



Official Guide



NAMING RIGHTS PARTNER



NATIONAL PARTNERS



Western
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 bolognese
- 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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V1: 3 February 2026



WE GOT YOU.

SATURDAY 21 FEBRUARY NIPPERS [BEACH]

LAST UPDATED: 3 February 2026

6:00am	Officials Briefing – Near SLSWA administration van
6:15am	Team Managers' Briefing – Near SLSWA administration van
6:30am	Marshalling
U10 Female & U10 Male	1km Beach Run
U11 Female & U11 Male	1km Beach Run
U12 Female & U12 Male	1km Beach Run
U13 Female & U13 Male	2km Beach Run
SPRINT AREA	FLAG AREA
7:15am Marshalling approx. time	
U10 Female then Male Sprint SF	
U10 Female then Male Sprint F	Age groups move to Flags from Sprints
U11 Female then Male Sprint SF	U10 Female then Male Beach Flags SF
U11 Female then Male Sprint F	U10 Female then Male Beach Flags F
U12 Female then Male Sprint SF	U11 Female then Male Beach Flags SF
U12 Female then Male Sprint F	U11 Female then Male Beach Flags F
U13 Female then Male Sprint SF	U12 Female then Male Beach Flags SF
U13 Female then Male Sprint F	U12 Female then Male Beach Flags F
Relays run as athletes available from Flags	U13 Female then Male Beach Flags SF
	U13 Female then Male Beach Flags F
U10 Female then Male Relay SF-F	
U11 Female then Male Relay SF-F	
U12 Female then Male Relay SF-F	
U13 Female then Male Relay SF-F	
Order of relays may be changed on the day due to athletes availability from flags	

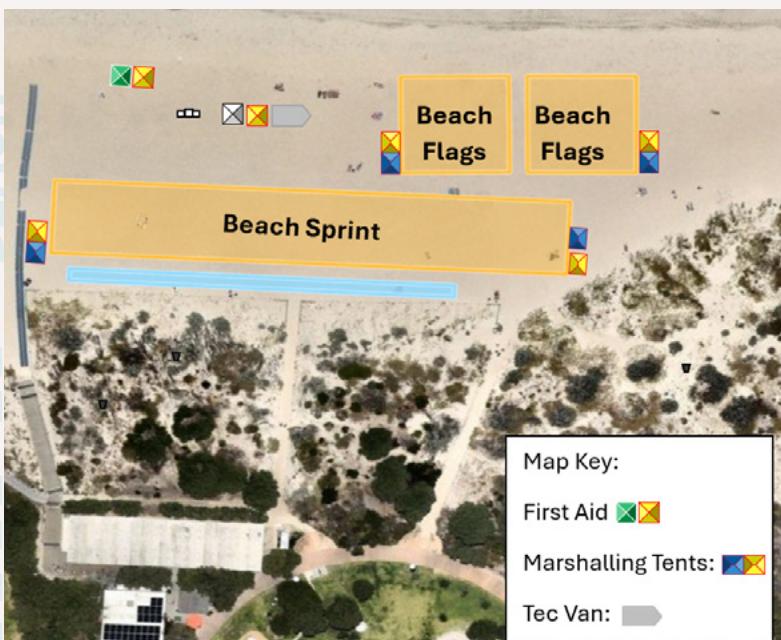
JOIN US ON THE BEACH FOR...
GAMES & GIVEAWAYS

SATURDAY 7 MARCH
TRIGG BEACH



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

MAP
LEIGHTON
BEACH



2026
Surf Life Saving WA
NIPPER & YOUTH AWARDS

presented by



SAVE THE DATE
SATURDAY 16 MAY 2026

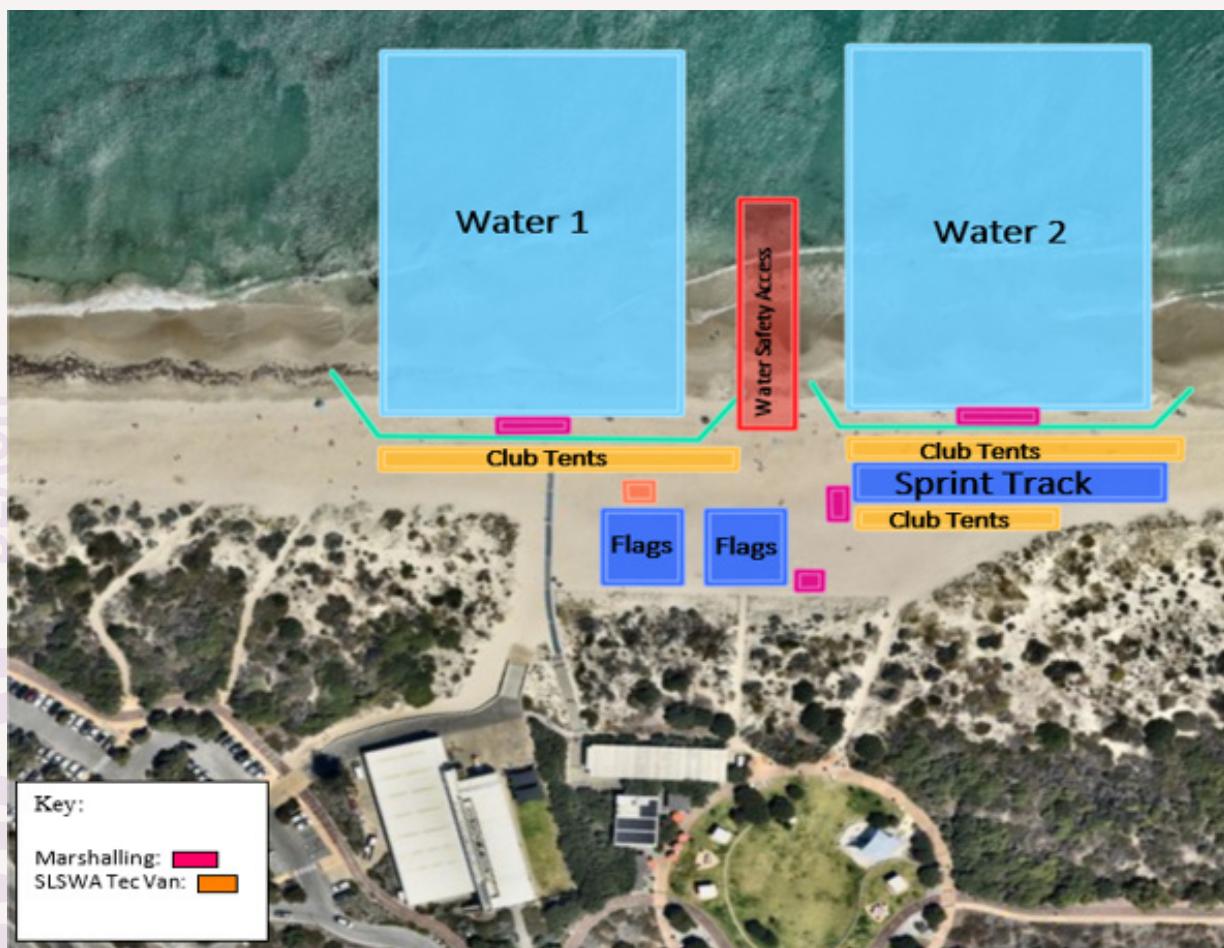
SUNDAY 22 FEBRUARY LITTLE NIPPERS

LAST UPDATED: 3 February 2026

6:00am Officials and Safety Briefing – Near SLSWA administration van					
6:15am Team Managers' Briefing – Near SLSWA administration van					
6:45am Marshalling					
WATER AREA 1	WATER AREA 2	FLAG AREA		SPRINT AREA	
U9 Male Surf Race HEATS	U9 Female Surf Race HEATS	U8 Male Beach Flags	HEATS	U8 Female Beach Sprints	HEATS
U9 Male Surf Race F	U9 Female Surf Race F	U8 Male Beach Flags	F	U8 Female Beach Sprints	F
U9 Male Board Race HEATS	U9 Female Board Race HEATS	<i>Female Flags marshal after Sprints conclude</i>		<i>Male Sprints marshal after Flags conclude</i>	
U9 Male Board Race F	U9 Female Board Race F	U8 Female Beach Flags	HEATS	U8 Male Beach Sprints	HEATS
		U8 Female Beach Flags	F	U8 Male Beach Sprints	F
<i>U8 Ocean events will not marshal until U8 Beach events have concluded</i>		<i>U9 Ocean events will not marshal until U9 Beach events have concluded</i>			
U8 Male Surf Race HEATS	U8 Female Surf Race HEATS	U9 Male Beach Flags	HEATS	U9 Female Beach Sprints	HEATS
U8 Male Surf Race F	U8 Female Surf Race F	U9 Male Beach Flags	F	U9 Female Beach Sprints	F
U8 Male Board Race HEATS	U8 Female Board Race HEATS	<i>Female Flags marshal after Sprints conclude</i>		<i>Male Sprints marshal after Flags conclude</i>	
U8 Male Board Race F	U8 Female Board Race F	U9 Female Beach Flags	HEATS	U9 Male Beach Sprints	HEATS
		U9 Female Beach Flags	F	U9 Male Beach Sprints	F

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

MAP
LEIGHTON
BEACH



SATURDAY 7 MARCH NIPPERS [OCEAN]

LAST UPDATED: 3 February 2026

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	SF	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						

SUNDAY 8 MARCH NIPPERS [OCEAN]

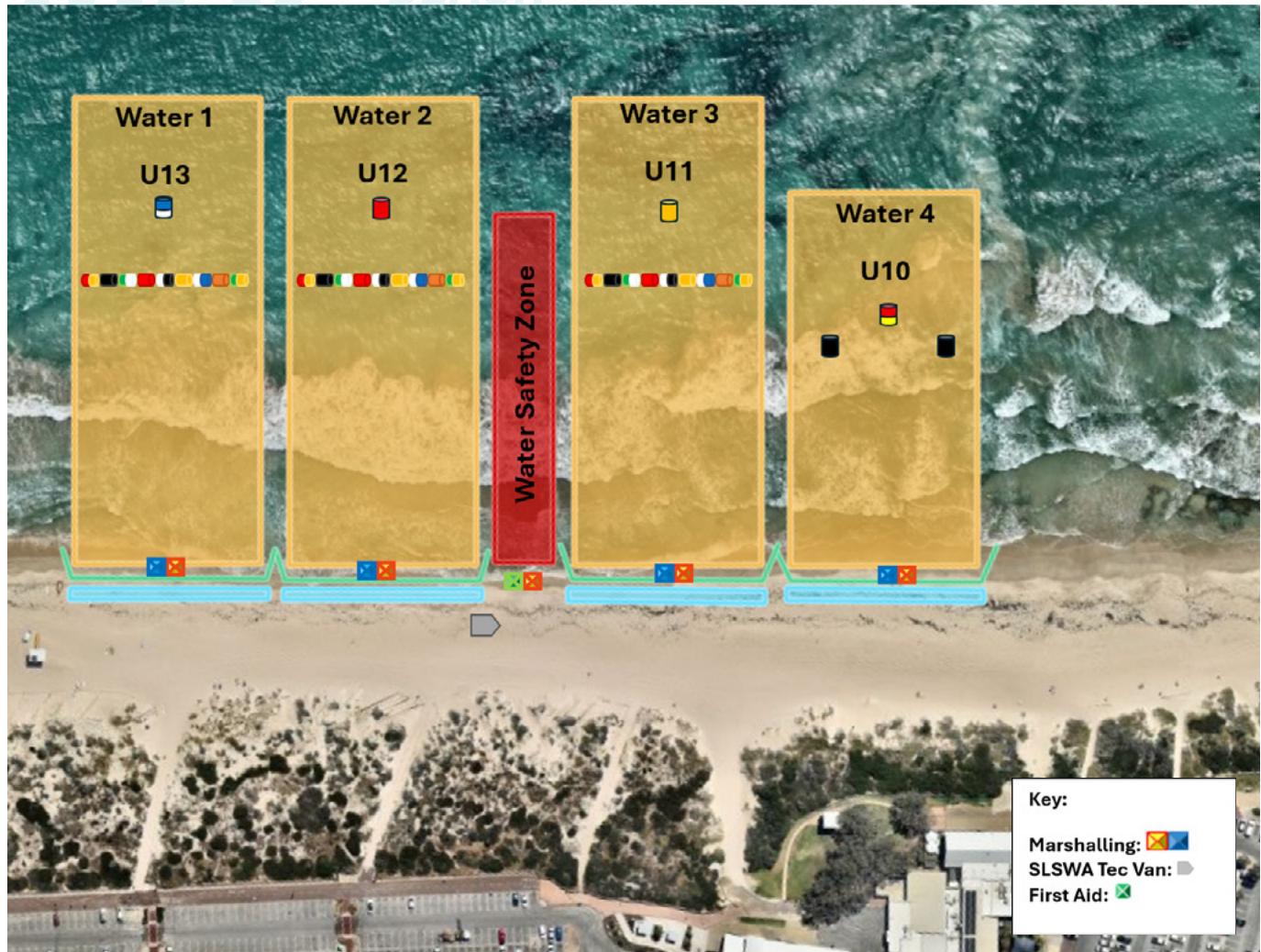
SOUTH END WATER 1 - U13		SOUTH MIDDLE WATER 2 - U12		NORTH MIDDLE WATER 3 - U11		NORTH END WATER 4 - U10							
6:30am Officials Briefing – Trigg Island club rooms													
6:45am Team Managers' Briefing – Near SLSWA administration van													
7:15am Marshalling for all water areas													
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 Male 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								

NOTE:

Water Areas subject to change of location and will be advised pending risk assessments conducted on the day.

MAP TRIGG BEACH

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



WATER SAFETY ROSTER

NOTE: Water safety roster will be released via TeamApp closer to the event.

NOTES FOR LITTLE NIPPERS & NIPPERS

- 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.
- 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 - [Little Nipper Bulletin 6](#) and [Nippers Bulletin 5](#).
- Nipper Champion Club points are drawn from the results of the Surf Rescue, Beach & Ocean events. There is no Champion Club awarded for Little Nippers.

EXTRA NOTES FOR NIPPERS (U10-U13)

- **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.
- Nippers Team events will not be held up waiting for a competitor to come from another arena.

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.



Western
Australia

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)

2024

Matthew Colliss (CY)

OPEN MALE

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

OPEN FEMALE

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

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