



## Beach and R&R Carnival – Altona LSC

**21<sup>st</sup> February 2021**

Tides: High 0917 (0.92m), Low 1609 (0.32m)

U14 Start Time: 8:30am	U15 Start Time: 8:30am	U17 Start Time: 10:30am	U19 Start Time: 10:30am	OPEN Start Time: 10:30am	MASTERS CHAMPIONSHIPS 30 – 34, 35 – 39, 40 – 49, 50 -54, 55 – 59, 60 -64, 65 – 69, 70 – 74, 75+ Start Time: 10:00am	Youth R&R TIME: 7:45am
Long Run Beach Sprints Beach Relay Beach Flags Belt & Reel	Long Run Beach Sprints Beach Relay Beach Flags Belt & Reel	Long Run Beach Sprints Beach Relay Beach Flags Belt & Reel	Long Run Beach Sprints Beach Relay Beach Flags Belt & Reel	Beach Sprints Beach Flags Beach Relay Belt & Reel Long Run Open Mixed Relay	Beach Sprints Beach Flags 140 Beach Relay 170 Beach Relay 230 Beach Relay 30 – 59 2km Long Run 60 – 75 1km Long Run	U14 – U15 Mixed 2 Person U15 Mixed 5 Person
						<b>Senior R&amp;R TIME: 8:30am</b>
						Open Men's 5 Person U17 Mixed 5 Person U19 Mixed 5 Person Open Women's 5 Person Open Mixed 5 Person Open Mixed 6 Person
						<b>Junior R&amp;R Start Time: After Completion of Youth &amp; Senior R&amp;R 10:30am Teams Report</b>
						U10 – U11 U12 – U13 2 Person

**Please note, the following restrictions must be adhered to, under no circumstances can they be modified:**

- All events/races where there is shared equipment, must be cleaned in between uses
- Events that can be added, will be at the discretion of the Area & Carnival Referees
- If team events are added to the carnival program, athletes must compete in their designated arena