

2009 Sydney Water Program

Time	Water 1	Water 2	Water 3	Sprints	Flags
7.45am	Administration open to pick up race singlets and take late entries				
8.00am	Officials and Water Safety Report to Co-ordinator				
8.15am	Team managers meeting				
8.30am	U14 Male Surf	U11 Male Surf	U8 Male Wade	U13 Male Sprint	U12 Female Flags
	U14 Female Surf	U11 Female Surf	U8 Female Wade	U13 Female Sprint	U12 Male Flags
	U13 Male Surf	U12 Male Surf	U8 Wade Relay	U13 Relay	U11 Female Flags
	U13 Female Surf	U12 Female Surf	U10 Male Surf	U14 Male Sprint	U11 Male Flags
	U14 Male Board	U11 Male Board	U10 Female Surf	U14 Female Sprint	U8 Female Flags
	U14 Female Board	U11 Female Board	U9 Male Surf	U14 Relay	U8 Male Flags
	U13 M Board	U12 Male Board	U9 Female Surf	U11 Male Sprint	U13 Female Flags
	U13 F Board	U12 Female	U10 Male Board	U11 Female Sprint	U13 Male Flags
	U14 Ironman	U11 Ironman	U10 Female Board	U11 Relay	U10 Female Flags
	U14 Ironwoman	U11 Ironwoman	U 9 Male Board	U12 Male Sprint	U10 Male Flags
	U13 Ironman	U12 Ironman	U9 Female Board	U12 Female Sprint	U9 Female Flags
	U13 Ironwoman	U12 Ironwoman		U12 Relay	U9 Male Flags
				U10 Male Sprint	U14 Female Flags
				U10 Female Sprint	U14 Male Flags
	U14 Board Relay	U11 Board Relay	U10 Board Relay	U10 Relay	
	U13 Board Relay	U12 Board Relay	U9 Board Relay	U 9 Male Sprint	
				U 9 Female Sprint	
	Please Note:	All Board Relays will be conducted as		U 9 Relay	
		2-person events		U 8 Male Sprint	
				U 8 Female Sprint	
				U 8 Relay	
12.00pm	Junior All Age Relay – U8-U14.				
	1 Competitor per age group; minimum 3 female competitors				

Time	Water 1	Water 2	Sprints	Flags
12.30pm	Open Taplin Relay – 3 person			
1.00pm	Open Male Ski Relay - 2 person only		Vets Male Sprint	Open M Flags
	Open Female Ski Relay – 2 person only		Vets Female Sprint	Open F Flags
	U17 Ski Relay – 2 person only		Vets Relay	U17 Male Flags
			U15 Male Sprint	U17 Female Flags
1.30pm	Open Ironman	Open Ironwoman	U15 Female Sprint	Vet Flags
	Vets Ironman	Vets Ironwoman	U15 Relay	U15 Male Flags
	U17 Ironman	U17 Ironwoman	U17 Male Sprints	U15 Female Flags
	U15 Ironman	U15 Ironwoman	U17 Female Sprints	
			U17 Relay	
	Vets Board Relay		Open Beach Relay – 4 person, any combination	
	Open Male Board relay	Open Female Board Relay		
	U17 Male Board Relay	U17 Female Board relay		
	All Board Relays are 2 person events			
	Vets Male Surf	Vets Female Surf		
	U 15 Male Surf	U 15 Female Surf		
	U 17 Male Surf	U 17 Female Surf		
	Open Male Surf	Open Female Surf		
	Open Male Ski	Open Female Ski		
	Vets Male Ski	Vets Female Ski		
	U17 Male Ski	U17 Females Ski		
	Open Male Ski	Open Female Ski		
	Vets Male Board	Vets Female Board		
	U 15 Male Board	U 15 Female Board		
	U 17 Male Board	U 17 Female Board		
	Open Male Board	Open Female Board		