	215	Open W Board Res Heats	220	U16 W Surf Race Heats		(heats, semis, finals)
		115	Open M Board Res Final				
114	U19 M Board Res Heats	215	Open W Board Res Final	113	U16 M Board Res Heats		
214	U19 W Board Res Heats			213	U16 W Board Res Heats		
114	U19 M Board Res Semi			113	U16 M Board Res Semi		
214	U19 W Board Res Semi	132	Open M Beach Flags Heats	213	U16 W Board Res Semi		
114	U19 M Board Res Final	232	Open W Beach Flags Heats	113	U16 M Board Res Final		
214	U19 W Board Res Final	132	Open M Beach Flags Semi	213	U16 W Board Res Final		
		232	Open W Beach Flags Semi				
		132	Open M Beach Flags Final				
131	U19 M Beach Flags Heats	232	Open W Beach Flags Final	130	U16 M Beach Flags Heats		
231	U19 W Beach Flags Heats			230	U16 W Beach Flags Heats		
131	U19 M Beach Flags Semi			130	U16 M Beach Flags Semi		
231	U19 W Beach Flags Semi			230	U16 W Beach Flags Semi		
131	U19 M Beach Flags Final			130	U16 M Beach Flags Final		
231	U19 W Beach Flags Final			230	U16 W Beach Flags Final		

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Programme for Day 3 – Saturday 14th March (Interclub Championships)

Low tide: 0734

High tide: 1339

Code	Arena 1	Code	Arena 2	Code	Beach Arena	Code	Boat Arena
	0800 start		0800 start		0800 start		0800 start
225	U19 W Run-Swim-Run Heats	125	U19 M Run-Swim-Run Heats	142	Open M Beach Sprint Heats		
205	U19 W Ski Relay Final	105	U19 M Ski Relay Heats	242	Open W Beach Sprint Heats	163	U19 M LC Boat
206	Open W Ski Relay Final	106	Open M Ski Relay Heats	141	U19 M Beach Sprint Heats	164	U23 M LC Boat
225	U19 W Run-Swim-Run Final	105	U19 M Ski Relay Final	241	U19 W Beach Sprint Heats	165	Open M LC Boat
226	Open W Run-Swim-Run Final	106	Open M Ski Relay Final	140	U16 M Beach Sprint Heats	265	Open W LC Boat
216	U16 W Board Relay Heats	125	U19 M Run-Swim-Run Final	240	U16 W Beach Sprint Heats		(round robins)
217	U19 W Board Relay Heats	126	Open M Run-Swim-Run final	142	Open M Beach Sprint Semi		
216	U16 W Board Relay Final	116	U16 M Board Relay Heats	242	Open W Beach Sprint Semi		
217	U19 W Board Relay Final	117	U19 M Board Relay Heats	141	U19 M Beach Sprint Semi		
218	Open W Board Relay Final	118	Open M Board Relay Heats	241	U19 W Beach Sprint Semi		
223	U19 W Surf Teams Final	116	U16 M Board Relay Final	140	U16 M Beach Sprint Semi	168	U19 M LC Canoe
224	Open W Surf Teams Final	117	U19 M Board Relay Final	240	U16 W Beach Sprint Semi	268	U19 W LC Canoe
		118	Open M Board Relay Final	142	Open M Beach Sprint Final	169	Open M LC Canoe
227	U19 W Tube Rescue Heats	123	U19 M Surf Teams Final	242	Open W Beach Sprint Final	269	Open W LC Canoe
228	Open W Tube Rescue Heats	124	Open M Surf Teams Final	141	U19 M Beach Sprint Final		(heats, semis, finals)
227	U19 W Tube Rescue Semi			241	U19 W Beach Sprint Final		
227	U19 W Tube Rescue Final	127	U19 M Tube Rescue Heats	140	U16 M Beach Sprint Final		
228	Open W Tube Rescue Final	128	Open M Tube Rescue Heats	240	U16 W Beach Sprint Final		
		127	U19 M Tube Rescue Semi	150	U16 M Beach Relay Heats		
280	U16 Diamond Lady Heats	127	U19 M Tube Rescue Final	250	U16 W Beach Relay Heats		
281	U19 Ironwoman Heats	128	Open M Tube Rescue Final	151	U19 M Beach Relay Heats		
280	U16 Diamond Lady S/F			251	U19 W Beach Relay Heats		
282	Open Ironwoman Heats	180	U16 Ironman Heats	152	Open M Beach Relay Heats		
		181	U19 Ironman Heats	252	Open W Beach Relay Heats		
		180	U16 Ironman S/F	150	U16 M Beach Relay Semis/Final		
		182	Open Ironman Heats	250	U16 W Beach Relay Semis/Final		
				151	U19 M Beach Relay Semis/Final		
				251	U19 W Beach Relay Semis/Final		
				152	Open M Beach Relay Semis/Final		
				252	Open W Beach Relay Semis/Final		

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Programme for Day 4 – Sunday 15th March (Interclub Championships)

Low tide: 0835
 High tide: 1439

Code	Arena 1	Code	Arena 2	Code	Central Arena	Code	Boat Arena
	0800 start		0900 start		1100 start		0800 start
171	U19 M Taplin Heats	103	U19 M Double Ski Heats	220	U16 W Surf Race Final	163	163 U19 M LC Boat
271	U19 W Taplin Heat	203	U19 W Double Ski Heats	120	U16 M Surf Race Final	164	164 U23 M LC Boat
170	U16 M Taplin Heats	104	Open M Double Ski Heats	221	U19 W Surf Race Final	165	165 Open M LC Boat
270	U16 W Taplin Heat	204	Open W Double Ski Heats	121	U19 M Surf Race Final	265	265 Open W LC Boat (1/4, semis, finals)
280	U16 Diamond Lady Final	203	U19 W Double Ski Final	222	Open W Surf Race Final		
180	U16 Ironman Final	103	U19 M Double Ski Final	122	Open M Surf Race Final		
281	U19 Ironwoman Final	204	Open W Double Ski Final	200	U16 W Ski Race Final		
181	U19 Ironman Final	104	Open M Double Ski Final	100	U16 M Ski Race Final		
		272	Open W Taplin Heats	201	U19 W Ski Race Final		
		270	U16 W Taplin Final	101	U19 M Ski Race Final		
		170	U16 M Taplin Final	202	Open W Ski Race Final		
				102	Open M Ski Race Final		
				210	U16 W Board Race Final		
				110	U16 M Board Race Final		
				211	U19 W Board Race Final		
				111	U19 M Board Race Final		
				212	Open W Board Race Final		
				112	Open M Board Race Final		
				282	Open Ironwoman Final		
				182	Open Ironman Final		
				271	U19 W Taplin Final		
				171	U19 M Taplin Final		
				272	Open W Taplin Final		
				172	Open M Taplin Final		

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