

# Adult Schedules

## Thursday August 5th

- Landline Relay (10am)
- Surf Boat – Open Men/Women (H), 30-39 Men/Women (H) (1pm)
- Beach Flags – Open Men/Women (H), 30-39 Men/Women (H) (4pm)

## Friday August 6<sup>th</sup>

Events start at 8am and runs continuous.

- Rescue Board Race – Open Men/Women (H), 30-39 Men/Women (H), 40-49 Men/Women (F), 50 & above Men/Women (F)
- Surf Boat – 30-39 Men/Women (F), 50 & above Men/Women (F)
- Rescue Race – Open Men/Women (H), 30-39 Men/Women (H), 40-49 Men/Women (F), 50 & above Men/Women (F)
- Ironman/Ironwoman - Open Men/Women (H), 30-39 Men/Women (H), 40-49 Men/Women (F), 50 & above Men/Women (F)
- Surf Swim – Open Men/Women (F), 30-39 Men/Women (F)
- Rescue Board Race - Open Men/Women (F), 30-39 Men/Women (F)
- Rescue Race - Open Men/Women (F), 30-39 Men/Women (F)
- Surf Boat - Open Men/Women (F), 30-39 Men/Women (F)
- Ironman/Ironwoman - Open Men/Women (F), 30-39 Men/Women (F)
- Surf Swim – Open Men/Women (H), 30-39 Men/Women (H), 40-49 Men/Women (F), 50 & above Men/Women (F)
- Beach Flags - Open Men/Women (F), 30-39 Men/Women (F), 40-49 Men/Women (F), 50 & above Men/Women (F)

## Saturday August 7<sup>th</sup>

Events start at 8am and runs continuous.

- Beach Run - Open Men/Women (F), 30-39 Men/Women (F), 40-49 Men/Women (F), 50 & above Men/Women (F)
- Surf Ski - Open Men/Women (H), 30-39 Men/Women (H), 40-49 Men/Women (F), 50 & above Men/Women (F)
- Run Swim Run - Open Men/Women (H), 30-39 Men/Women (H), 40-49 Men/Women (F), 50 & above Men/Women (F)
- Rescue Board Rescue – Open (H)
- Run Relay – Open Men (H), Open Women (H)
- Landline Relay – Open (F)
- American Ironwoman – Open Women (H), 30-39 Women (H), 40-49 Women (F), 50 & above Women (F)
- American Ironman – Open Men (H), 30-39 Men (H), 40-49 Men (F), 50 & above Men (F)
- Surf Ski - Open Men/Women (F), 30-39 Men/Women (F)
- Run Swim Run - Open Men/Women (F), 30-39 Men/Women (F)
- Rescue Board Rescue – Open (F)
- Run Relay – Open Men (F), Open Women (F)
- American Ironman/Ironwoman - Open Men/Women (F), 30-39 Men/Women (F)