

## 2010 Masters Program

**Friday 5th March 2010**

		<b>Beach Run 1</b>	<b>Beach Run 2</b>	<b>Beach Run 3</b>
<b>6.45am MARSHALLING Area1</b>		30-34 yrs 2km Male Beach Run	60-64 yrs 1km Male Beach Run	45-49 yrs 2km Male Beach Run
<b>7.00am START for Beach Run</b>		35-39 yrs 2km Male Beach Run	60-64 yrs 1km Female Beach Run	50-54 yrs 2km Male Beach Run
		40-44 yrs 2km Male Beach Run	65-69 yrs 1km Male Beach Run	55-59 yrs 2km Male Beach Run
			70+ yrs 1km Open Beach Run	30-34 yrs 2km Female Beach Run
				34-39 yrs 2km Female Beach Run
				40-44 yrs 2km Female Beach Run
				45-49 yrs 2km Female Beach Run
<b>Water areas MARSHALLING 7.00am START 7.45am</b>				50-54 yrs 2km Female Beach Run
				55-59 yrs 2km Female Beach Run
<b>Area 1</b>	<b>Area 2</b>	<b>Area 3 &amp; 4</b>		<b>Boats Section</b>
50-54 yrs Female Board Rescue	30-44 yrs Female Double Ski	40-44 yrs Male Board Rescue		<b>10.00am Start</b>
45-49 yrs Female Board Rescue	45+ yrs Female Double Ski	45-49 yrs Male Board Rescue		
40-44 yrs Female Board Rescue	70+ yrs Open Double Ski	50-54 yrs Male Board Rescue		
35-39 yrs Female Board Rescue	60-64 yrs Double Ski	30-34 yrs Male Board Rescue		
30-34 yrs Female Board Rescue	65-69 yrs Double Ski	35-39 yrs Male Board Rescue		120+yrs Male Surf Boat
	55-59 yrs Double Ski	70+ yrs Open Board Rescue		140+yrs Female Surf Boat
110+/130+/150+ yrs Female Surf Teams	50-54 yrs Double Ski	55-59 yrs Male Board Rescue		160+yrs Male Surf Boat
110+/130+/150+ yrs Female Board Relay	45-49 yrs Male Double Ski	60-64 yrs Male Board Rescue		180+yrs Open Surf Boat
110+/130+/150+ yrs Female Ski Relay	40-44 yrs Male Double Ski			200+yrs Open Surf Boat
110+/130+/150+ yrs Female Taplin Relay	35-39 yrs Male Double Ski			220+yrs Open Surf Boat
	30-34 yrs Male Double Ski			240+yrs Open Surf Boat
110+yrs Male Surf Teams	130+yrs Male Surf Teams	150+yrs Male Surf Teams	170+ yrs Open Surf Teams	
110+yrs Male Surf Ski Relay	130+yrs Male Surf Ski Relay	150+yrs Male Surf Ski Relay	170+yrs Open Surf Ski Relay	
110+yrs Male Taplin Relay	130+yrs Male Taplin Relay	150+yrs Male Taplin Relay	170+yrs Open Taplin Relay	
110+yrs Male Board Relay	130+yrs Male Board Relay	150+yrs Male Board Relay	170+yrs Open Board Relay	

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Womens Area	30-44yrs Mens Area	45-49yrs Mens Area	50+yrs Mens Area	Beach Section
30-34 yrs Female Rescue Tube	40-44 yrs Male Single Ski	45-49 yrs Male Rescue Tube	50-54 yrs Male Single Ski	<b>1.00 pm Start</b>
35-39 yrs Female Rescue Tube	35-39 yrs Male Single Ski		55-59 yrs Male Single Ski	
40-44 yrs Female Rescue Tube	30-34 yrs Male Single Ski		60-64 yrs Male Single Ski	
45-49 yrs Female Rescue Tube			65-69 yrs Male Single Ski	
50-54 yrs Female Rescue Tube			70+ yrs Open Single Ski	
55-59 yrs Female Rescue Tube				
60-64 yrs Female Rescue Tube				
30-34 yrs Female Single Ski	40-44yrs Male Rescue Tube	45-49 yrs Male Single Ski	55-59 yrs Male Rescue Tube	
35-39 yrs Female Single Ski	35-39 yrs Male Rescue Tube		50-54 yrs Male Rescue Tube	
40-44 yrs Female Single Ski	30-34 yrs Male Rescue Tube		60-64 yrs Male Rescue Tube	
45-49 yrs Female Single Ski			65-69 yrs Male Rescue Tube	
50-54 yrs Female Single Ski			70+ yrs Open Rescue Tube	
55-59 yrs Female Single Ski				
60-64 yrs Female Single Ski				
	30-34 yrs Ironman	45-49 yrs Ironman	70+ yrs Open Ironperson	30-34 yrs Female Beach Flags
	35-39 yrs Ironman		65-69 yrs Iron Man	35-39 yrs Female Beach Flags
	40-44 yrs Ironman		60-64 yrs Ironman	40-44 yrs Female Beach Flags
			55-59 yrs Ironman	45-49 yrs Female Beach Flags
			50-54 yrs Ironman	50-54 yrs Female Beach Flags
				55-59 yrs Female Beach Flags
				60-64 yrs Female Beach Flags
				30-34 yrs Female Beach Sprint
				35-39 yrs Female Beach Sprint
				40-44 yrs Female Beach Sprint
				45-49 yrs Female Beach Sprint
				50-54 yrs Female Beach Sprint
				55-59 yrs Female Beach Sprint
				60-64 yrs Female Beach Sprint

# Friday 5th March 2010

Womens Area	30-44yrs Mens Area	45-49yrs Mens Area	50+yrs Mens Area	Beach Section
30-34 yrs Ironwoman		45-49 yrs Male Board Race	50-54 yrs Male Board Race	30-34 yrs Male Beach Sprint
35-39 yrs Ironwoman			65-69 yrs Male Board Race	35-39 yrs Male Beach Sprint
40-44 yrs Ironwoman			70+ yrs Open Board Race	40-44 yrs Male Beach Sprint
45-49 yrs Ironwoman			60-64 yrs Male Board Race	30-34 yrs Male Beach Flags
50-54 yrs Ironwoman			55-59 yrs Male Board Race	35-39 yrs Male Beach Flags
55-59 yrs Ironwoman				40-44 yrs Male Beach Flags
60-64 yrs Ironwoman				
30-34 yrs Female Board Race	40-44 yrs Male Board Race		50-54 yrs Male Surf Race	45-49 yrs Male Beach Flags
35-39 yrs Female Board Race	35-39 yrs Male Board Race		55-59 yrs Male Surf Race	45-49 yrs Male Beach Sprint
40-44 yrs Female Board Race	30-34 yrs Male Board Race		60-64 yrs Male Surf Race	
45-49 yrs Female Board Race			65-69 yrs Male Surf Race	
50-54 yrs Female Board Race			70+ yrs Open Surf Race	
55-59 yrs Female Board Race				
60-64 yrs Female Board Race				
30-34 yrs Female Surf Race	40-44 yrs Male Surf Race	45-49 yrs Male Surf Race		50-54yrs Male Beach Sprint
35-39 yrs Female Surf Race	30-34 yrs Male Surf Race			55-59 yrs Male Beach Sprint
40-44 yrs Female Surf Race	35-39 yrs Male Surf Race			60-64 yrs Male Beach Sprint
45-49 yrs Female Surf Race				65-69 yrs Male Beach Sprint
50-54 yrs Female Surf Race				70+ yrs Open Beach Sprint
55-59 yrs Female Surf Race				50-54yrs Male Beach Flags
60-64 yrs Female Surf Race				55-59 yrs Male Beach Flags
				60-64yrs Male Beach Flags
				65-69 yrs Male Beach Flags
				70+ yrs Open Beach Flags
				140+ yrs Male Beach Relay
				140+ yrs Female Beach Relay
				170+ yrs Male Beach Relay
				170+ yrs Female Beach Relay
				200+ yrs Male Beach Relay
				200+ yrs Female Beach Relay