

A GROUP

9:00AM	DISTANCE RUN
9:40AM	RUN-SWIM-RUN
10:30AM	DISTANCE BOARD (PADDLE)
11:20AM	DISTANCE SWIM
12:20PM	PADDLE RELAY
1:10PM	BEACH FLAGS
2:00PM	SURF TEAMS (SWIM RELAY)
2:50PM	RUN RELAY
3:40PM	RESCUE RELAY

B GROUP

9:00AM	DISTANCE RUN
9:40AM	DISTANCE SWIM
10:30AM	RUN RELAY
11:20AM	RESCUE RELAY
12:20PM	DISTANCE BOARD (PADDLE)
1:10PM	SURF TEAMS (SWIM RELAY)
2:00PM	BEACH FLAGS
2:50PM	PADDLE RELAY
3:40PM	RUN-SWIM-RUN

C GROUP

9:00AM	DISTANCE RUN
9:40AM	PADDLE RELAY
10:30AM	DISTANCE SWIM
11:20AM	BEACH FLAGS
12:20PM	SURF TEAMS (SWIM RELAY)
1:10PM	DISTANCE BOARD (PADDLE)
2:00PM	RUN RELAY
2:50PM	RUN-SWIM-RUN
3:40PM	RESCUE RELAY

U-19

9:00AM	DISTANCE RUN
TBD	SURF SKI
TBD	DISTANCE SWIM
TBD	IRONMAN
TBD	BEACH FLAGS
TBD	RUN-SWIM-RUN
TBD	DISTANCE BOARD (PADDLE)
TBD	SURF TEAMS (SWIM RELAY)
TBD	BOARD RESCUE
TBD	RESCUE RACE
TBD	BEACH SPRINT