

22nd & 23rd September, 2018

# SLSGB OPEN NATIONAL SURF CHAMPIONSHIPS

Portreath Beach, Cornwall



## Surf Life Saving GB National Championships 22nd & 23rd September 2018

<b>Day 1</b>			
	<b>Day 1 Low Tide: 10:50 (1.8m)</b>	<b>High Tide 04:30 (5.5m)</b>	
	<b>23:10 (1.5m)</b>	<b>16:50 (5.9m)</b>	
9am start	<b>Beach Sprint</b>	F/M	H/F
	<b>Beach Relay</b>	F/M	H/F
10am	<b>Surf Race</b>	F/M	H
	<b>Ski Race</b>	F/M	H
11am	<b>Oceanwomen/Oceanman</b>	F/M	H
12pm	<b>Double Ski</b>	F/M	H/F
	<b>Double Ski</b>	Mixed	H/F
1pm	<b>Surf Race</b>	F/M	F
	<b>Ski Race</b>	F/M	F
2pm	<b>Board Rescue</b>	F/M	H/F
	<b>Tube Rescue</b>	F/M	H/F
4pm	<b>BREAK SLSGB AGM</b>		
5pm	<b>6 Man Taplin</b>	F/M Non Score	H/F

<b>Day 2</b>			
	<b>Day 2 Low Tide: 11:20 (1.3m)</b>	<b>High Tide 05:00am (5.9m)</b>	
	<b>23:40 (1.3m)</b>	<b>17:20 (6.2m)</b>	
9am start	<b>Beach Flags</b>	F/M	H/F
10am	<b>Surf Teams</b>	F/M	H/F
10.30am	<b>Board Race</b>	F/M	H/F
12. pm	<b>Beach 2km Run</b>	F/M	F
1pm	<b>3 x M Shape Eliminator</b>		
	<b>Oceanwomen/Oceanman</b>	F/M	F
3pm	<b>Board Relay</b>	F/M	H/F
	<b>Ski Relay</b>	F/M	H/F
	<b>Taplin Relay</b>	F/M	H/F
5pm	<b>Presentions</b>		

**Programme subject to change by Championship Referee/Event management**