



WA 2026 SURF LIFE SAVING CHAMPS

YOUTH & OPEN

Official Guide

Photo credit: Michael Hall Visuals



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



CONTENTS

SATURDAY 28 FEBRUARY & SUNDAY 1 MARCH

Beach Events Program 4

SATURDAY 28 FEBRUARY & SUNDAY 1 MARCH

Surf Boats Event Program & Map 5

SUNDAY 1 & MONDAY 2 MARCH

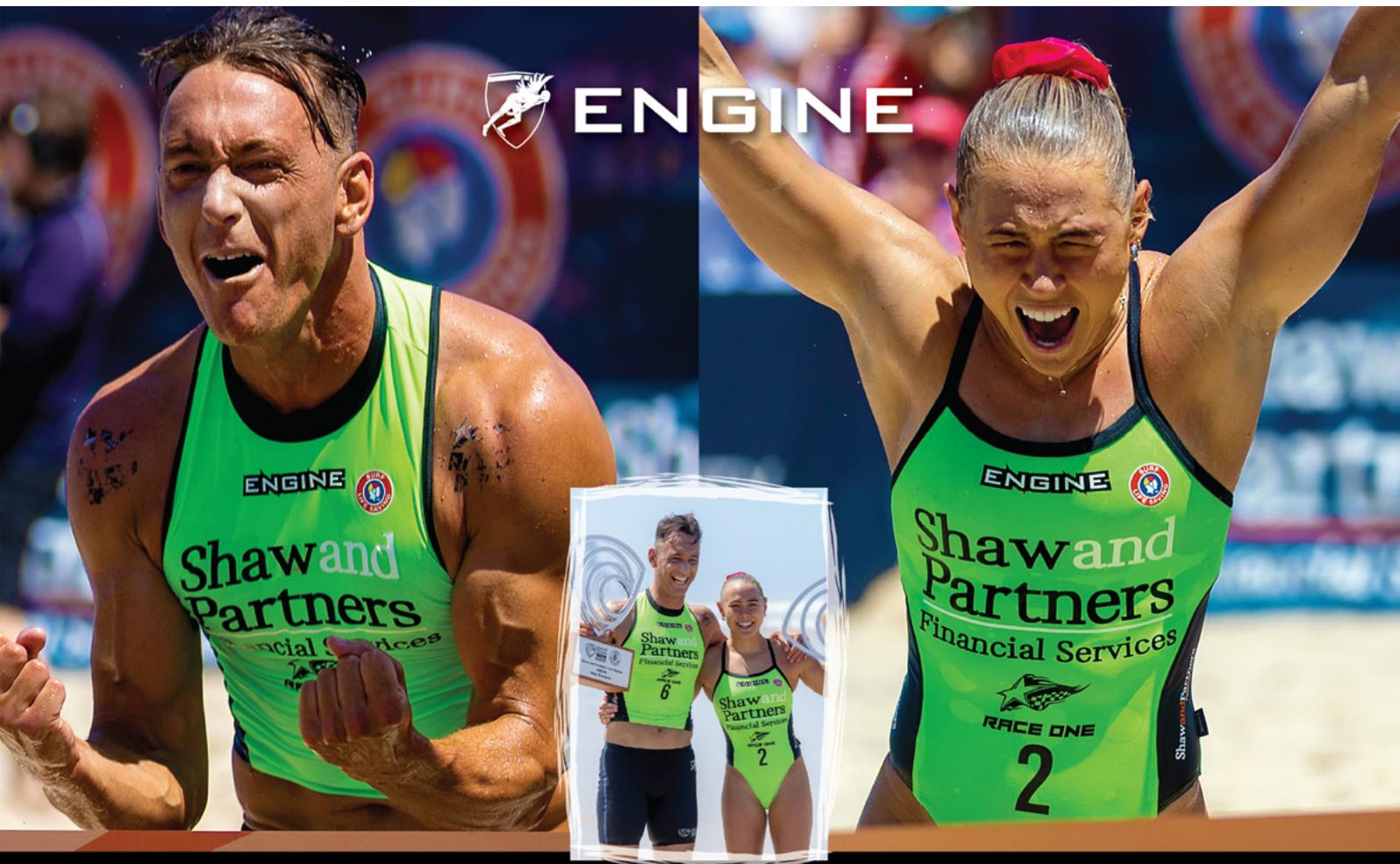
Ocean Events Program 6 - 7

Event Map - Beach & Ocean 8

Competitor Notes - Youth / Open 9

Past Winners - Key Events 10

V7: 27 February 2026



- CHAMPIONS CHOOSE ENGINE -

BEACH [TRIGG BEACH]

LAST UPDATED: 27 February 2026

SATURDAY 28 FEB

6:00am Officials Briefing – Near SLSWA administration van
6:15am Team Managers' Briefing – Near SLSWA administration van
6:30am Marshalling 2km Run
U17-U19 Female & Male 2km Beach Run
U14-U15 Female & Male 2km Beach Run
Open Female & Male 2km Beach Run
SPRINT AREA
<i>Marshalling approx. 6:45am</i>
U19 Female then Male Sprint H-SF
U17 Female then Male Sprint H-SF
U14 Female then Male Sprint H-SF
U15 Female then Male Sprint H-SF
Open Female then Male Sprint H-SF
U19 Female then Male Sprint F
U17 Female then Male Sprint F
U14 Female then Male Sprint F
U15 Female then Male Sprint F
Open Female then Male Sprint F
U19 Female then Male Beach Relay F
U17 Female then Male Beach Relay F
Youth Female then Male Beach Relay SF-F
Open Female then Male Beach Relay SF-F
Open Mixed Beach Relay^ SF(3)/F
<i>^ Open Mixed Beach Relay team composition: U14-Opens 2 x male and 2 x female. Maximum 2 teams per club.</i>

SUNDAY 1 MARCH

6:30am Officials Briefing – Near SLSWA administration van
6:45am Team Managers' Briefing – Near SLSWA administration van
FLAG AREA
<i>7:45am Marshalling</i>
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



WA
SURF LIFE SAVING
CHAMPS

LIVESTREAM

28 FEB | 1 MARCH | 2 MARCH

FACEBOOK & YOUTUBE

SURF BOATS [TRIGG BEACH]

LAST UPDATED: 12 February 2026

SATURDAY 28 FEB

SURF BOATS	
7:00am Officials Briefing	
7:15 am Boat Sweeps meeting Boat Arena	
7:30am Marshalling	
Surf Boat Relay	
U19s Female	Rounds*
U19s Male	Rounds*
U23 Female	Rounds*
U23 Male	Rounds*
U19s Female	F
U19s Male	F
U23 Female	F
U23 Male	F
260 + Female	Rounds*
260 + Male	Rounds*
240 + Female	Rounds*
240 + Male	Rounds*
220 + Female	Rounds*
220 + Male	Rounds*
200 + Female	Rounds*
200 + Male	Rounds*
180 + Female	Rounds*
180 + Male	Rounds*
160 + Female	Rounds*
160 + Male	Rounds*

SUNDAY 1 MARCH

SURF BOATS	
7:00am Officials Briefing	
7:15 am Boat Sweeps meeting Boat Arena	
7:30am Marshalling	
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	F
Reserve Male	F
Open Female	F
Open Male	F

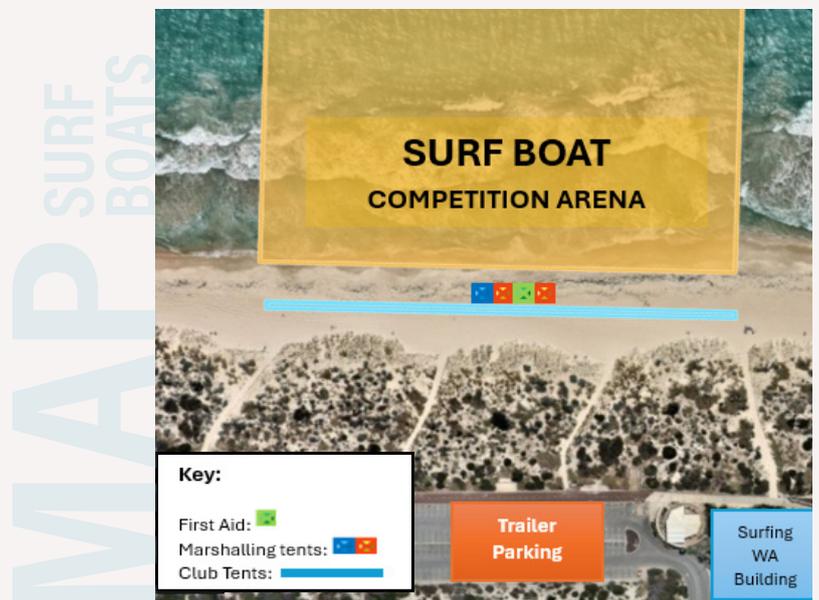
NOTE: This program of events is to be used as a guide only and may be subject to change by event organisers.

*Races will be affected based off entry numbers and will be updated after close of entries.

Course location, directions and lengths may be altered at the discretion of the event organiser and is determined by the conditions on the day.

This map is a draft and is subject to change. Information may be updated or revised.

Trailer Parking Subject to City of Stirling approval



OCEAN [TRIGG BEACH]

LAST UPDATED: 27 February 2026

SUNDAY 1 MARCH

6:30am Officials Briefing – Near SLSWA administration van					
6:45am Team Managers' Briefing – Near SLSWA administration van					
Marshalling for all water areas not before 7:00am					
WATER 1 - YOUTH		WATER 2 - FEMALE		WATER 3 - MALE	
U14 Ironwoman	SF	U17 Female Ironwoman	SF	U17 Ironman	SF
U14 Ironman	SF	U19 Female Ironwoman	F	U19 Ironman	F
U15 Ironwoman	SF	Open Female Ironwoman	SF	Open ironman	SF
U15 Ironman	SF				
		U17 Female Single Ski	SF	U17 Male Single Ski	SF
U14 Female Board Race	SF	U19 Female Single Ski	F	U19 Male Single Ski	F
U14 Male Board Race	SF	Open Female Single Ski	SF	Open Male Single Ski	SF
U15 Female Board Race	SF				
U15 Male Board Race	SF	U17 Female Board Race	SF	U17 Male Board Race	SF
		U19 Female Board Race	F	U19 Male Board Race	F
Youth Female Cameron Relay	SF - F	Open Female Board Race	SF	Open Male Board Race	SF
Youth Male Cameron Relay	SF - F				
		U17 Female Taplin (3 person)	F	U17 Male Taplin (3 person)	F
Youth Female Board Relay	SF - F	U19 Female Taplin (3 person)	F	U19 Male Taplin (3 person)	F
Youth Male Board Relay	SF - F	Open Female Taplin (3 person)	SF	Open Male Taplin (6 person)	SF
Youth Male Surf Teams	SF - F	U17 Female Ski Relay	F	U17 Male Ski Relay	F
Youth Female Surf Teams	SF - F	U19 Female Ski Relay	F	U19 Male Ski Relay	F
		Open Female Ski Relay	F	Open Male Ski Relay	SF
Open Male Double Ski	SF				
Open Female Double Ski	SF	U17 Female Board Relay	F	U17 Male Board Relay	F
Open Mixed Double Ski	SF	U19 Female Board Relay	F	U19 Male Board Relay	F
U19 Female Double Ski	F	Open Female Board Relay	F	Open Male Board Relay	F
U19 Male Double Ski	F				
		U17 Female Surf Teams	F	U17 Male Surf Teams	F
		U19 Female Surf Teams	F	U19 Male Surf Teams	F
		Open Female Surf Teams	F	Open Male Surf Teams	F

NOTE:

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

OCEAN [TRIGG BEACH]

LAST UPDATED: 12 February 2026

MONDAY 2 MARCH

6:30am Officials Briefing – Near SLSWA administration van			
6:45am Team Managers' Briefing – Near SLSWA administration van			
WATER 1 - YOUTH		WATER 2 - OPEN	
<i>Marshalling for Taplin Relay not before 7:00am</i>			
		*Open Mixed Taplin Relay (6 person)	F
<i>Marshalling for all water areas not before 7:45am</i>			
Open F Double Ski	F	U17 Ironwoman	F
Open M Double Ski	F	U17 Ironman	F
Open Mixed Double Ski	F	U19 F Surf Race	F
<i>Marshalling not before 8:45am</i>		U19 M Surf Race	F
U14 M Board	F	U17 F Surf Race	F
U14 F Board	F	U17 M Surf Race	F
U15 M Board	F	Open F Surf Race	F
U15 F Board	F	Open M Surf Race	F
U14 M Surf Race	F	U17 F Single Ski	F
U14 F Surf Race	F	U17 M Single Ski	F
U15 M Surf Race	F	Open F Single Ski	F
U15 F Surf Race	F	Open M Single Ski	F
U14 Ironman	F	U17 F Board Race	F
U14 Ironwoman	F	U17 M Board Race	F
U15 Ironwoman	F	Open F Board Race	F
U15 Ironman	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

NOTE:

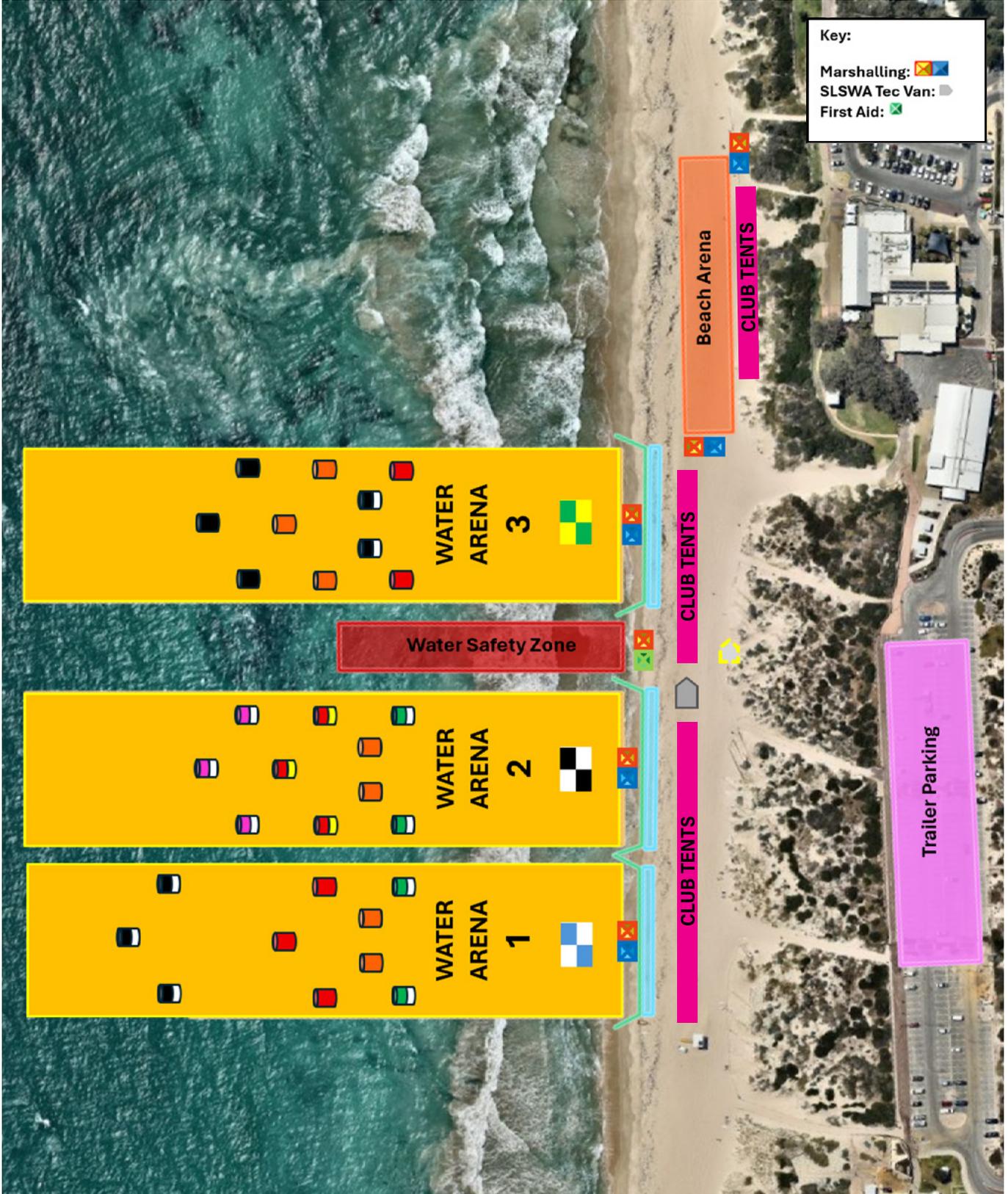
If insufficient starters for heats/semi finals, then finals will be conducted where programmed.

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

EVENT MAP TRIGG BEACH

BEACH & OCEAN

NOTE: Map is subject to change. Information may be updated or revised.



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 22](#). 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 02](#)
- Champion Club points are drawn from the results of the Lifesaving, 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.

- A**lign to our values
- W**ork well with others
- E**ffectively and respectfully communicate
- S**ucceed respectfully
- O**wn your behaviour
- M**odel our values
- E**veryone's equal

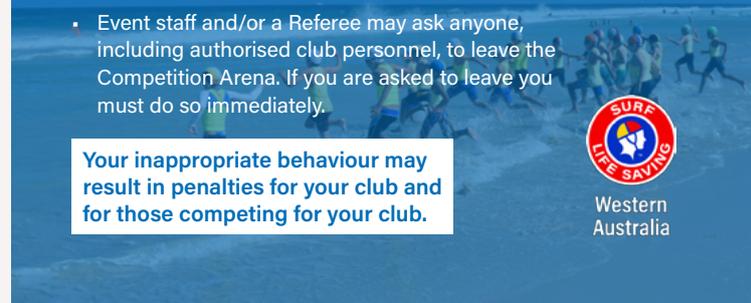


KEEPING SURF SPORTS AWESOME

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.



PAST WINNERS KEY EVENTS

Champion Nipper Club

2025 Sorrento SLSC
2024 Sorrento SLSC

Champion Youth Club

2025 Sorrento SLSC
2024 North Cottesloe SLSC

Champion Club

2025 Sorrento SLSC
2024 Trigg Island SLSC

2025

Bernie Kelly Medal Patrick Eley (SO)

OPEN MALE

Beach Sprint Matthew Lloyd (NC)
Beach Flags Thomas Nolan (NC)
Beach Relay North Cottesloe Blue
Surf Boats North Cottesloe Uppies
Board Race Patrick Eley (SO)
Single Ski Patrick Eley (SO)
Surf Race Harry Hewitt (CY)
Ironman Patrick Eley (SO)

2024

Matthew Colliss (CY)

Matthew Lloyd (NC)
Matthew Lloyd (NC)
North Cottesloe Blue
North Cottesloe Uppies
Matthew Colliss (CY)
Steve Bird (NC)
Matthew Colliss (CY)
Matthew Colliss (CY)

OPEN FEMALE

Beach Sprint Sydney Rafferty (SO)
Beach Flags Sydney Rafferty (SO)
Beach Relay City 100 (CY)
Surf Boats North Cottesloe Calibre
Board Race Annika Negus (TI)
Single Ski Jazmin Shipway Carr (TI)
Surf Race Eleanor Flowers (TI)
Ironwoman Harriet Chin (SO)

Amelia Rowe (SO)
Sydney Rafferty (SO)
City of Perth Black
North Cottesloe Calibre
Annika Negus (TI)
Jazmin Shipway Carr (TI)
Daisy Hewitt (CY)
Annika Negus (TI)



NAMING RIGHTS PARTNER



NATIONAL PARTNERS

