

Circular 3399

Released June 2015

SURF LIFE SAVING
NEW SOUTH WALES



2015 NSW POOL RESCUE CHAMPIONSHIPS PENINSULA LEISURE CENTRE, WOY WOY, CENTRAL COAST 18 – 19 JULY 2015

Attention: Club Presidents, Club Secretaries, Club Competition Officers, Team Managers, Coaches and Competitors.

Actioned by: Persons responsible for completing club entries.

Date: 11 June 2015

Contact: Rob Pidgeon Surf Sports Events Coordinator
Phone: (02) 9471 8000
Email: rpidgeon@surflifesaving.com.au

Summary:	Outlines requirements and procedures to enter the 2015 NSW Pool Rescue Championships
Key Strategic Goals:	To increase grassroots participation in sport and recreational activities at all levels of the movement
Key Strategies:	8.1 Increase participation in our sport and recreational activities at a grassroots level through structures and appropriately tiered programs. 8.2 Bolster developmental pathways and opportunities for our athletes, coaches, officials and administrators through the stages of their sporting life. 8.3 Establish best practice event management for the delivery of surf sports events. 8.5 Deliver surf sports events to our members which appeal to a broad participation base. 8.6 Strengthen development and high performance activities in surf sport events and activities.
Action:	<ol style="list-style-type: none">Complete and submit entries no later than 11pm 5 July 2015Entries are to be completed online using the 'Meet Manager' system. Clubs will need to download the Team Manager Lite program in order to complete registrations for the 2015 NSW Pool Rescue Championships.Submit pool setters names and contact information by 12 July 2015Submit team managers names and contact information by 12 July 2015

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1. EVENTS

Important Dates/Times

Thursday 10 June 2015: Team Manager Entry system opens – NSW Pool Rescue Championships

Sunday 5 July 2015: Entries must be submitted electronically (hard copies not accepted) through Team Manger Lite and a copy of the exported data must be emailed to rpidgeon@surflifesaving.com.au no later than 11pm. After which no late entries will be accepted.

Sunday 12 July 2015: Pool setters names to be submitted

Sunday 12 July 2015: Time keepers names to be submitted

Monday 13 July 2015: Invoices for entries due

Key Competitor & Official daily reporting times are summarised below:

	SATURDAY 18 July 2015	SUNDAY 19 July 2015
Officials Breakfast – Tea/Coffees	0700	0745
Facility Opens	0700	0800
Officials Briefing	0730	0800
Competitors' warm-up	0830	0830
Team Managers Briefing	0830	0830
Competitors Marshalling	0845	0845
Competition Commences	0900	0900
Estimated conclusion of competition	1530	1400
Facility Closes	1600	

Please Note:

- The timetable may be subject to further changes by the Referee
- Some events may be deleted if there is not sufficient time to conduct the events

Pool Events

DAY 1		
EVENT	AGE CATEGORY	GENDER
200m Obstacle Race	Open	Male
200m Obstacle Race	Open	Female
200m Obstacle Race	U19	Male
200m Obstacle Race	U19	Female
200m Obstacle Race	U17	Male
200m Obstacle Race	U17	Female
200m Obstacle Race	U15	Male
200m Obstacle Race	U15	Female
200m Obstacle Race	U14	Male
200m Obstacle Race	U14	Female
200m Obstacle Race	30-39	Male
200m Obstacle Race	30-39	Female
200m Obstacle Race	40+	Male
200m Obstacle Race	40+	Female
100m Obstacle Race	U13	Male
100m Obstacle Race	U13	Female
100m Obstacle Race	U12	Male
100m Obstacle Race	U12	Female
4 x 50m Obstacle Relay Race	Open	Male
4 x 50m Obstacle Relay Race	Open	Female
4 x 50m Obstacle Relay Race	U17/U19	Male
4 x 50m Obstacle Relay Race	U17/U19	Female
4 x 50m Obstacle Relay Race	U14/U15	Male
4 x 50m Obstacle Relay Race	U14/U15	Female
4 x 50m Obstacle Relay Race	U12/U13	Male
4 x 50m Obstacle Relay Race	U12/U13	Female
200m Super Lifesaver	Open	Male
200m Super Lifesaver	Open	Female
200m Super Lifesaver	U19	Male
200m Super Lifesaver	U19	Female
200m Super Lifesaver	U17	Male
200m Super Lifesaver	U17	Female
50m Manikin Carry	Open	Male
50m Manikin Carry	Open	Female
50m Manikin Carry	U19	Male
50m Manikin Carry	U19	Female
50m Manikin Carry	U17	Male
50m Manikin Carry	U17	Female
50m Manikin Carry	U15	Male
50m Manikin Carry	U15	Female
50m Manikin Carry	30-39	Male
50m Manikin Carry	30-39	Female
50m Manikin Carry	40+	Male
50m Manikin Carry	40+	Female
50m Manikin Carry - from 35m mark	U14	Male
50m Manikin Carry - from 35m mark	U14	Female
50m Brick Carry – from 25m	U13	Male
50m Brick Carry – from 25m	U13	Female
50m Brick Carry – from 25m	U12	Male
50m Brick Carry – from 25m	U12	Female

DAY 1 - CONTINUED

EVENT	AGE CATEGORY	GENDER
4 x 25m Manikin Relay	Open	Male
4 x 25m Manikin Relay	Open	Female
4 x 25m Manikin Relay	U17/U19	Male
4 x 25m Manikin Relay	U17/U19	Female
4 x 25m Manikin Relay	U14/U15	Male
4 x 25m Manikin Relay	U14/U15	Female
4 x 25m Brick Relay	U12/U13	Male
4 x 25m Brick Relay	U12/U13	Female
100m Manikin Tow with Fins	Open	Male
100m Manikin Tow with Fins	Open	Female
100m Manikin Tow with Fins	U19	Male
100m Manikin Tow with Fins	U19	Female
100m Manikin Tow with Fins	U17	Male
100m Manikin Tow with Fins	U17	Female
100m Manikin Tow with Fins	U15	Male
100m Manikin Tow with Fins	U15	Female
100m Manikin Tow with Fins	U14	Male
100m Manikin Tow with Fins	U14	Female
100m Manikin Tow with Fins	30-39	Male
100m Manikin Tow with Fins	30-39	Female
100m Manikin Tow with Fins	40+	Male
100m Manikin Tow with Fins	40+	Female
100m Patient Tow with Fins	U12-13	Male
100m Patient Tow with Fins	U12-13	Female

DAY 2

EVENT	AGE CATEGORY	GENDER
Line Throw - 10 metres	U14	Male
Line Throw - 10 metres	U14	Female
Line Throw - 10 metres	U13	Male
Line Throw - 10 metres	U13	Female
Line Throw - 10 metres	U12	Male
Line Throw - 10 metres	U12	Female
Line Throw – 12.5 metres	Open	Male
Line Throw – 12.5 metres	Open	Female
Line Throw – 12.5 mark	U19	Male
Line Throw – 12.5 mark	U19	Female
Line Throw – 12.5 mark	U17	Male
Line Throw – 12.5 mark	U17	Female
Line Throw – 12.5 mark	U15	Male
Line Throw – 12.5 mark	U15	Female
Line Throw – 12.5 mark	Masters	Male
Line Throw – 12.5 mark	Masters	Female

DAY 2 – CONTINUED

EVENT	AGE CATEGORY	GENDER
100m Manikin Carry with Fins	Open	Male
100m Manikin Carry with Fins	Open	Female
100m Manikin Carry with Fins	U19	Male
100m Manikin Carry with Fins	U19	Female
100m Manikin Carry with Fins	U17	Male
100m Manikin Carry with Fins	U17	Female
100m Manikin Carry with Fins	U15	Male
100m Manikin Carry with Fins	U15	Female
100m Manikin Carry with Fins	30-39	Male
100m Manikin Carry with Fins	30-39	Female
100m Manikin Carry with Fins	40+	Male
100m Manikin Carry with Fins	40+	Female
100m Rescue Medley	Open	Male
100m Rescue Medley	Open	Female
100m Rescue Medley	U19	Male
100m Rescue Medley	U19	Female
100m Rescue Medley	U17	Male
100m Rescue Medley	U17	Female
4 x 50m Medley Relay	Open	Male
4 x 50m Medley Relay	Open	Female
4 x 50m Medley Relay	U17/U19	Male
4 x 50m Medley Relay	U17/U19	Female
4 x 50m Medley Relay	U14/U15	Male
4 x 50m Medley Relay	U14/U15	Female
4 x 50m Medley Relay	U12/U13	Male
4 x 50m Medley Relay	U12/U13	Female
50m Freestyle - with fins	Open	Male
50m Freestyle - with fins	Open	Female
50m Freestyle - with fins	U19	Male
50m Freestyle - with fins	U19	Female
50m Freestyle - with fins	U17	Male
50m Freestyle - with fins	U17	Female
50m Freestyle - with fins	U15	Male
50m Freestyle - with fins	U15	Female
50m Freestyle - with fins	U14	Male
50m Freestyle - with fins	U14	Female
50m Freestyle - with fins	U13	Male
50m Freestyle - with fins	U13	Female
50m Freestyle - with fins	U12	Male
50m Freestyle - with fins	U12	Female
50m Freestyle - without fins	Open	Male
50m Freestyle - without fins	Open	Female

2. EVENT RULES

General Conditions:

- 2.1. All events shall be conducted in accordance with the Rules and Conditions set out in the current edition of the ILS Competition Manual and New Age Group Modifications and Rules
- 2.2. Events will be conducted in Male and Female Gender categories for the events listed in the table below
- 2.3. All events shall be Timed Finals. For effective timetabling age and masters events may be conducted simultaneously and results declared based on times achieved in each division

INDIVIDUAL EVENTS	U12	U13	U14	U15	U17	U19	Open	30-39	40+
50m Freestyle Swim with fins	✓	✓	✓	✓	✓	✓	✓		
200m Obstacle Swim			✓	✓	✓	✓	✓	✓	✓
100m Obstacle Swim	✓	✓							
50m Manikin Carry			✓*	✓	✓	✓	✓	✓	✓
50m Brick Carry (from 25m)	✓	✓							
100m Rescue Medley					✓	✓	✓		
100m Manikin Tow with fins			✓	✓	✓	✓	✓	✓	✓
100m Manikin Carry with fins				✓	✓	✓	✓	✓	✓
200m Super Lifesaver					✓	✓	✓		
50m Freestyle Swim – without fins ❶							✓		
TEAM EVENTS – Gender Specific	U12	U13	U14	U15	U17	U19	Open	30-39	40+
Line Throw ❷	✓	✓	✓	✓	✓	✓	✓	✓	✓
TEAM EVENTS – Gender Specific	U12/U13		U14/U15		U17/19		Open	30-39	40+
4 x 50m Obstacle Relay	✓		✓		✓		✓		
4 x 25m Manikin Relay			✓		✓		✓		
4 x 25m Brick Relay	✓								
4 x 50m Medley Relay	✓		✓		✓		✓		
100m Patient Tow with fins	✓								

- 2.4. Note: ❶ The '50m Freestyle Swim – without fins' is a non-competition event, with no medals or points to be awarded. It is anticipated that this event will be conducted following the conclusion of competition on Sunday. No entry will be required to be completed
- 2.5. Note: ❷ For Masters Line Throw events, age of youngest competitor determines age category. For U12 to U14 Line Throw, events shall be placed at the 10m mark. This is a team event as per ILS rules 2.6.1, competitors can only compete once in this event (either as a Thrower or Victim)
- 2.6. Note: * U14 (50m) Manikin Carry – modified event – the pickup will occur at 35m
- 2.7. Note: U12 and U13 Age categories are restricted to the Eycline type rubber fins –only – refer Circular 92/12-13 Pool Rescue Under 12 to 14 Years
- 2.8. Note: U14 and U15 are permitted to use Fins as detailed in Section 10.11 of ILS Rules

Individual Events:

- 2.9. Only proficient SLSA Bronze Medallion holders may contest the U17, U19, Open and Masters individual events
- 2.10. Only proficient SLSA Surf Rescue Certificate (SRC) holders may contest U14 and U15 age individual events.
- 2.11. U12 and U13 must hold the appropriate award and proficiency for their age category.
- 2.12. U12, U13, U14, U15, U17, and U19 competitors must compete in their specific age category only and are not eligible to compete in Open age individual events.
- 2.13. Age determination and restrictions for U12, U13 & U14 events will be as per Circular 92/12-13 Pool Rescue Under 12 to 14 Years.

Team Events:

- 2.14. In the designated U12-U13, U14-U15 team events U12, U13, U14 & U15 competitors must hold a current award relevant to the age category, as a minimum. These competitors can compete only to form a team in their age groups ie. U12-U13 can have all U12 or U13 competitors, U14-U15 can have all U14 or U15 competitors.
- 2.15. In the designated U17-U19, Open and Masters Team events U17, U19, Open and Masters Competitors must be proficient Bronze Medallion award holders as a minimum. Competitors in these age groups can compete up to form teams in U17, U19 & Open but must be a Master competitor in reference to the Surf Sports Manual for competing in other age divisions.
- 2.16. NOTE: NO U14 or U15 age category athlete can compete in any of the above age groups even if they hold a Bronze Medallion award

High Performance Information:

- 2.17. As this is a Championship event no composite teams shall be permitted to compete at the NSW Pool Rescue Championships 2015 except for Development, State or High Performance teams.
- 2.18. Development, State and High Performance teams will not be awarded points or medals for Team events they compete in.
- 2.19. Development, State and High Performance team members will be required to enter as part of their Club in individual events and are entitled to be awarded the Championship title and the medal as a member of their Club and their points would go towards the individuals club point score.

Non-Championship Event 50m Freestyle Without Fins

- 2.20. Open Men’s and Women’s 50m Freestyle without Fins. This event is a Non-Championship event. No points will be awarded and no medals will be presented
- 2.21. The purpose of this event is to allow all athletes an opportunity to post a straight 50m time for the purpose of talent identification and potential team selection. (i.e. relays)
- 2.22. It is anticipated that this event will be conducted following the conclusion of competition on Sunday afternoon. No entry will be required to be completed
- 2.23. This event may not be held if there is insufficient time allowable

3. POINTSCORE

Interclub Pointscore:

- 3.1. An interclub point score will be conducted based on the results of individual and team events for 1st through to 6th placing (or less if the actual number of competitors is less than 6) for the Championships. All events will be of equal points and the club with the highest aggregate of points at the conclusion of the competition shall be declared the winner.
- 3.2. Representative Teams are not eligible to participate in the club point score nor shall any placings gained block the point score of club teams.
- 3.3. Results of events conducted in the Masters division will not form part of the point score
- 3.4. The following points will apply:

1 st	6 points	4 th	3 points
2 nd	5 points	5 th	2 points
3 rd	4 points	6 th	1 point
- 3.5. Where a dead heat (as defined in the current Surf Sports manual) occurs in the final of an event the Clubs of the individuals/teams will share the placing points relative to the finish placing. The club of the next individuals/teams to finish will receive the relative placing points based on the number of individuals/teams finishing ahead of them. For example: if two individuals/teams finish equal 3rd, both individuals/teams shall receive 4 points for their club and the next individual/team shall be awarded 2 points for coming 5th.
- 3.6. If in the event of equal points in the overall point score a count back of placings (i.e. most number of first placings, then second placings etc) shall be undertaken to determine the winner. If, after an exhaustive review, teams cannot be separated, a tied point score shall be declared.

- 3.7. All results will be posted during the competition at the Championship venue and will be available on the SLSNSW website after the event completion
- 3.8. The swimming pool at the Peninsula Leisure Centre does not meet ILS requirements for pool events, therefore records will not be awarded at these Championships

4. ENTRY CONDITIONS

General Conditions:

- 4.1. **Athletes must compete in their respective 2014/15 season age group at these Championships.**
- 4.2. This event is sanctioned by the International Life Saving Federation (ILS) and as such the Championships will be run in accordance to the rules published in the [2013 ILS Competition Manual](#) and the relevant sections of the current edition of SLSA's Surf Sports Manual (35th edition of Surf Sports Manual) plus any subsequent bulletins or circulars
- 4.3. Eligibility conditions for age categories, substitution requirements and other provisions to compete are also provided in the SLSA Surf Sports Manual and subsequent bulletins or circulars.
- 4.4. All members entered for the 2015 NSW Pool Rescue Championships must meet the requirements of SLSA policies. Further details may be obtained from Policy 5.4 Proficiency and Patrol Hour Requirements – Competition Eligibility.
- 4.5. Attention is drawn to SLSA Circular 89/12-13 – New Age Group Categories Modifications and Rules.

Pool Setters Quota:

- 4.6. While Officials have been appointed to coordinate the event, **clubs entering over 5 competitors are to provide pool setters** (for setting pool equipment) to provide assistance throughout the day to ensure the smooth running of the carnival. Jobs will include manikin placements, line retrieval etc. A **timetable will be released once entries are closed** so clubs are aware when their support person(s) will be required to assist.

Pool Setters Must Bring:

- Swimmers
- Lunch
- Towel
- Goggles
- Fins

Personnel will be rostered based on entry numbers by club.

Clubs shall nominate their Pool Setters here: <https://www.surveymonkey.com/s/2015PoolRescueTeamManagers>

Time Keepers:

- 4.7. While Officials have been appointed to coordinate the event, SLSNSW would request each club to nominate a volunteer who may assist the efficient running of the event as a time keeper. These volunteers will be required to assist with time keeping 'as required' and will be requested at the venue.

Time keepers should report to the referee for duty on the pool deck. This will be called over the PA announcements.

Clubs shall nominate their Time Keepers here: <https://www.surveymonkey.com/s/2015PoolRescueTeamManagers>

Age Groups:

As per 35th edition of SLSA Surf Sports Manual with the necessary minimum proficient award

Age Group	Minimum Proficient Award to compete
Individual events (must compete in own age group including Line Throw)	
12	Provided that they are currently proficient in the appropriate age award for their Age
13	Provided that they are currently proficient in the appropriate age award for their Age
14	SLSA Surf Rescue Certificate or equivalent
15	SLSA Surf Rescue Certificate or equivalent
17	SLSA Bronze Medallion or equivalent
19	SLSA Bronze Medallion or equivalent
Open	SLSA Bronze Medallion or equivalent
Relays (must compete in own age group except U17, U19 can compete in Opens)	Must be proficient for the team event.
12-13	Provided that they are currently proficient in the appropriate age award for their Age
14-15	SLSA Surf Rescue Certificate or equivalent
17-19	SLSA Bronze Medallion or equivalent
Open	SLSA Bronze Medallion or equivalent

- 4.8. All events shall be timed finals. For effective timetabling, some events may be conducted simultaneously and results declared based on times for each division. Open events shall be conducted separately.
- 4.9. Event numbers listed are for reference within this Circular. The Marshalling sheets will be numbered in accordance with the final carnival timetable.
- 4.10. As this is a Championship event no composite teams shall be permitted to compete at the 2015 NSW Pool Rescue Championships.

5. TIMETABLE / SCHEDULE

Entry Registrations:

- 5.1. Entries to the 2015 NSW Pool Rescue Championships must be submitted to the Surf Sports Events Coordinator no later than 11pm Sunday 5 July 2015.
- 5.2. These entries must be submitted electronically to the Team Manager Lite program: <http://www.hytekltd.com/downloads.html> (Not compatible with Apple computers).
- 5.3. Once data is entered by clubs into the electronic entry system, a copy of the exported data will need to be emailed to Rob Pidgeon at rpidgeon@surflifesaving.com.au
- 5.4. Entries submitted on paper or by email, fax etc will not be accepted.

No late entries or additional event entries will be accepted after the closing date.

(a) A club may enter more than one individual in any of the events listed for each age category and substitutions will apply for team events as per the current edition of SLSA's Surf Sports Manual (and any subsequent Bulletins and Circulars) as long as the competitor is already entered into the championships. Team substitutions must be made at the administration area 30mins prior to commencement of the Carnival.

(b) Membership classifications:

Active [Open, U19 & U17]	A	Long Service	LS
Cadet [U15]	C	Life Member	LM
Reserve Active	RA	Associate	AS
Junior Activity Member	11-14		

(c) Proficiency and patrol requirements: All members entered for the 2015 NSW Pool Rescue Championships must meet the requirements of SLSA policies and the SLSNSW award and proficiency requirements as detailed in the 2014/15 Proficiency Requirements. Further details may be obtained from policy document 5.4. Refer: www.slsa.com.au Each competitor must have completed a proficiency test. The date each competitor passed the test must be entered onto the 2015 SLSNSW Pool Rescue Championships entry form in the Team Manager Lite program

Entry Fees:

- 5.5. Entries submitted on paper or by email, fax etc will not be accepted.
- 5.6. The cost per **single event entry** is \$4.50 (incl. GST)
- 5.7. The cost per **relay team entry** is \$9.10 (incl. GST)
- 5.8. The cost per **line throw entry and u12/13 Patient tow** is \$5.70 (incl. GST)
- 5.9. Additional entry after closing date is \$20.80 (ie; already entered in the carnival)
- 5.10. Athletes and spectators will be required to pay a separate **admission fee (single day \$4.70)** to Woy Woy Peninsula Leisure Centre.
- 5.11. Payment can be made via cheque, direct deposit or credit card. Please print and fill in the Declaration Form attached to this circular, which includes payment details, photocopy it for your records and send the original together with payment to SLSNSW.
- 5.12. No fee applies to substitutions if the competitor is already entered into the championships.
- 5.13. If the Championships are cancelled, with no postponement before the first event is conducted there will be no refund

Withdrawals:

- 5.14. In the event of a withdrawal of an individual competitor who has been nominated by the Club to compete, a Club may replace such a competitor in a Club team according to the following procedure: The representative of the Club must send any withdrawal, together with details of the replacement (if any) and satisfying the conditions of entry, in writing to the 2015 NSW Pool Rescue Championships Administration Officer at least one hour before the scheduled starting time of the particular event. The 2015 Pool Rescue Championships Administration Officer will then issue an authority for promulgation to the appropriate carnival official/s.

6. OTHER INFORMATION

Competition Equipment:







- 6.1. SLSNSW will supply the Manikins and Lines for the use of competitors during competition. All competitors are required to supply their own fins and tubes. Athletes will need to provide their own lines for practice/warm up only. All equipment must comply with the ILS specifications as specified in the ILS Sports Manual section 10.
- 6.2. All competitors are required to supply their own fins. Rubber fins for U12 & U13 athletes must comply with Circular 92/12-13 Pool Rescue Under 12 to Open athletes. Fibreglass fins must comply with the ILS Competition Manual 2013.
- 6.3. Competition equipment will be subject to random scrutineering checks during the event.

Swimwear:


- 6.4. In all swimming events competitors must wear approved competition dress as detailed in SSM Section 2 General Competitive Conditions – Section 2.5.1 Costumes, Dress and Style

The SLSA rules are consistent with the rules contained in Section 3.3 of the [ILS Competition Manual 2013](#).

MALE SWIMSUITS

Full Length	Long	Long Legs
Not Allowed	Not Allowed	Not Allowed
		
Knee Length	Square Leg	Briefs
Allowed	Allowed	Allowed
		

FEMALE SWIMSUITS

Full Length	Zippered Back	Two Piece
Not Allowed	Not Allowed	Allowed
		
Knee Length, Open Back		Short, Open Back
Allowed		Allowed
		

- c) Swimwear to be worn in all SLSA competition (including special events) must comply with the following standards:
 - (i) Swimwear worn by males shall not extend above the navel or below the knee.

(ii) Swimwear worn by females shall not cover the neck, shoulders or arms nor extend below the knees. Two piece swimsuits that conform to this standard may also be worn.

- d) The material and construction used in swimwear to be worn in all SLSA beach competition swim legs and pool rescue events swim legs shall be:
- (i) Only textile woven fabric(s) shall be permitted.
 - (ii) Non-woven and/or non-permeable (e.g. wetsuit type) materials shall not be permitted.
 - (iii) The material used shall have a maximum thickness of 0.8mm.
 - (iv) Other than string ties for the tops of men's swimwear or the bottom of female two piece swimwear no zippers or other fastening systems shall be permitted.
 - (v) Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.
 - (vi) No outside application on the material shall be permitted. (Note: manufacturer brandings, club names or similar are permitted).
- (e) SLSA will allow both male and female competitors to wear "modesty" swimwear made of a textile woven fabric under their swimsuit, provided that no competitive advantage is gained. Further, any modesty swimwear shall be restricted to the short style for men and the two piece style top and/or bottom for women.
- (f) Upon application for religious and/or cultural diversity reasons, SLSA will consider the wearing of (non-body shaping) textile swimwear that covers a greater part of the body provided that such swimwear does not provide a competitive advantage.

Restrictions & Provisos:

The following restrictions shall apply in regard to nominations and competition in the various events.

- 6.5. Competitors will compete as club representatives.
- 6.6. Notwithstanding the provisions of Substitution of Competitors as provided for under General Competitive Conditions in the current edition of the SLSA Surf Sports Manual, in conjunction with all current amending or clarifying Bulletins, it shall be possible for a Club in the event of the withdrawal of an individual competitor who has been nominated by the Club to compete to replace such a competitor in a Club team.
- 6.7. Any withdrawal, together with details of the replacement (if any) and satisfying the conditions of entry, shall be notified in writing to the SLSNSW Pool Rescue Championships 2015 Administration Official by the representative of the Club nominated for this purpose, at least one hour before the scheduled starting time of the particular event. The Pool Rescue Championships 2015 Administration Official will in turn issue an authority for promulgation to the appropriate Carnival Official/s.
- 6.8. Competitors **MUST** wear either club caps / rubber or silicone swim caps in each team event (also refer to Section 11.1 of the current SLSA Surf Sports Manual and Section 3.3 of the ILS Sports Manual)
- 6.9. For any event to be contested at the NSW Pool Rescue Championships, a minimum of one (1) starter is required. Where an event is conducted all place getters shall be awarded medals.

Appeals:

- 6.10. The Competition Appeals Committee will deal with all the protests referred to it by the Referee or Sectional Referee. The appeals process is detailed in the current edition of SLSA's Surf Sports Manual and any subsequent Bulletins and Circulars.
- 6.11. Appeals forms can be obtained from appointed Liaison Officers or administration.
- 6.12. The Competition Appeals Committee shall consider the protest or appeal and make a decision. It may uphold or dismiss a protest or appeal. The cost of lodging an appeal is **\$110 inc. GST**. If an appeal is upheld the fee shall be returned forthwith.
- 6.13. The decision of the competition appeals committee is final and there is no right of appeal against that decision.

Club Declaration:

- 6.14. A declaration form is attached to this circular and must be completed by a Club Executive Officer and forwarded to Surf Life Saving NSW with the entry form and fees payment.
- 6.15. A Club Executive Officer must sign the entry declaration certifying that all competitors listed on the entry form are financial, proficient, satisfy the patrol hours requirements as detailed in this Circular, and the entries are in all other ways accurate and in accordance with the Association, Club and entry requirements.
- 6.16. It is an expressed condition of accepting club entries that a club Executive Officer has signed the declaration to indicate that all members listed on the club's entry shall abide by the conditions of entry set out in this circular.

Marshalling Sheets:

- 6.17. At the close of entries, marshalling sheets will be emailed to each Team Manager. The Team Manager **must** advise the Administration Officer of which club members are competing in which events. These sheets **must** be handed to the Administration Officer at the conclusion of the Team Managers meeting.
- 6.18. Competitors who have not indicated they are competing in an event by completing the marshalling sheets will be deemed not eligible to compete in that event.
- 6.19. Pre marshalling will enable all heats and draws to be completed for circulation and posting prior to the commencement of Saturdays competition, there will be no redrawing of events and competitors will be called to marshalling for each event with an expectation that they know the heat and lane they have been allocated.

First Aid:

- 6.20. The facility has First Aid and emergency evacuation procedures. First Aid personnel will be on site for the duration of the event.

Food And Beverage Facilities:

- 6.21. A cafe is located at the entrance of the Aquatic Centre. No alcohol is permitted at the venue. The facility has an outdoor BBQ available. No guarantee is provided by SLSNSW that this BBQ is operational/available.

Health & Wellbeing:

- 6.22. Competitors and officials should realise the importance of fitness to undertake their respective activities and should seek expert advice on all aspects of their health before participating. Competitors and/or officials who suffer illness or injury should seek medical advice prior to participating or continuing with their activity.
- 6.23. In addition SLSNSW may, at its sole discretion, require a competitor and/or official to be assessed for physical and/or psychological fitness to participate to ensure that an unfit competitor and/or official and/or SLSNSW is not placed at risk.

Anti-Doping:

- 6.24. Members have responsibilities under Policy 5.2 Anti-Doping Policy & Policy 6.23 Illicit Drugs in Sport (both available online at Members Portal > Library > Governance > Policy > SLSA > Policy 5.2 & 6.23). Members have a duty to avoid all prohibited substances and prohibited methods and should be aware of the policy if medication is required. If appropriate, advice should be obtained from medical practitioners, pharmacists, the Australian Sports Anti-Doping Authority (<https://checksubstances.asada.gov.au/> or 13000 ASADA (1300 027 232).
- 6.25. Please Note: SLSA is currently updating its Anti-Doping Policy following the new World Anti-Doping Authority (WADA) Code from 1 January 2015. SLSA will release the updated SLSA Anti-Doping Policy once it has been formally updated. SLSNSW fully supports this policy. It is strongly recommended that all Team Managers complete the [online ASADA training module](#) AND conduct at least one (1) anti-doping education activity with all competitors from the Club.

Behaviour / Misconduct:

- 6.26. Misconduct before, during and after the Championships will not be tolerated. Offending members risk disciplinary action against themselves and their Clubs.
- 6.27. Please refer to Surf Sports Manual sections 2.26 SLSA Code of Behaviour and 2.27 Abuse/Inappropriate Behaviour and the Policy 6.5 – Member Protection Policy (available online at Members Portal > Library > Governance > Policy > SLSA > Policy 6.5).

DECLARATION FORM

To: Surf Life Saving New South Wales

Date: ____/____/____

Re: Club Entries for the 2015 NSW Pool Rescue Championships

From: _____

A COPY OF THE ENTRY PRINT OUT MUST BE ATTACHED TO THIS FORM

Please find attached herewith club entries duly completed, in accordance with the requirements of the attached Circular calling for entries for the 2015 NSW Pool Rescue Championships.

- I certify that dates of birth and membership categories of all members listed on the entry forms are correct, they have successfully completed the 2014/15 SLSA Proficiency as required in Policy 5.4 and where required, are holders of the appropriate Awards and comply with the patrol hour requirements and all conditions of entry as set out in the 2015 NSW Pool Rescue Championships entry circular.
- I also acknowledge that all concerned with the competition will be expected to comply with SLSA rules and regulations and with the requirements of the current edition of the SLSA Surf Sports Manual and any amending Circulars and Bulletins.
- I further certify that all fees are paid and that all competitors are entered in their respective age events.

ENTRY FEES (Please complete and enclose total amount owed):

No. of single event entries _____ @ \$4.50 (incl. GST) = \$ _____

No. of relay team entries _____ @ \$9.10 (incl. GST) = \$ _____ Total no. of competitors = _____

No. of line throw entries _____ @ \$5.70 (incl. GST) = \$ _____

Total fees payable = \$ _____

ENCLOSED PAYMENT (Please circle one)

Cheque	Online Payment	Credit Card
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Cheque: One cheque should be made payable to: "SURF LIFE SAVING NEW SOUTH WALES"

Online Payment: BSB 032 123 Account: 353 638 Reference: 747 "Club Name"

Entries to be paid by **credit card** please fill out the following details:

Card type (please circle)	Mastercard / Visa	
Card number	_____	Expiry Date _____/_____/_____
Name on card	_____	Signature _____

Club Executive Officer:	Signature:	Date:
Team Manager:	Signature:	Date:

Any future correspondence regarding this event will be sent via email to team managers – please register using <https://www.surveymonkey.com/s/2015PoolRescueTeamManagers>

Send forms and Payment to Surf Life Saving NSW, P O Box 307, Belrose NSW 2085, or fax to 9471 8001, or email to rpidgeon@surflifesaving.com.au

7. ENTRY PROCESS

The following information is to be used as a guide when submitting entries using the Team Manager Lite System for the NSW 2015 Pool Rescue Championships.

Before using Team Manager Lite – get organised!

- You will need to have the athletes' date of birth, as it **must** be entered (not a dummy one) and correct spelling of names is also essential.
- Have all your entries organised. You can enter them in several ways, however, the best way is by "events". Therefore, have a sheet ready, listing the events and which competitors will be entering those events.
- Team Manager Lite will only allow you to enter 100 athletes.

Downloading Team Manager Lite – this is not difficult!

1. Download *Team Manager 7.0 Lite* from www.hy-tek ltd.com (If you already have this, skip to entering competitors.)
 - a) Go to the Download Centre (in the left hand column)
 - b) Scroll to the Swimming Section and download the "Lite" version of Team Manager 7.0 (far right hand side).
 - c) Click on "Lite", then hit *Run*.
 - d) When the Installation program pops up, click through the *Next* and accept the *Terms & Conditions* until you get to *Finish*. The program will open automatically.
 - e) Once the program has opened click *OK* on the pop up screen. Click *No* for automatic updates.

Entering competitors into Team Manager Lite

1. Download the entry file from <http://www.surflifesaving.com.au/event/2015-nsw-pool-rescue-championships>. Save the zip file to a location on your computer that you will easily find again (for example a folder called "2015 Pool Rescue").
2. Now open the Team Manager Lite program.
 - a) Once open, go to *File* then *Open/New*.
 - b) If you are entering the Championships for the first time, create a new file with your club name, then click *Open*.
 - c) Click *Set-up* → *Preferences* → *System Preferences*. Please ensure you tick the following:
 - Gender Designation box
 - Male/Female
 - Athlete Browser Options
 - Show Ages
 - Show Birth Date
 - Last Name First
 - Team/Swimmer Defaults
 - Default Team Registration = Australia
 - Default Team Type = Age
 - Default Country = Australia
 - Default LSC = **LEAVE BLANK**
 - Default State = New South Wales
 - Meet Age-Up Date
 - Change date to 30/09/14
 - System Age-Up Date
 - Change date to 30/09/14, un-tick "Always age-up to today"
 - d) Then click *OK*
3. Go to *File* → *Import* → *Meet Events*. Browse to the saved zip file (the one you saved as instructed in point 1). Double click this zip file. A window will open, click *OK*. Then click the only file that is available and click *Open*. Click *OK*. You are now ready to start.
4. Go to *Meets* and select the relative carnival eg: "SLNSW 2015 Pool Rescue Champs" (This is especially important for those clubs who have used the program last year to enter competitors.) Close this window.

5. Add your Club

- a) Click on *Teams* on the top toolbar
- b) Click *Add* on the new toolbar
- c) Type in a club code (e.g. Cronulla SLSC would be CRON – only four characters)
- d) Enter club's full name in *Team Name* (e.g. Cronulla SLSC)
- e) Enter club's *Short Name* (e.g. CRON)
- e) Enter Mailing details, email address and phone/fax contacts
- f) Click *OK*
- g) Click *Cancel* when finished.
- h) Exit from this form back to the main screen by clicking on the top right hand X (on the second line). Careful, the top X will close Team Manager.

6. Add athletes

- a) Click *Athletes* from the top tool bar. If you are using the program for the first time, there will be no athletes showing. Select your Surf Life Saving Club by clicking on the *Team* drop down box. Add all new athletes now, before starting to do entries.
- b) Click *Add* on the top toolbar.
- c) Use upper and lower case in the Athlete Information area – not all upper – for athletes' names.
- d) Tab to move to the next boxes. (Leave Middle: and Preferred Name: blank)
- e) Use same format as shown for DOB. e.g. (DD/MM/YY). Tab through for the program to automatically calculate the age.
- f) Leave ID# blank
- g) Use a capital M or F to change from *Male* to *Female*.
- h) On the right hand side in "Member of" section choose *Team 1* (Club Name) from the drop down box.
- i) Click *OK*.
- j) Continue adding all new athletes.
- k) If you already have athletes entered from last year, check if their details are still correct and delete those that are not competing. You are only ever allowed to have 100 names. Click *Cancel* when finished.
- l) Close this screen (Athletes) by clicking on the top right hand X (on the second line). Careful, the top X will close Team Manager.

Entering Athletes into Individual Events. (PLEASE REFER TO *Event List to Help with Nominations* file that is ATTACHED)

- m) Click *Meets* from the top toolbar.
- n) Make sure correct carnival is blue. e.g. [SLSNSW 2015 Pool Rescue Champs](#)
- o) Click *Entries*, then *Entries by Event*. Ignore next message box.
- p) Select your club in the *Swim for Team* drop down box at the top of the screen.
- q) The events listed in this system are for a traditional pool event. The attached listing of events should be used to determine the correct event you are entering. Click on any event – the eligible athletes will show alphabetically on the bottom half of the screen. (Please go by Event # and use Events List to Help with Nominations attached.)
- r) Click in the *Entrd* column box of the person you wish to enter. The row will change to yellow and a tick will be in the box in the *Entrd* column. Enter a time in the Custom Column. This is for seeding of the Heats. This is not necessary but helps your athletes when allocating the Heats.
- s) To delete an entry, click on the ticked box. The yellow will now be cleared.
- t) Continue this way until you have entered all your athletes. Team Manager automatically saves your entries as you do them.

7. Entering athletes into Relay Teams – (e.g: Obstacle Relay, Line Throw, Medley Relay and Manikin Relay).

- a) Click on a Relay event you wish to enter. If a message box shows, click *OK*.
- b) Eligible athletes will now be showing on the left side of the screen. Click on *New Relay*. This enters a team. You now need to enter the athletes into that team. Please enter names, even if you change them on the day.
- c) Double click in the *Entrd* box for each athlete, in running order, and that name will be transferred to the right side of the screen under *Athletes*.
- d) To delete an athlete from a Relay, double click on the name in the *Swimmers* box and follow instructions.
- e) To add athletes into another Relay event, repeat the steps above.
- f) Once you have entered all athletes into their events, close this screen to go back to the main screen.

8. To print your entries.

- a) From the Main Menu, Click *Reports* on the top toolbar and choose *Meet Reports – Meet Entries*.
- b) Click the *Team* drop down box and choose your Club.

- c) Make sure that *All* is selected for *Gender* and *Sort By* has *Meet Event Number* selected. Check that *Event Filters – Individual and Relays* has a dot as well as *Show Eight* also has a dot. Nothing else should be selected. This report will show athletes entered per event.
 - d) Click *Create Report*.
 - e) To close print screen, click on the cross at the top right hand corner (second line) then click *Cancel*. Click the cross at top right hand corner (second line) again and you should be back at the Main Screen.
9. **Backup file on a USB.** (In case the computer crashes.)
- a) From the Main Screen, click *File* and choose *Backup*.
 - b) Select where you wish to save the backup – program will go to C:\TM5Data – that’s OK – but it is advised to do one to a USB stick as well.
 - c) Write down the name of the backup file and where it is saved to (if not saving to a USB), as it gives the file an unusual name (e.g.: SwTm5BkupMyTeam - ???.zip) – you don’t have a choice of naming it. It is sometimes hard to find again if you need it.
10. **Exporting your data**, send to **Rob Pidgeon – rpidgeon@surflifesaving.com.au**
- a) From the Main Screen, click *File* → *Export* → *Meet Entries*.
 - b) Change *Export to Drive* and *Export to Directory* as desired (I suggest E:\ (USB stick) if not familiar with Windows Explorer) – but again write down where you are sending it as before it gives it an unusual name that you can’t change here. (You will need to be able to find this file to email your entries.)
 - c) Make sure the correct Meet is showing, e.g. [SLSNSW 2015 Pool Rescue Champs](#) and *Export Relays* is ticked.
 - d) Click *OK*, then *OK* again, then *Cancel*.
 - e) Find this file wherever you have saved it on your computer or USB and rename it to using your Club code etc., for example [CRON Entries SLSNSW Pool Rescue Champs](#).
 - f) Email this exported file (NOT THE BACKUP FILE!!!) to Rob Pidgeon– rpidgeon@surflifesaving.com.au
 - g) A reply will be sent to the sending address to acknowledge the receipt of your entries.
11. After the carnival is collated, a list showing heat lanes etc will be published for your use on the day of the carnival.
12. Good Luck. Please call **Rob Pidgeon on (02) 9471 8000** if you are having **any** difficulties so as to sort out any queries as early as possible in the process.

Entries MUST be received by 11 pm 15 July 2015

NSW 2015 Pool Rescue Championships – Event Codes and Numbers

The event numbers/codes provided on the next page are reflective of traditional pool swimming events. Each pool rescue event is linked to a respective traditional event as the Team Manager/Meet Manager system does not yet have the capacity to cater for pool rescue events.

Please refer to the event list attached next page.

2015 NSW Pool Rescue Championships EVENT CODES

- 1 Men 200 Obstacle Race
- 2 Women 200 Obstacle Race
- 3 Men 17-18 200 U19 Obstacle Race
- 4 Women 17-18 200 U19 Obstacle Race
- 5 Men 15-16 200 U17 Obstacle Race
- 6 Women 15-16 200 U17 Obstacle Race
- 7 Men 14 Year Olds 200 U15 Obstacle Race
- 8 Women 14 Year Olds 200 U15 Obstacle Race
- 9 Men 13 Year Olds 200 U14 Obstacle Race
- 10 Women 13 Year Olds 200 U14 Obstacle Race
- 11 Men 29-38 200 M30-39 Obstacle
- 12 Women 29-38 200 M30-39 Obstacle
- 13 Men 39 & Over 200 M40+ Obstacle
- 14 Women 39 & Over 200 M40+ Obstacle
- 15 Men 12 Year Olds 100 U13 Obstacle Race
- 16 Women 12 Year Olds 100 U13 Obstacle Race
- 17 Men 11 Year Olds 100 U12 Obstacle Race
- 18 Women 11 Year Olds 100 U12 Obstacle Race
- 19 Men 200 Obstacle Relay
- 20 Women 200 Obstacle Relay
- 21 Men 15-18 200 17-19 Obstacle Relay
- 22 Women 15-18 200 17-19 Obstacle Relay
- 23 Men 13-14 200 14-15 Obstacle Relay
- 24 Women 13-14 200 14-15 Obstacle Relay
- 25 Men 11-12 200 12-13 Obstacle Relay
- 26 Women 11-12 200 12-13 Obstacle Relay
- 27 Men 200 Super Lifesaver
- 28 Women 200 Super Lifesaver
- 29 Men 17-18 200 U19 Super Lifesaver
- 30 Women 17-18 200 U19 Super Lifesaver
- 31 Men 15-16 200 U17 Super Lifesaver
- 32 Women 15-16 200 U17 Super Lifesaver
- 33 Men 50 Manikin Carry
- 34 Women 50 Manikin Carry
- 35 Men 17-18 50 U19 Manikin Carry
- 36 Women 17-18 50 U19 Manikin Carry
- 37 Men 15-16 50 U17 Manikin Carry
- 38 Women 15-16 50 U17 Manikin Carry
- 39 Men 14 Year Olds 50 U15 Manikin Carry
- 40 Women 14 Year Olds 50 U15 Manikin Carry
- 41 Men 29-38 50 30-39 Manikin Carry
- 42 Women 29-38 50 30-39 Manikin Carry
- 43 Men 39 & Over 50 40+ Manikin Carry
- 44 Women 39 & Over 50 40+ Manikin Carry
- 45 Men 13 Year Olds 50 U14 Manikin Carry
- 46 Women 13 Year Olds 50 U14 Manikin Carry
- 47 Men 12 Year Olds 50 U13 Brick Carry
- 48 Women 12 Year Olds 50 U13 Brick Carry
- 49 Men 11 Year Olds 50 U12 Brick Carry
- 50 Women 11 Year Olds 50 U12 Brick Carry
- 51 Men 200 Manikin Relay
- 52 Women 200 Manikin Relay
- 53 Men 15-18 200 17-19 Manikin Relay
- 54 Women 15-18 200 17-19 Manikin Relay
- 55 Men 13-14 200 14-15 Manikin Relay
- 56 Women 13-14 200 14-15 Manikin Relay
- 57 Men 11-12 200 12-13 Brick Relay
- 58 Women 11-12 200 12-13 Brick Relay
- 59 Men 100 Manikin Tow w/f
- 60 Women 100 Manikin Tow w/f
- 61 Men 17-18 100 U19 Manikin Tow w/f
- 62 Women 17-18 100 U19 Manikin Tow w/f
- 63 Men 15-16 100 U17 Manikin Tow w/f
- 64 Women 15-16 100 U17 Manikin Tow w/f
- 65 Men 14 Year Olds 100 U15 Manikin Tow w/f
- 66 Women 14 Year Olds 100 U15 Manikin Tow w/f
- 67 Men 13 Year Olds 100 U14 Manikin Tow w/f
- 68 Women 13 Year Olds 100 U14 Manikin Tow w/f
- 69 Men 29-38 100 30-39 Manikin Tow wf
- 70 Women 29-38 100 30-39 Manikin Tow wf
- 71 Men 39 & Over 100 40+ Manikin Tow w/f
- 72 Women 39 & Over 100 40+ Manikin Tow w/f
- 73 Men 11-12 2x50 12-13 PatientTow Relay
- 74 Women 11-12 2x50 12-13 PatientTow Relay
- 75 Men 13 Year Olds 2x50 U14 Line Throw Relay
- 76 Women 13 Year Olds 2x50 U14 Line Throw Relay
- 77 Men 12 Year Olds 2x50 U13 Line Throw Relay
- 78 Women 12 Year Olds 2x50 U13 Line Throw Relay
- 79 Men 11 Year Olds 2x50 U12 Line Throw Relay
- 80 Women 11 Year Olds 2x50 U12 Line Throw Relay
- 81 Men 2x50 Line Throw Relay
- 82 Women 2x50 Line Throw Relay
- 83 Men 17-18 2x50 U19 Line Throw Relay
- 84 Women 17-18 2x50 U19 Line Throw Relay
- 85 Men 15-16 2x50 U17 Line Throw Relay
- 86 Women 15-16 2x50 U17 Line Throw Relay
- 87 Men 14 Year Olds 2x50 U15 Line Throw Relay
- 88 Women 14 Year Olds 2x50 U15 Line Throw Relay
- 89 Men 29 & Over 2x50 Masters Line Throw Relay
- 90 Women 29 & Over 2x50 Masters Line Throw Relay
- 91 Men 100 Manikin Carry wf
- 92 Women 100 Manikin Carry wf
- 93 Men 17-18 100 U19 Manikin Carry wf
- 94 Women 17-18 100 U19 Manikin Carry wf
- 95 Men 15-16 100 U17 Manikin Carry wf
- 96 Women 15-16 100 U17 Manikin Carry wf
- 97 Men 13-14 100 U15 Manikin Carry wf
- 98 Women 13-14 100 U15 Manikin Carry wf
- 99 Men 29-38 100 30-39 ManikinCarry
- 100 Women 29-38 100 30-39 ManikinCarry
- 101 Men 39 & Over 100 40+ ManikinCarry wf
- 102 Women 39 & Over 100 40+ ManikinCarry wf
- 103 Men 100 Rescue Medley
- 104 Women 100 Rescue Medley
- 105 Men 17-18 100 U19 Rescue Medley
- 106 Women 17-18 100 U19 Rescue Medley
- 107 Men 15-16 100 U17 Rescue Medley
- 108 Women 15-16 100 U17 Rescue Medley
- 109 Men 200 Medley Relay
- 110 Women 200 Medley Relay
- 111 Men 15-18 200 17-19 Medley Relay
- 112 Women 15-18 200 17-19 Medley Relay
- 113 Men 13-14 200 14-15 Medley Relay
- 114 Women 13-14 200 14-15 Medley Relay
- 115 Men 11-12 200 12-13 Medley Relay
- 116 Women 11-12 200 12-13 Medley Relay
- 117 Men 50 Free with fins
- 118 Women 50 Free with fins
- 119 Men 17-18 50 U19 Free with fins
- 120 Women 17-18 50 U19 Free with fins
- 121 Men 15-16 50 U17 Free with fins
- 122 Women 15-16 50 U17 Free with fins
- 123 Men 14 Year Olds 50 U15 Free with fins
- 124 Women 14 Year Olds 50 U15 Free with fins
- 125 Men 13 Year Olds 50 U14 Free with fins
- 126 Women 13 Year Olds 50 U14 Free with fins
- 127 Men 12 Year Olds 50 U13 Free with fins
- 128 Women 12 Year Olds 50 U13 Free with fins
- 129 Men 11 Year Olds 50 U12 Free with fins
- 130 Women 11 Year Olds 50 U12 Free with fins
- 131 Men 50 50 free no fins
- 132 Women 50 50 free no fins