



WA

2026

SURF LIFE SAVING
CHAMPS



LITTLE NIPPERS & NIPPERS

Official
Guide



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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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...

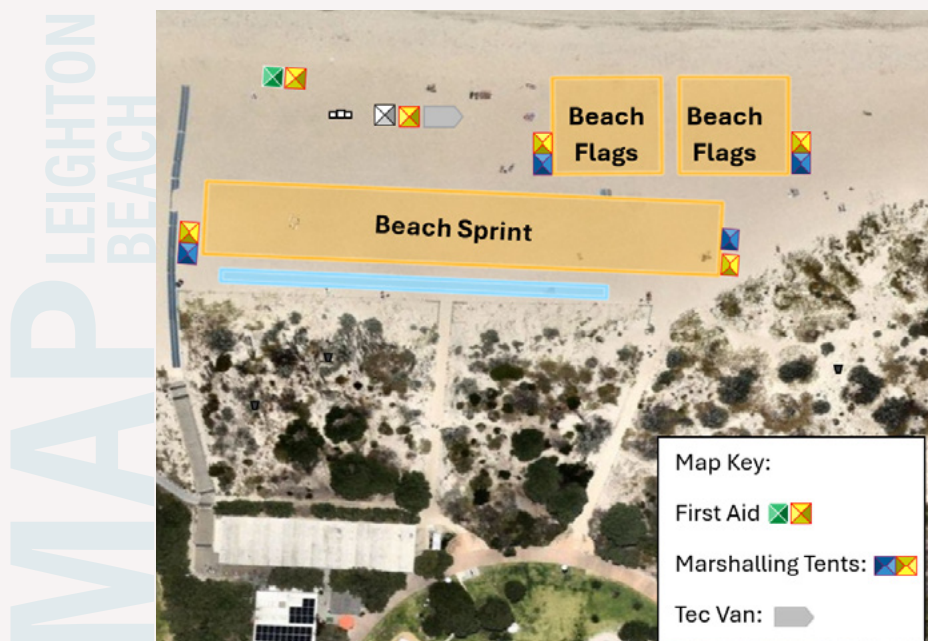
GAMES &

GIVEAWAYS

SATURDAY 7 MARCH
TRIGG BEACH



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

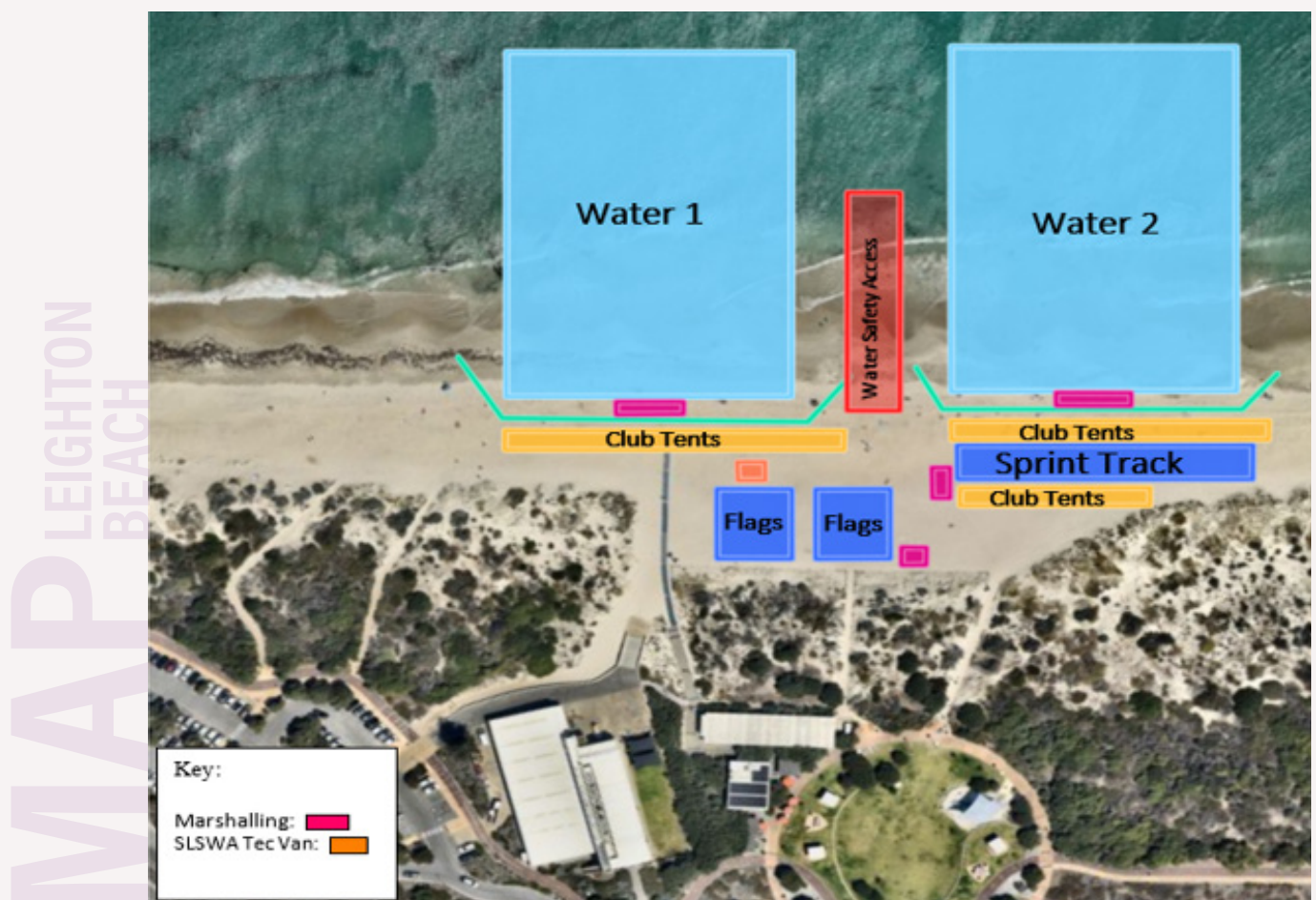


SUNDAY 22 FEBRUARY LITTLE NIPPERS

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	Female Flags marshal after Sprints conclude		Male Sprints marshal after Flags conclude	
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
U8 Ocean events will not marshal until U8 Beach events have concluded				U9 Ocean events will not marshal until U9 Beach events have concluded			
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	Female Flags marshal after Sprints conclude		Male Sprints marshal after Flags conclude	
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.



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]

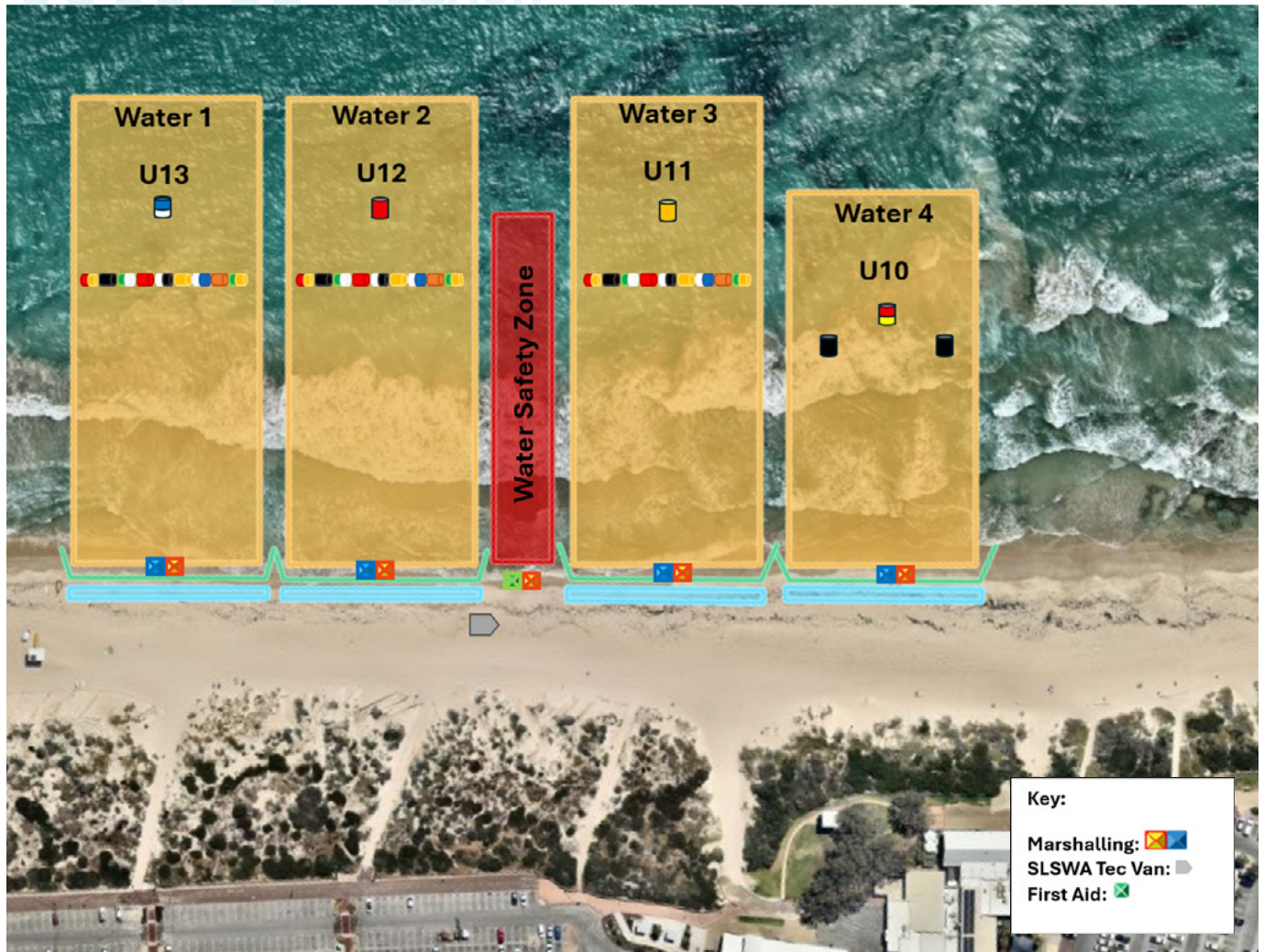
SOUTH END WATER 1 - U13		SOUTH MIDDLE WATER 2 - U12		NORTH MIDDLE WATER 3 - U11		NORTH END WATER 4 - U10	
6:30am Officials Briefing – Trigg Island club rooms							
6:45am Team Managers' Briefing – Near SLSWA administration van							
7:15am Marshalling for all water areas							
U13 Female Ironwoman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

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



Western
Australia

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
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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 Matthew Colliss (CY)
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)