



WA

1 - 3 MARCH 2025

SURF LIFE SAVING
CHAMPS



Official Guide



Western
Australia

NAMING RIGHTS PARTNER



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ISUZU
UTE

QANTAS
Spirit of Australia



Do you have the Fuel to go & Play...?



To be your best on event day how you fuel and nourish your body before, during, and after your event is key!

Night before

Build your muscles energy stores with a carbohydrate rich meal.

- Spaghetti bolognaise
- Stirfry with rice or noodles
- Homemade burgers and wedges
- Fried rice
- Homemade pizzas



Morning

3-4 hrs prior:

Fuel up with foods with healthy carbohydrates which are low in fat.

- Porridge
- Muesli
- toast with toppings
- Cereal with milk and fruit

1-2 hrs prior:

Prioritise carbohydrate rich snacks.

- Fruit: fresh, dried, puree
- Smoothie
- Breakfast drink
- Glass of milk
- Yoghurt
- Toast
- Crumpets with toppings

Carnival snacks

Keep the tank topped up with fuelling snacks or meal

**less than 2 hours
between events**

- fruit
- yoghurt
- crumpets, pikelets
- muesli bars

**greater than 2 hours
between events**

- pasta salad
- wraps and sandwiches
- sushi/rice paper rolls



Recovery

Rehydrate with water, Refuel with carbohydrates, Rebuild with protein and Revitalise with fruit and vegetables!

- Wraps
- Toasted sandwiches
- Burger loaded with salad
- Small flavoured milk
- Pasta salad
- Sushi



**Hydrate
with
WATER!**



**Scan
for the**

Fuel to go & Play



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WE GOT YOU.

EVENT MAP TRIGG BEACH

MAP



SATURDAY 1 MARCH NIPPERS, YOUTH/OPEN [BEACH]

NIPPERS		YOUTH / OPEN	
6:00am Officials Briefing – Trigg Island club rooms			
6:15am Team Managers' Briefing – Near SLSWA administration van			
6:30am Marshalling			
U10 Female & U10 Male 1km Beach Run			
U12 Female & U12 Male 1km Beach Run			
U11 Female & U11 Male 1km Beach Run			
	FLAG AREA	SPRINT AREA	
		Marshalling approx. 6:45am	
	Marshalling approx. 7:15am	U19 Female then Male Sprint	H-SF
	U10 Female then Male Beach Flags SF	U17 Female then Male Sprint	H-SF
	U10 Female then Male Beach Flags F	U14 Female then Male Sprint	H-SF
	U11 Female then Male Beach Flags SF	U15 Female then Male Sprint	H-SF
	U11 Female then Male Beach Flags F	Open Female then Male Sprint	H-SF
	U12 Female then Male Beach Flags SF	U19 Female then Male Sprint	F
SPRINT AREA	U12 Female then Male Beach Flags F	U17 Female then Male Sprint	F
Marshalling after completion of Youth/Open Relays	U13 Female then Male Beach Flags SF	U14 Female then Male Sprint	F
	U13 Female then Male Beach Flags F	U15 Female then Male Sprint	F
U10 Female then Male Sprint SF		Open Female then Male Sprint	F
U10 Female then Male Sprint F			
U12 Female then Male Sprint SF		U19 Female then Male Beach Relay	F
U12 Female then Male Sprint F		U17 Female then Male Beach Relay	F
U11 Female then Male Sprint SF		Youth Female then Male Beach Relay	SF-F
U11 Female then Male Sprint F		Open Female then Male Beach Relay	SF-F
U13 Female then Male Sprint SF			
U13 Female then Male Sprint F		Open Mixed Beach Relay [^]	SF(3)/F
		[^] Open Mixed Beach Relay team composition: U14-Opens 2 x male and 2 x female. Maximum 3 teams per club.	
U10 Female then Male Relay SF-F			
U12 Female then Male Relay SF-F			
U11 Female then Male Relay SF-F			
U13 Female then Male Relay SF-F			

LAST UPDATED: 25 February 2025



LIVESTREAM

YOUTH / OPEN

BEACH EVENTS

1 • 2

MARCH

FACEBOOK & YOUTUBE

SUNDAY 2 MARCH NIPPERS, YOUTH/OPEN [BEACH]

NIPPERS, YOUTH / OPEN
6:00am Officials Briefing – Trigg Island club rooms
2KM BEACH RUN
6:30am Marshalling
U13 Female & U13 Male 2km Beach Run
U17-U19 Female & Male 2km Beach Run
U14-U15 Female & Male 2km Beach Run
Open Female & Male 2km Beach Run
YOUTH / OPEN
FLAGS AREA
Marshalling approx. 7:15am
U19 Female then Male Beach Flags (down to final 8)
U17 Female then Male Beach Flags (down to final 8)
U14 Female then Male Beach Flags (down to final 8)
U15 Female then Male Beach Flags (down to final 8)
Open Female then Male Beach Flags (down to final 8)
Finals
U19 Female then Male Flags Final
U17 Female then Male Flags Final
U14 Female then Male Flags Final
U15 Female then Male Flags Final
Open Female then Male Flags Final

LAST UPDATED: 25 February 2025

JOIN US ON THE BEACH FOR...

CORN TOSS WITH GIVEAWAYS

HEALTHY TRAIL MIX

8AM - 12PM
SATURDAY 1 & SUNDAY 2 MARCH



SUNDAY 2 MARCH NIPPERS [OCEAN]

	SOUTH END WATER 1 - U13	SOUTH MIDDLE WATER 2 - U12	NORTH MIDDLE WATER 3 - U11	NORTH END WATER 4 - U10
6:30am	Officials Briefing – Trigg Island club rooms			
6:45am	Team Managers' Briefing – Near SLSWA administration van			
7:15am	Marshalling for all water areas			
	U13 Female Ironwoman (SF)	U12 Female Ironwoman (SF)	U11 Female Ironwoman (SF)	U10 Female Ironwoman (SF)
	U13 Male Ironman (SF)	U12 Male Ironman (SF)	U11 Male Ironman (SF)	U10 Male Ironman (SF)
	U13 Female Board Rescue (SF)	U12 Female Board Rescue (SF)	U11 Female Board Rescue (SF)	U10 Female Board Race (SF)
	U13 Male Board Rescue (SF)	U12 Male Board Rescue (SF)	U11 Male Board Rescue (SF)	U10 Male Board Race (SF)
	U13 Female Board Rescue (F)	U12 Female Board Rescue (F)	U11 Female Board Rescue (F)	U10 Female Board Race (F)
	U13 Male Board Rescue (F)	U12 Male Board Rescue (F)	U11 Male Board Rescue (F)	U10 Male Board Race (F)
	U13 Female Board Race (SF)	U12 Female Board Race (SF)	U11 Female Board Race (SF)	U10 Female Surf Race (3xSF)
	U13 Male Board Race (SF)	U12 Male Board Race (SF)	U11 Male Board Race (SF)	U10 Male Surf Race (3xSF)
	U13 Female Board Race (F)	U12 Female Board Race (F)	U11 Female Board Race (F)	U10 Female Surf Race (F)
	U13 Male Board Race (F)	U12 Male Board Race (F)	U11 Male Board Race (F)	U10 Male Surf Race (F)
	U13 Female Surf Race (3xSF)	U12 Female Surf Race (SF)	U11 Female Surf Race (SF)	U10 Female Board Relay (SF)
	U13 Male Surf Race (SF)	U12 Male Surf Race (SF)	U11 Male Surf Race S(F)	U10 Male Board Relay (SF)
	U13 Female Surf Race (F)	U12 Female Surf Race (F)	U11 Female Surf Race (F)	U10 Female Board Relay (F)
	U13 Male Surf Race (F)	U12 Male Surf Race (F)	U11 Male Surf Race (F)	U10 Male Board Relay (F)

MONDAY 3 MARCH NIPPERS [OCEAN]

	SOUTH END WATER 1 - U13	SOUTH MIDDLE WATER 2 - U12	NORTH MIDDLE WATER 3 - U11	NORTH END WATER 4 - U10
6:30am	Officials Briefing – Trigg Island club rooms			
6:45am	Team Managers' Briefing – Near SLSWA administration van			
7:15am	Marshalling for all water areas			
	U13 Female Ironwoman (F)	U12 Female Ironwoman (F)	U11 Female Ironwoman (F)	U10 Female Ironwoman (F)
	U13 Male Ironman (F)	U12 Male Ironman (F)	U11 Male Ironman (F)	U10 Male Ironman (F)
	U13 Female Cameron Relay (SF)	U12 Female Cameron Relay (SF)	U11 Female Cameron Relay (SF)	U10 Female Cameron Relay (SF)
	U13 Male Cameron Relay (SF)	U12 Male Cameron Relay (SF)	U11 Male Cameron Relay (SF)	U10 Male Cameron Relay (SF)
	U13 Female Cameron Relay (F)	U12 Female Cameron Relay (F)	U11 Female Cameron Relay (F)	U10 Female Cameron Relay (F)
	U13 Male Cameron Relay (F)	U12 Male Cameron Relay (F)	U11 Male Cameron Relay (F)	U10 Male Cameron Relay (F)
	U13 Female Board Relay (SF)	U12 Female Board Relay (SF)	U11 Female Board Relay (SF)	U10 Female Surf Teams (SF)
	U13 Male Board Relay (SF)	U12 Male Board Relay (SF)	U11 Male Board Relay (SF)	U10 Male Surf Teams (SF)
	U13 Female Board Relay (F)	U12 Female Board Relay (F)	U11 Female Board Relay (F)	U10 Female Surf Teams (F)
	U13 Male Board Relay (F)	U12 Male Board Relay (F)	U11 Male Board Relay (F)	U10 Male Surf Teams (F)
	U13 Female Surf Teams (SF)	U12 Female Surf Teams (SF)	U11 Female Surf Teams (SF)	
	U13 Male Surf Teams (SF)	U12 Female Surf Teams (SF)	U11 Male Surf Teams (SF)	
	U13 Female Surf Teams (F)	U12 Female Surf Teams (F)	U11 Female Surf Teams (F)	
	U13 Male Surf Teams (F)	U12 Male Surf Teams (F)	U11 Male Surf Teams (F)	

WATER SAFETY ROSTER

SUNDAY 2 MARCH 2025			
Water Area 1	Water Area 2	Water Area 3	Water Area 4
Session 1: 7:30am			
Trigg Island	Sorrento	Mullaloo	City of Perth
Session 2: 10:30am till completion			
Scarboro	Trigg Island	North Cottesloe	Quinns Mindarie

MONDAY 3 MARCH 2025			
Water Area 1	Water Area 2	Water Area 3	Water Area 4
Session 1: 7:30am			
Fremantle/Coogee Beach	Cottesloe	Trigg Island	Scarboro
Session 2: 10:30am till completion			
Sorrento	Mullaloo	City of Perth	Trigg Island

NOTES:

- Trigg Island SLSC will provide all IRB Drivers & Crew as well as all Jet Ski Drivers.
- Trigg Island SLSC will provide all First Aid personnel.
- The roster above is in water personnel. Clubs are to provide 4 x current qualified members (NRC minimum) with at least one holding an SRC or Bronze Medallion. These members are to be wearing either and orange water safety rash vest and/or and orange water safety cap and have rescue equipment.

SAFE AS
W

Leaders in safety.



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Surf Life Saving WA
2025 NIPPER & YOUTH AWARDS

presented by



SAVE THE DATE
SATURDAY 17 MAY 2025



NOTES FOR NIPPERS

- **Red Competition Wristbands** will be used for Nippers (U10-U13) only and competitors are asked to bring their bands from last year. If competitors are yet to have a band allocated or have lost a band, new bands will be available at the SLSWA administration van which will be in the centre of the beach at a cost of \$5 each.
- All competitors are required to wear their **Woodside Nippers high-vis vest** and **club competition cap**.
- Competitors and clubs must ensure that their competitors or a proxy are present at marshalling for these events. Clubs are encouraged to use a proxy to stand in for a competitor coming from another event. A proxy must step out once the event is on the start line.
- Nippers Team events will not be held up waiting for a competitor to come from another arena.
- This program of events is to be used as a guide only and may be subject to change by event organisers.
- Course location, directions and lengths may be altered at the discretion of the event organiser and are determined by the conditions on the day.
- For all **Fuel To Go & Play WA Surf Life Saving Championships** event and general competitive conditions for affiliated clubs, download the relevant Bulletins - [Nippers Bulletin 3](#)
- Nipper Champion Club points are drawn from the results of the Surf Rescue, Beach & Ocean events.

TOGETHER, WE MAKE SURF SPORTS AWESOME

Respect is the best defence against abuse, and aggressive attitudes and behaviours.

Get this right and people thrive, feel safe, and enjoy the opportunities that SLS provides.

Small changes in your behaviour can make big differences to those around you.

Align to our values

Work well with others

Effectively and respectfully communicate

Succeed respectfully

Own your behaviour

Model our values

Everyone's equal



KEEPING SURF SPORTS AWESOME

Help us win the race against bad behaviour.

- Arenas are our playing fields and are for competitors, officials, authorised Team Managers, handlers, and photographers.
- Do not approach any competitors or officials whilst they are within an Arena.
- Do not use inappropriate language or gestures.
- Do not tamper with or move signs, fences, or PA equipment.
- Authorised Team Managers are the only people to talk to Referees. Any protests must be made verbally to the Sectional Referee within 5 minutes and followed up in writing, on the appropriate form, within 15 minutes. Impolite protests or protests outside these timeframes will not be accepted.
- Event staff and/or a Referee may ask anyone, including authorised club personnel, to leave the Competition Arena. If you are asked to leave you must do so immediately.

Your inappropriate behaviour may result in penalties for your club and for those competing for your club.



NOTES FOR YOUTH / OPEN

- **Red Competition Wristbands** will be used and competitors are asked to bring their bands from last year. If competitors are yet to have a band allocated or have lost a band, new bands will be available at the SLSWA administration van which will be in the centre of the beach at a cost of \$5 each.
- **High-Visibility Competition Vests** – All competitors must wear approved SLSWA high-vis competition vests as per [Circular 15](#). For ocean events, this means an approved high-vis yellow vest (green also allowable in surf boats) with the SLSWA roundel on the chest or breast. Beach events do not require a high-vis vest; however, if one is worn, they must adhere to the requirements as per [Circular 15](#).
- All competitors are required to wear their **club competition cap**.
- All competitors entered in the championships must have completed and be proficient in the Surf Rescue Certificate (U14/U15) or the Bronze Medallion (U17 and above). It is the clubs responsibility to ensure any competitor entering the event has the necessary skills and fitness requirements for the category they are entered into.
- Where there are insufficient starters for heats, finals will be held immediately, unless event final is scheduled for Sunday.
- This program of events is to be used as a guide only and may be subject to change by event organisers.
- For all **Fuel To Go & Play WA Surf Life Saving Championships** event and general competitive conditions for affiliated clubs, download the relevant Bulletins - [Youth / Open Bulletin 1](#)
- Champion Club points are drawn from the results of the Lifesaving, Surf Rescue, Beach & Ocean events.



PAST WINNERS KEY EVENTS

Champion Nipper Club

2024 Sorrento SLSC
2023 Sorrento SLSC

Champion Youth Club

2024 Sorrento SLSC
2023 North Cottesloe SLSC

Champion Club

2024 Trigg Island SLSC
2023 Trigg Island SLSC

2024

Bernie Kelly Medal Matthew Colliss (CY)

OPEN MALE

Beach Sprint Matthew Lloyd (NC)
Beach Flags Matthew Lloyd (NC)
Beach Relay North Cottesloe Blue
Surf Boats North Cottesloe Uppies
Board Race Matthew Colliss (CY)
Single Ski Steve Bird (NC)
Surf Race Matthew Colliss (CY)
Ironman Matthew Colliss (CY)

OPEN FEMALE

Beach Sprint Amelia Rowe (SO)
Beach Flags Sydney Rafferty (SO)
Beach Relay City of Perth Black
Surf Boats North Cottesloe Calibre
Board Race Annika Negus (TI)
Single Ski Jazmin Shipway Carr (TI)
Surf Race Daisy Hewitt (CY)
Ironwoman Annika Negus (TI)

2023

Soraya Lee (ML)
Matthew Lloyd (NC)
Matthew Lloyd (NC)
North Cottesloe White
North Cottesloe Yeah The Boys
Patrick Eley (SO)
Reece Baker (TI)
Charlie Hewitt (CY)
Matthew Colliss (CY)

Imogen Herrington (CY)
Gabrielle Murphy (CY)
City of Perth Red
North Cottesloe Shifty Business
Jazmin Shipway Carr (TI)
Jaime Roberts (ML)
Soraya Lee (ML)
Soraya Lee (ML)