



INTERCLUB MASTERS: OCEAN AND BEACH CHAMPIONSHIPS

VENUE: KING'S BEACH: NELSON MANDELA BAY: GQEBERHA (PORT ELIZABETH)
DATE: TUESDAY 1ST DECEMBER AND WEDNESDAY 2ND DECEMBER

PRELIMINARY CHAMPIONSHIPS

MONDAY: 30th NOVEMBER

TIME	BRIEFING	VENUE
16h00 – 17h00	Masters Technical Officials: Ocean briefing by Chief Referee, Safety Officer and Event Management Committee	King's Beach Marquee
17h00 – 18h00	Masters Team Managers: Ocean briefing by Chief Referee, Safety Officer and Event Management Committee	King's Beach Marquee

TUESDAY: 1st DECEMBER

INTERCLUB MASTERS CHAMPIONSHIPS: DAY 1: OCEAN AND BEACH

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

Solar: Sunrise – 04h59; Sunset – 19h14; Civil Twilight – 19h42

Tide Times: Low – 02h24; High – 09h46; Low – 15h27; High – 21h29

BRIEFINGS & DAILY PROGRAMME

06h00	Safety Meeting
06h30	Daily Competition Committee Meeting
07h00	Team Managers daily briefing by Sectional Referees in arena
07h15	Technical Officials daily briefing by Sectional Referees in arena
07h40	Marshalling commences
08h00	Competition commences
After last event	EMC/LOC meeting

Time	Event	Gender and Age Group	Type
WOMEN AREA 1 (Green/Gold): DAY 1			
Age Groups: 45-49; 40-44; 35-39; 30-34 & Beach Relay - W-130; W-110; W-90			
Time	Event	Gender and Age Group	Type
08h00	Beach Sprint	W-45; W-40; W-35; W-30	Heat/Semi Final/Final
	Beach Relay	W-130; W-110; W-90	Heat/Semi Final/Final
	Surf Ski Race	W-45; W-40; W-35; W-30	Heat/Semi Final/Final
	Oceanwoman	W-45; W-40; W-35; W-30	Heat/Semi Final/Final
	Board Rescue	W-45; W-40; W-35; W-30	Heat/Semi Final/Final
	Surf Race	W-45; W-40; W-35; W-30	Heat/Semi Final/Final
	Board Race	W-45; W-40; W-35; W-30	Heat/Semi Final/Final

NOTE: Some Men's events may be held in this area once all Women's events above are completed

WOMEN AREA 2 (Pink): DAY 1

Age Groups: 75+; 70-74; 65-69; 60-64; 55-59; 50-54 & Beach Relay - W-170+; W-150

TIME	Event	Gender and Age Group	Type
08h00	Beach Sprint	W-75+; W-70; W-65; W-60; W-55, W-50	Heat/Semi Final/Final

Time	Event	Gender and Age Group	Type
	Beach Relay	W-170+; W-150	Heat/Semi Final/Final
	Board Race	W-75+; W-70; W-65; W-60; W-55, W-50	Heat/Semi Final/Final
	Oceanwoman (See note 4)	W-70; W-65; W-60; W-55, W-50	Heat/Semi Final/Final
	Board Rescue	W-75+; W-70; W-65; W-60; W-55, W-50	Heat/Semi Final/Final
	Surf Race	W-70+; W-65; W-60; W-55, W-50	Heat/Semi Final/Final
	Surf Ski Race	W-75+; W-70; W-65; W-60; W-55; W-50	Heat/Semi Final/Final

NOTE: Some Men's events may be held in this area once all Women's events above are completed

MEN AREA 3 (Blue/White)

Age Groups: 75+; 70-74; 65-69; 60-64; 55-59; 50-54 & Beach Relay - M-170+; M-150

TIME	Event	Gender and Age Group	Type
08h00	Surf Ski Race	M-75+; M-70; M-65; M-60; M-55; M-50	Heat/Semi Final/Final
	Oceanman (See note 4)	M-70; M-65; M-60; M-55; M-50	Heat/Semi Final/Final
	Board Rescue	M-75+; M-70; M-65; M-60; M-55; M-50	Heat/Semi Final/Final
	Surf Race	M-75+; M-70+; M-65; M-60; M-55; M-50	Heat/Semi Final/Final
	Board Race	M-75+; M-70; M-65; M-60; M-55; M-50	Heat/Semi Final/Final
	Beach Sprint	M-75+; M-70; M-65; M-60; M-55; M-50	Heat/Semi Final/Final
	Beach Relay	M-170+; M-150	Heat/Semi Final/Final

NOTE: Some Men's events may be held in this area once all Women's events above are completed

MEN AREA 4 (Orange):

Age Groups: 45-49; 40-44; 35-39; 30-34 & Beach Relay - M-130; M-110; M-90

TIME	Event	Gender and Age Group	Event
08h00	Board Race	M-45; M-40; M-35; M-30	Heat/Semi Final/Final
	Oceanman	M-45; M-40; M-35; M-30	Heat/Semi Final/Final
	Board Rescue	M-45; M-40; M-35; M-30	Heat/Semi Final/Final
	Surf Race	M-45; M-40; M-35; M-30	Heat/Semi Final/Final
	Surf Ski Race	M-45; M-40; M-35; M-30	Heat/Semi Final/Final
	Beach Sprint	M-45; M-40; M-35; M-30	Heat/Semi Final/Final
	Beach Relay	M-130; M-110; M-90	Heat/Semi Final/Final

NOTE: Some Men's events may be held in this area once all Women's events above are completed

End of Championships - Day 1 - (no later than 17h00 start for in-water events)

INTERCLUB MASTERS TEAMS: OCEAN & BEACH CHAMPIONSHIPS: DAY 1: VICTORY

CEREMONY Presentations will commence 30 minutes after the final event

Time	Event	Gender
	Victory Ceremony Surf Race	Men & Women
	Victory Ceremony Board Race	Men & Women
	Victory Ceremony Surf Ski Race	Men & Women
	Victory Ceremony Oceanman/woman	Men & Women
	Victory Ceremony Board Rescue	Men & Women
	Victory Ceremony Beach Sprint	Men & Women
	Victory Ceremony Beach Relay	Men & Women

End of Day 1 Proceedings

WEDNESDAY: 2ND DECEMBER**INTERCLUB MASTERS CHAMPIONSHIPS: DAY 2: OCEAN & BEACH**

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

Solar: Sunrise – 04h59; Sunset – 19h15; Civil Twilight – 19h43

Tide Times: Low – 03h46; High – 10h32; Low – 17h01; High – 23h03

BRIEFINGS

06h00	Safety Meeting
06h30	Daily Competition Committee Meeting
06h30	Warm-up commences
06h40	Marshalling commences – Beach Runs
07h00	Beach Runs commences
07h00	Team Managers daily briefing by Sectional Referees in arena
07h15	Technical Officials daily briefing by Sectional Referees in arena
07h30	Warm-up ends
07h40	Marshalling commences for Interclub Masters
08h00	Competition commences
After last event	EMC/LOC meeting

INTERCLUB MASTERS CHAMPIONSHIPS: DAY 2: OCEAN & BEACH

Time	Event	Gender and Age Group	Type
06h40	Marshalling commences – Beach Runs		
07h00	Beach Runs commences		
07h00	Team Managers Briefing by Sectional Referee in each Area		
	1 km Beach Run	W-75+; M-75+; W-70; M-70; W-65; M-65; W-60; M-60	Final
	2 km Beach Run	W-55; M-55; W-50; M-50; W-45; M-45; W-40; M-40; W-35; M-35; W-30; M-30	Final

Water Area Competition commences

Both Water Area 1 (Green/Gold) and Water Area 2 (Pink) will commence each discipline at the same time, i.e.: Surf Ski Relay, Oceanwoman Relay, Surf Teams Race, Board Relay

WOMEN AREA 1 (Green/Gold):

Age Groups: 130-149; 110-129 & 90-109 & Beach - W-45; W-40; W-35; W-30

Time	Event	Gender and Age Group	Type
	Oceanwoman Relay	W-130; W-110; W-90	Heat/Semi Final/Final
	Surf Ski Relay	W-130; W-110; W-90	Heat/Semi Final/Final
	Surf Teams Race	W-130; W-110; W-90	Heat/Semi Final/Final
	Board Relay	W-130; W-110; W-90	Heat/Semi Final/Final
	Beach Flags	W-45; W-40; W-35; W-30	Heat/Semi Final/Final

WOMEN AREA 2 (Pink): 170+ and 150-169

Age Groups: Beach - W-75+; W-70; W-65; W-60; W-55, W-50

Time	Event	Gender and Age Group	Type
	Oceanwoman Relay	W-170+; W-150	Heat/Semi Final/Final
	Surf Ski Relay	W-170+; W-150	Heat/Semi Final/Final
	Surf Teams Race	W-170+; W-150	Heat/Semi Final/Final
	Board Relay	W-170+; W-150	Heat/Semi Final/Final
	Beach Flags	W-75+; W-70; W-65; W-60; W-55, W-50	Heat/Semi Final/Final

Both Water Area 3 (Blue/White) and Water Area 4 (Orange) will commence each discipline at the same time.

i.e.: Board Relay, Surf Teams Race, Surf Ski Relay, Oceanman Relay

MEN WATER AREA 3 (Blue/White):

Age Groups: 170+ and 150-169 & Beach - M-75+; M-70; M-65; M-60; M-55; M-50

Time	Event	Gender and Age Group	Type
	Beach Flags	M-75+; M-70; M-65; M-60; M-55; M-50	Heat/Semi Final/Final
	Board Relay	M-170+; M-150	Heat/Semi Final/Final
	Surf Teams Race	M-170+; M-150	Heat/Semi Final/Final
	Surf Ski Relay	M-170+; M-150	Heat/Semi Final/Final
	Oceanman Relay	M-170+; M-150	Heat/Semi Final/Final

MEN WATER AREA 4 (Orange):

Age Groups: 130-149; 110-129 & 90-109 & Beach - M-45; M-40; M-35; M-30

Time	Event	Gender and Age Group	Type
	Beach Flags	M-45; M-40; M-35; M-30	Heat/Semi Final/Final
	Board Relay	M-130; M-110; M-90	Heat/Semi Final/Final
	Surf Teams Race	M-130; M-110; M-90	Heat/Semi Final/Final
	Surf Ski Relay	M-130; M-110; M-90	Heat/Semi Final/Final
	Oceanman Relay	M-130; M-110; M-90	Heat/Semi Final/Final

End of Competition - Day 2 - (no later than 17h00 start for in-water events)

INTERCLUB MASTERS VICTORY CEREMONY: DAY 2

Presentations will commence 30 minutes after the final event

Time	Event	Gender
	Victory Ceremony 1 km Beach Run	Men & Women
	Victory Ceremony 2 km Beach Run	Men & Women
	Victory Ceremony Surf Teams Race	Men & Women
	Victory Ceremony Board Relay	Men & Women
	Victory Ceremony Surf Ski Relay	Men & Women
	Victory Ceremony Oceanman/woman Relay	Men & Women
	Victory Ceremony Beach Flags	Men & Women
	Victory Ceremony Masters Interclub Teams - Ocean Events Point Score	
	Victory Ceremony Masters Interclub Teams - Overall Point Score	

End of Day 2 Proceedings

Notes:

- 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.
- This programme is subject to change.
- Events may be combined to incorporate more than 1 age group per event.
- Competitors older than 75 may compete in the 70 plus Oceanman and Oceanwoman events.