



WA

8 - 9 MARCH 2025

SURF LIFE SAVING
CHAMPS



Official
Guide



Western
Australia

NAMING RIGHTS PARTNER



NATIONAL PARTNERS



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.

SATURDAY 8 MARCH

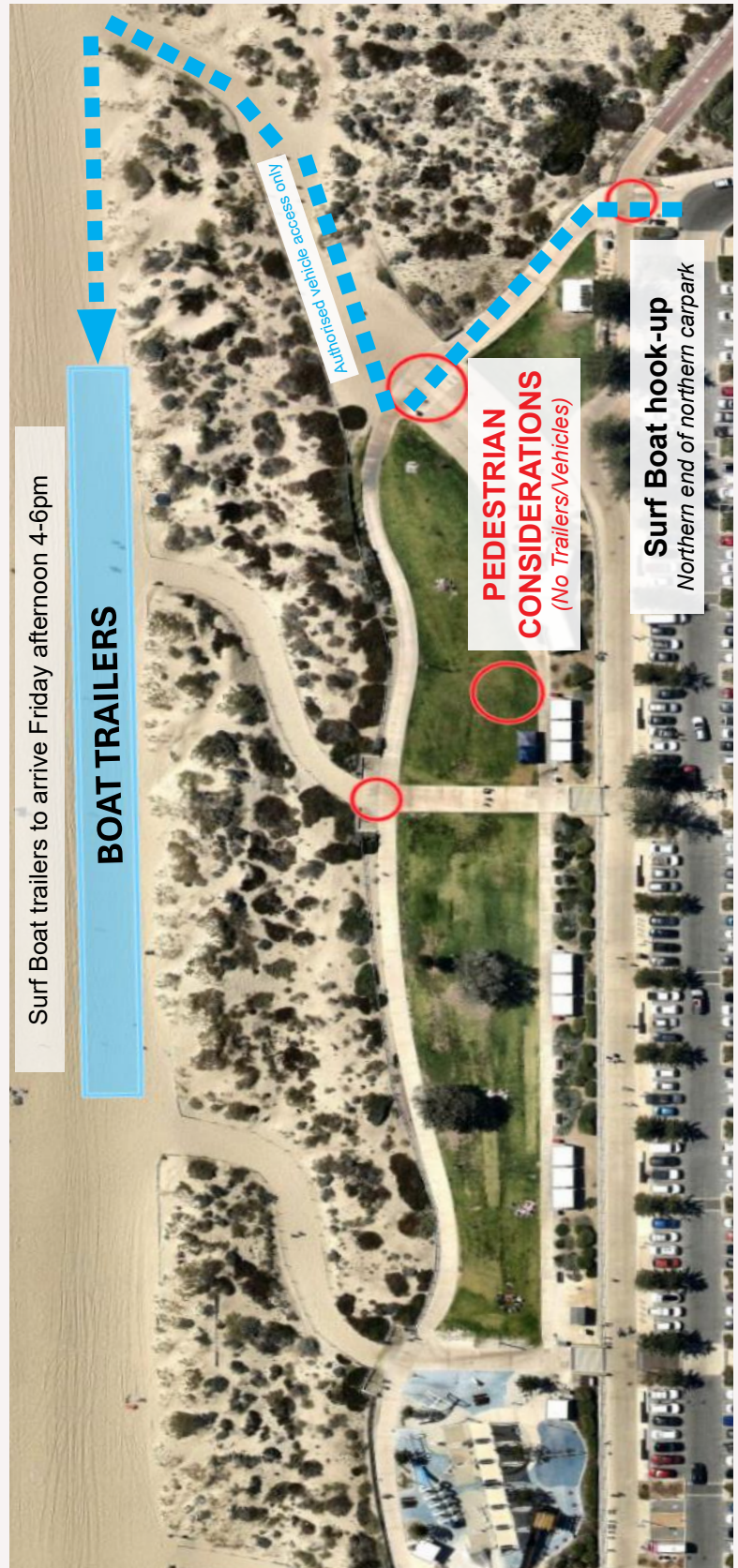
SURF BOATS [SCARBOROUGH BEACH]

SURF BOATS		
6:45am	Officials Briefing	
7:15am	Boat Sweeps meeting Boat Arena	
7:30am	Guns up	
	Open Mixed Relay	SF
	U19 Female	SF
	U23 Male	SF
	U19 Male	F
	U23 Female	F
	U19 Female	F
	U23 Male	F
	Open Mixed Relay	F
	Reserve Female	R1
	Reserve Male	R1
	Open Female	R1
	Open Male	R1
	Reserve Female	R2
	Reserve Male	R2
	Open Female	R2
	Open Male	R2
	Reserve Female	R3
	Reserve Male	R3
	Open Female	R3
	Open Male	R3
	Reserve Female	SF
	Reserve Male	SF
	Reserve Female	F
	Reserve Male	F
	Open Female	F
	Open Male	F

LAST UPDATED: 5 March 2025

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 is determined by the conditions on the day.



EVENT MAP CITY BEACH

OCEAN



SATURDAY 8 MARCH YOUTH/OPEN [OCEAN - CITY BEACH]

	WATER 1 - YOUTH		WATER 2 - FEMALE		WATER 3 - MALE	
6:45am	Officials Briefing – Near SLSWA administration van					
7:00am	Team Managers’ Briefing – Near SLSWA administration van					
7:20am	Marshalling for all water areas					
	Youth F Cameron Relay	SF x2	U17 F Taplin (3 person)	F	U17 M Taplin (3 person)	F
	Youth M Cameron Relay	F	U19 F Taplin (3 person)	F	U19 M Taplin (3 person)	F
	Youth F Cameron Relay	F	Open F Taplin (3 Person)	SF x2	U17 Ironman	SF x2
	U14 Ironwoman	SF x2	U17 Ironwoman	SF x2	U19 Ironman	F
	U14 Ironman	SF x2	U19 Ironwoman	F	Open Ironman	H x3
	U15 Ironwoman	SF x2	Open Ironwoman	SF x2	Open Ironman	SF x2
	U15 Ironman	SF x2	U17 F Ski Relay	F	U17 M Ski Relay	F
	U14 F Board Race	SF x2	U19 F Ski Relay	F	U19 M Ski Relay	F
	U14 M Board Race	SF x2	Open F Ski Relay	F	Open M Ski Relay	SF x2
	U15 F Board Race	SF x2	U17 F Board Relay	F	Open M Ski Relay	F
	U15 M Board Race	SF x2	U19 F Board Relay	F	U17 M Board Relay	F
	Youth F Board Relay	H x3	Open F Board Relay	F	U19 M Board Relay	F
	Youth M Board Relay	SF x2	U17 F Single Ski	SF x2	Open M Board Relay	F
	Youth F Board Relay	SF x2	U19 F Single Ski	F	U17 M Single Ski	SF x2
	Youth M Board Relay	F	Open F Single Ski	H x3	U19 M Single Ski	F
	Youth F Board Relay	F	Open F Single Ski	SF x2	Open M Single Ski	H x4
	Youth M Surf Teams	SF x2	U17 F Board Race	SF x2	Open M Single Ski	SF x2
	Youth F Surf Teams	SF x2	U19 F Board Race	F	U19 M Double Ski	F
	Youth M Surf Teams	F	Open F Board Race	H x3	Open M Double Ski	SF x2
	Youth F Surf Teams	F	Open F Board Race	SF x2	Open M Double Ski	F
			Open F Surf Race	SF x2	U17 M Surf Race	SF x2
			U17 F Surf Teams	F	Open M Surf Race	SF x2
			U19 F Surf Teams	F	U17 M Board Race	SF x2
			Open F Surf Teams	F	U19 M Board Race	F
			Open F Double Ski	SF x2	Open M Board Race	H x3
			U19 F Double Ski	F	Open M Board Race	SF x2
			Open F Double Ski	F	U17 M Surf Teams	F
			Open Mixed Double Ski	SF x2	U19 M Surf Teams	F
			Open Mixed Double Ski	F	Open M Surf Teams	F

SUNDAY 9 MARCH YOUTH/OPEN [OCEAN - CITY BEACH]

	WATER 1 - YOUTH		WATER 2 - OPEN	
6:45am	Officials Briefing – Near SLSWA administration van			
7:00am	Team Managers' Briefing – Near SLSWA administration van			
7:15am	GRAND PARADE & FINALS DAY OPENING			
7:45am	Marshalling for all water areas			
	U14 M Board	F	*Open Mixed Taplin Relay (6 person)	F
	U14 F Board	F	U17 Ironwoman	F
	U15 M Board	F	U17 Ironman	F
	U15 F Board	F	U19 F Surf Race	F
	U14 M Surf Race	F	U19 M Surf Race	F
	U14 F Surf Race	F	U17 F Surf Race	F
	U15 M Surf Race	F	U17 M Surf Race	F
	U15 F Surf Race	F	Open F Surf Race	F
	U14 Ironman	F	Open M Surf Race	F
	U14 Ironwoman	F	U17 F Single Ski	F
	U15 Ironwoman	F	U17 M Single Ski	F
	U15 Ironman	F	Open F Single Ski	F
			Open M Single Ski	F
			U17 F Board Race	F
			U17 M Board Race	F
			Open F Board Race	F
			Open M Board Race	F
			Open Ironwoman	F
			Open Ironman	F
			Open F Taplin Relay (3 person)	F
		Open M Taplin Relay (6 person)	F	

If insufficient starters for heats/semi finals, then finals will be conducted where programmed.

* OPEN MIXED TAPLIN RELAY - Maximum 2 teams per club, team composition is 3 Female and 3 Male.

LAST UPDATED: 5 March 2025



LIVESTREAM

YOUTH / OPEN

OCEAN EVENTS

9 MARCH

FACEBOOK & YOUTUBE

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.
- 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.

SAFE AS



Leaders in safety.



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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.



Western Australia



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)