



















The Perfect Weekend Summer of Surf, January 17th/ 18th/19st2025





FRESHWATER OPEN PROGRAM | SUNDAY JAN 19^{TH} | ALL AREAS

WATER 1	WATER 2	WATER 3	WATER 4
Yellow Area	Green & Gold Area	Black & White Area	R&R AREA
	7:00 AM Report - 7:30 AM Start		6:30 AM Report – 6:40 AM Start
U17 Ironwoman Semi¹	Open Ironwoman Semi ²	Open Ironman Semi ²	Open Male 5 Person
U17 Ironwoman Wildcard ¹	Open Ironwoman Wildcard ²	Open Ironman Wildcard ²	Open Female 5 Person
U17 Ironman Semi¹			
U17 Ironman Wildcard ¹	U19 Ironwoman ¹	U19 Ironman ¹	U17 5 Person
	Open Ironwoman Final	Open Ironman Final	Open Mixed 5 Person
U15 Ironwoman Semi¹			
U15 Ironwoman Wildcard ¹	U17 Female Taplin	U17 Male Taplin	U19 5 Person
U15 Ironman Semi¹	U19 Female Taplin	U19 Male Taplin	Open 6 person
U15 Ironman Wildcard ¹	Open Female Taplin	Open Male 6 Person Taplin	U23 5 Person
U17 Ironwoman Final	U19 Female Board Relay	U19 Male Board Relay	9:15 AM Report – 9:30 AM Start
U17 Ironman Final	Opens Female Board Relay	Open Male Board Relay	U13/U15 5 Person
U15 Ironwoman Final			
U15 Ironman Final	U17 Female Ski Relay	U17 Male Ski Relay	U17 2 Person
	U19 Female Ski Relay	U19 Male Ski Relay	
U15 Male Board Relay	Open Female Ski Relay	Open Male Ski Relay	U19 2 Person
U15 Female Board Relay			Open 2 Person
U15 Male Cameron	U17 Female Ski Race	U17 Male Ski Race	
U15 Female Cameron			U14/U15 2 Person
	U19 Male Surf Race	U19 Male Ski Races	U13/U14 2 Person
U17 Male Board Relay	U19 Female Surf Race	U19 Female Ski Races	
U17 Female Board Relay	Open Male Surf Race	Open Female Ski Races	U12 2 Person
	Open Female Surf race	Open Male Ski Races	U10/U11 2 Person
U15 Male Surf Race			
U15 Female Surf Race	U19 Female Board	Open Female Double Ski	1:00 PM Start
U17 Male Surf Race	U19 Male Board	Open Male Double Ski	March Past
U17 Female Surf Race	Open Female Board	U19 Male Double Ski	
	The Tim Kirkby	U19 Male Double Ski	
U15 Male Board	Open Male Board	Open Mixed Double Ski	
U15 Female Board			
U17 Male Board			
U17 Female Board			





The Perfect Weekend Summer of Surf, January 17th/ 18th/19st2025





FRESHWATER OPEN EVENT SPONSORS

Freshwater SLSC continues to support Board Racing at our Open Carnival and is pleased to announce that there are cash prizes available for the Open Board Events (Individual and Relays) and Prize Packs for the Agre Group Individual Board Events.

We thank our board event sponsors for sponsoring these events again in 2025 -

- Tim Kirkby Open Male Board Race sponsored and supported by Matt Lemon/Cunninghams Real Estate
- Tim Kirkby Open Female Board Race sponsored and supported by APG
- Open Male Board Relay sponsored and supported by Matt Lemon/Cunninghams Real Estate
- Open Female Board Relay sponsored and supported by Prime Constructions

Freshwater SLSC is also pleased to announce the Aqua Culture Open Male Swim and the Aqua Culture Open Female Swim events. \$1,000 in cash prizes are available across these two events. We welcome on board Aqua Culture as an event sponsor for our 2025 Carnival.

APG



Cunninghams



PROGRAM NOTES FOR FRESHWATER OPEN CARNIVAL

- Water Areas are numbered from North to South, with Water Area 1 the most Northern area, and Water Area 4 the
 most Southern area. The events held in each area are subject to change on the day depending on conditions.
- Note¹: All U15 / U17 Ironman and Ironwoman Semi-Finalists at the Shaw and Partners Manly Surf Classic automatically qualify for the Semi-Final at the Freshwater Open carnival.
 In addition, any competitors from outside the Sydney | Sydney Northern Beaches | Central Coast regions that do not qualify through the Manly event, will be eligible to compete in a one-off Ironman & Ironwoman Wildcard race (dependent on numbers and conditions), with the winner qualifying for the respective Ironman | Ironwoman final. As there are no U19 Iron events at Manly, these competitors will be marshalled on the beach and added to LiveHeats accordingly.
- Note²: The top 60 placed Open Ironman and Ironwomen competitors at the Shaw and Partners Manly Surf Classic automatically start at the Freshwater Open Carnival (dependent on conditions).
 In addition, any competitors from outside the Sydney | Sydney Northern Beaches | Central Coast regions that do not qualify through the Manly event, will be eligible to compete in a one-off Ironman & Ironwoman Wildcard race (dependent on numbers and conditions), with the winner qualifying for the respective Ironman | Ironwoman final.
- ALL competitors must be registered through Sports Events Management System (SEMS) https://sems.sls.com.au
 and be listed in LiveHeats to start in all events (with the Ironman/Ironwoman events being the exception, as these will be populated manually). LiveHeats will be used for Registration, Draws and Results of the R&R competition
- Competitors must bring their LiveHeats competitor wrist bands (March Past and R&R are excluded from needing LiveHeats wrist bands).
- Whilst every effort will be made to adhere to the timetable, team managers should be aware that changes may be made throughout the day at the discretion of the Carnival Referee.
- The R&R area will run in the Southern Area with an adjusted water course to be able to complete events whilst the
 other 3 water areas are running. All R&R water events must be completed in time for the southern area to be free
 and available for the public at 9:00 AM
- March Past will commence at 1.00 PM.
- o No Late entries on the day.
- World Ocean Series Hi-Viz Yellow or any Hi-Viz Pink Rash Vests are compulsory for all water events. These are not supplied by the organisers.
- Tides Sunday Jan 19th Low 0.65M at 6:25 AM, High 1.56M at 12:36 PM