

TIMETABLE & HEATS BEACH SHOWDOWN INDOOR FINAL 2025

[CHECK YOUR HEATS @ COMPETITION CORNER](#)

| TIME | HEAT | FIELD 1 (KINGSBOX AREA) | FIELD 2 (CONCEPT BEACH) | FIELD 3 (ESN BEACH) |
|---|------|---------------------------------|---------------------------------|---------------------------------|
| ATHLETE REGISTRATION (08:00 – 10:00) | | | | |
| 09:00 – 09:15 | 1 | REGULAR F | TEENS & SCALED M/F | REGULAR M/F 35+ & REGULAR M/F |
| 09:15 – 09:30 | 2 | REGULAR F & REGULAR M 35+ | TEENS & SCALED M/F | REGULAR M/F 35+ & REGULAR M/F |
| 09:30 – 09:45 | 3 | REGULAR M 35+ | SCALED F/F | ADVANCED M/F & REGULAR M/F |
| 09:45 – 10:00 | 4 | REGULAR M & REGULAR M/M | SCALED F/F | ADVANCED M/F & ADVANCED M/F 35+ |
| 10:00 – 10:15 | 5 | REGULAR M/M 35+ & REGULAR M/M | SCALED M | ADVANCED M/F |
| 10:15 – 10:30 | 6 | REGULAR M/M 35+ & REGULAR M/M | SCALED M & SCALED F | ADVANCED M/F & ADVANCED M/M 35+ |
| 10:30 – 10:45 | 7 | ADVANCED M | REGULAR F/F 35+ & SCALED F | ADVANCED M/M 35+ |
| 10:45 – 11:00 | 8 | ADVANCED M & ADVANCED M/M | REGULAR F/F | ADVANCED F/F |
| 11:00 – 11:15 | 9 | RX M & ADVANCED M/M | REGULAR F/F | RX F & ADVANCED F/F |
| 11:15 – 11:30 | 10 | RX M & ADVANCED M/M | ADVANCED F 35+ & ADVANCED M 35+ | RX F & ADVANCED F/F 35+ |
| 11:30 – 11:45 | 11 | RX M & ADVANCED M/M | ADVANCED F & ADVANCED M 35+ | RX M/F |
| BREAK (11:45 – 12:15) | | | | |
| 12:15 – 12:30 | 12 | TEENS & SCALED M/F | REGULAR M/F 35+ & REGULAR M/F | REGULAR F |
| 12:30 – 12:45 | 13 | TEENS & SCALED M/F | REGULAR M/F 35+ & REGULAR M/F | REGULAR F & REGULAR M 35+ |
| 12:45 – 13:00 | 14 | SCALED F/F | ADVANCED M/F & REGULAR M/F | REGULAR M 35+ |
| 13:00 – 13:15 | 15 | SCALED F/F | ADVANCED M/F & ADVANCED M/F 35+ | REGULAR M & REGULAR M/M |
| 13:15 – 13:30 | 16 | SCALED M | ADVANCED M/F | REGULAR M/M 35+ & REGULAR M/M |
| 13:30 – 13:45 | 17 | SCALED M & SCALED F | ADVANCED M/F & ADVANCED M/M 35+ | REGULAR M/M 35+ & REGULAR M/M |
| 13:45 – 14:00 | 18 | REGULAR F/F 35+ & SCALED F | ADVANCED M/M 35+ | ADVANCED M |
| 14:00 – 14:15 | 19 | REGULAR F/F | ADVANCED F/F | ADVANCED M & ADVANCED M/M |
| 14:15 – 14:30 | 20 | REGULAR F/F | RX F & ADVANCED F/F | RX M & ADVANCED M/M |
| 14:30 – 14:45 | 21 | ADVANCED F 35+ & ADVANCED M 35+ | RX F & ADVANCED F/F 35+ | RX M & ADVANCED M/M |
| 14:45 – 15:00 | 22 | ADVANCED F & ADVANCED M 35+ | RX M/F | RX M & ADVANCED M/M |
| BREAK (15:00 – 15:30) | | | | |
| 15:30 – 15:45 | 23 | REGULAR M/F 35+ & REGULAR M/F | REGULAR F | TEENS & SCALED M/F |
| 15:45 – 16:00 | 24 | REGULAR M/F 35+ & REGULAR M/F | REGULAR F & REGULAR M 35+ | TEENS & SCALED M/F |
| 16:00 – 16:15 | 25 | ADVANCED M/F & REGULAR M/F | REGULAR M 35+ | SCALED F/F |
| 16:15 – 16:30 | 26 | ADVANCED M/F & ADVANCED M/F 35+ | REGULAR M & REGULAR M/M | SCALED F/F |
| 16:30 – 16:45 | 27 | ADVANCED M/F | REGULAR M/M 35+ & REGULAR M/M | SCALED M |
| 16:45 – 17:00 | 28 | ADVANCED M/F & ADVANCED M/M 35+ | REGULAR M/M 35+ & REGULAR M/M | SCALED M & SCALED F |
| 17:00 – 17:15 | 29 | ADVANCED M/M 35+ | ADVANCED M | REGULAR F/F 35+ & SCALED F |
| 17:15 – 17:30 | 30 | ADVANCED F/F | ADVANCED M & ADVANCED M/M | REGULAR F/F |
| 17:30 – 17:45 | 31 | RX F & ADVANCED F/F | RX M & ADVANCED M/M | REGULAR F/F |
| 17:45 – 18:00 | 32 | RX F & ADVANCED F/F 35+ | RX M & ADVANCED M/M | ADVANCED F 35+ & ADVANCED M 35+ |
| 18:00 – 18:15 | 33 | RX M/F | RX M & ADVANCED M/M | ADVANCED F & ADVANCED M 35+ |
| PRICE CEREMONY (18:15 – 18:45) | | | | |