

Circular 3453

Released May 2016

SURF LIFE SAVING
NEW SOUTH WALES



2016 NSW POOL RESCUE CHAMPIONSHIPS RYDE AQUATIC AND LEISURE CENTRE 9 – 10 JULY 2016

Attention: Club Presidents, Club Secretaries, Club Competition Officers, Team Managers, Coaches, Competitors, Branch Directors of Surf Sports, Branch Presidents and Branch Secretaries/CEOs

Actioned by: Persons responsible for completing club entries.

Date: Wednesday 17 May 2016

Contact: Luke Stigter, Sports Events Coordinator
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Summary:	Outlines requirements and procedures to enter the 2016 NSW Pool Rescue Championships
Key Strategic Goals:	To increase grassroots participation in sport and recreational activities at all levels of the movement
Key Strategies:	<p>8.1 Increase participation in our sport and recreational activities at a grassroots level through structures and appropriately tiered programs.</p> <p>8.2 Bolster developmental pathways and opportunities for our athletes, coaches, officials and administrators through the stages of their sporting life.</p> <p>8.3 Establish best practice event management for the delivery of surf sports events.</p> <p>8.5 Deliver surf sports events to our members which appeal to a broad participation base.</p> <p>8.6 Strengthen development and high performance activities in surf sport events and activities.</p>
Action:	<ol style="list-style-type: none">1. Complete and submit entries no later than 11pm Sunday 3 July 2016Entries 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 2016 NSW Pool Rescue Championships. Entries must be submitted electronically (hard copies not accepted) and a copy of the exported data must be emailed to lstigter@surflifesaving.com.auSubmit pool setters names and contact information by Sunday 3 July 2016Submit team managers names and contact information by Sunday 3 July 2016Clubs shall nominate their allocated volunteers here: https://www.surveymonkey.com/r/2016PoolRescueTeamManagerRegoInvoices for entries due by Monday 4 July 2016

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Table of Contents

1. EVENT ENTRIES.....	3
Entry Registrations:.....	3
Entry Fees:.....	3
Withdrawals:.....	3
2. ENTRY CONDITIONS.....	4
General Conditions:.....	4
Pool Setters Volunteer Quotas:.....	4
Time Keeper Volunteer Quotas:.....	5
Age Groups:.....	6
3. EVENTS.....	6
Pool Events:.....	7
4. EVENT RULES.....	9
General Conditions:.....	9
Individual Events:.....	10
Team Events:.....	10
High Performance Information:.....	10
Non-Championship Event 50m Freestyle without Fins:.....	11
5. POINTSCORE.....	11
6. OTHER INFORMATION.....	11
Competition Equipment:.....	12
Swimwear:.....	12
Restrictions & Provisos:.....	13
Appeals:.....	13
Club Declaration:.....	13
Marshalling Sheets:.....	14
First Aid:.....	14
Food and Beverage Facilities:.....	14
Health & Wellbeing:.....	14
Anti-Doping:.....	14
Behaviour / Misconduct:.....	15
APPENDIX 1 - ENTRY PROCESS.....	16
APPENDIX 2 - DECLARATION FORM.....	20
APPENDIX 3 – EVENT CODES.....	21

1. EVENT ENTRIES

Entry Registrations:

Note: A step by step guide of the 'Entry Process' has been included at the end of this Circular - (Appendix 1). Please ensure that you allow adequate time to complete entries, especially for those unfamiliar with Team Manager Lite.

- 1.1. Entries to the 2016 NSW Pool Rescue Championships must be submitted to the Surf Sports Events Coordinator no later than **11pm Sunday 3 July 2016**.
- 1.2. These entries must be submitted electronically to the Team Manager Lite program: <http://www.hytek ltd.com/downloads.html> (Not compatible with Apple computers).
- 1.3. Once data is entered by clubs into the electronic entry system, a copy of the exported data will need to be emailed to Luke Stigter at lstigter@surflifesaving.com.au
- 1.4. Entries submitted on paper or by email, fax etc. will not be accepted as the Team Manager File is the only way to complete entries.
- 1.5. No late entries or additional event entries will be accepted after the closing date.

Entry Fees:

- 1.6. The cost per **single event entry** is \$4.60 (incl. GST).
- 1.7. The cost per **relay team entry** is \$9.20 (incl. GST).
- 1.8. The cost per **line throw entry and u12/13 Patient tow** is \$5.80 (incl. GST).
- 1.9. **Additional entry** after closing date is \$19.20 (i.e.; already entered in the carnival).
- 1.10. Payment can be made via cheque, direct deposit or credit card. Please print and fill in the Declaration Form attached to this circular (**Appendix 2**), which includes payment details, photocopy it for your records and send the original together with payment to SLSNSW.
- 1.11. Spectators and athletes will be required to pay a separate **admission fee (single day \$3.00)** to the Ryde Aquatic and Leisure Centre. Officials will be advised in the appointment letter on how to enter the facility.
- 1.12. No fees apply to substitutions if the competitor is already entered into the championships.
- 1.13. If the Championships are cancelled, with no postponement before the first event is conducted there will be no refund.

Withdrawals:

- 1.14. 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 2016 NSW Pool Rescue Championships Administration Officer at least one hour before the scheduled starting time of the particular event. The 2016 Pool Rescue Championships Administration Officer will then issue an authority for promulgation to the appropriate carnival official/s.

2. ENTRY CONDITIONS

General Conditions:

2.1. Athletes must compete in their respective 2015/16 season age group at these Championships.

(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.

2.2. 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 [2015 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.

2.3. 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.

2.4. All members entered for the 2016 NSW Pool Rescue Championships must meet the requirements of SLSA policies and the SLSNSW award and proficiency requirements as detailed in Policy 5.4 – <https://www.surflifesaving.com.au/members/surfsports/sport-documents>

2.5. Each competitor must have completed a proficiency test. The date each competitor passed the test must be entered onto the 2016 SLSNSW Pool Rescue Championships entry form in the Team Manager Lite program.

2.6. All events shall be timed finals. For effective timetabling, some events may be conducted simultaneously and results declared based on times for each division.

2.7. The Marshalling sheets will be numbered in accordance with the timetable.

2.8. As this is a Championship event no composite teams shall be permitted to compete at the 2016 NSW Pool Rescue Championships.

Pool Setters Volunteer Quotas:

While Officials have been appointed to coordinate the event the shift ratio below has been developed based on the number of participants per club from the 2014 and 2015 NSW Pool Rescue Championships. This is required to ensure the efficient running of this Championship event and SLSNSW appreciates your involvement. Please note these volunteers will not receive event catering (morning tea or lunch).

Shift Ratio	Range of athletes
0	< 5
1	5 - 10 athletes
2	11 - 15 athletes
3	16 - 20 athletes
4	21 - 30 athletes
5	30 + athletes**

** The carnival requirements will require an addition person from the club for every 5 competitors over 30.

For example a Club with 12 competitors entered will be required to complete 2x pool setters shifts.

Pool setters will be allocated to setting up events, assisting with events and must bring:

- Swimmers
- Lunch
- Towel
- Goggles
- Fins

Time Keeper Volunteer Quotas:

While Officials have been appointed to coordinate the event the ratio below has been developed based on the number of participants per club from the 2014 and 2015 NSW Pool Rescue Championships. This is required to ensure the efficient running of this Championship event and SLSNSW appreciates your involvement. Please note these volunteers will not receive event catering (morning tea or lunch).

Shift Ratio	Range of athletes
0	< 5
1	5 - 10 athletes
2	11 - 15 athletes
3	16 - 20 athletes
4	21 - 30 athletes
5	30 + athletes**

** The carnival requirements will require an addition person from the club for every 5 competitors over 30.

For example a Club with 12 competitors entered will be required to complete 2 volunteer time keepers' shifts.

Time keepers will be allocated to a lane and events and must bring:

- Lunch
- Stop watch

A separate timetable for Pool Setting and Time Keeping will be created after the close of entries. Using the shift ratio above clubs can estimate their volunteer contributions to time keeping and pool setting.

Please note that the ratios are only indicative and subject to change. SLSNSW reserves the right to adjust the ratios to meet the requirements of the carnival.

Clubs shall nominate their allocated volunteers here:

<https://www.surveymonkey.com/r/2016PoolRescueTeamManagerRego>

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)	
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 (including Line Throw) (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

Note: No double dipping is permitted.

3. EVENTS

Key Competitor & Official daily reporting times are summarised below:

	Saturday 9 July 2016	Sunday 10 July 2016
Facility Opens (Officials Only)	0600	0600
Officials Breakfast / Briefing	0615	0615
(Competitors to arrive) – Competitors warm-up	0700	0700
Team Managers Briefing	0700	0700
Competitors Marshalling	0715	0715
Competition Commences	0730	0730
Estimated conclusion of competition	1630	1300
Facility Closes	1700	1430

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
- A final event information sheet will be sent one week prior to the event

Pool Events:

DAY 1 – Saturday 9 July 2016

	EVENT	AGE	GENDER		EVENT	AGE	GENDER		EVENT	AGE	GENDER
1	200m Obstacle Race	Open	Male	15	200m Super Lifesaver	Open	Male	25	4 x 25m Manikin Relay	U17/U19	Male
	200m Obstacle Race	U19	Male		200m Super Lifesaver	U19	Male	26	4 x 25m Manikin Relay	U17/U19	Female
	200m Obstacle Race	U17	Male		200m Super Lifesaver	U17	Male	27	4 x 25m Manikin Relay	U14/U15	Male
	200m Obstacle Race	U15	Male	16	200m Super Lifesaver	Open	Female	28	4 x 25m Manikin Relay	U14/U15	Female
	200m Obstacle Race	U14	Male		200m Super Lifesaver	U19	Female	29	4 x 25m Brick Relay	U12/U13	Male
	200m Obstacle Race	30-39	Male		200m Super Lifesaver	U17	Female	30	4 x 25m Brick Relay	U12/U13	Female
	200m Obstacle Race	40-49	Male		50m Manikin Carry	Open	Male	31	100m Manikin Tow with Fins	Open	Male
	200m Obstacle Race	50-59	Male		50m Manikin Carry	U19	Male		100m Manikin Tow with Fins	U19	Male
2	200m Obstacle Race	Open	Female	50m Manikin Carry	U17	Male	100m Manikin Tow with Fins		U17	Male	
	200m Obstacle Race	U19	Female	50m Manikin Carry	U15	Male	100m Manikin Tow with Fins		U15	Male	
	200m Obstacle Race	U17	Female	50m Manikin Carry	30-39	Male	100m Manikin Tow with Fins		U14	Male	
	200m Obstacle Race	U15	Female	50m Manikin Carry	40-49	Male	100m Manikin Tow with Fins		30-39	Male	
	200m Obstacle Race	U14	Female	50m Manikin Carry	50-59	Male	100m Manikin Tow with Fins		40-49	Male	
	200m Obstacle Race	30-39	Female	50m Manikin Carry	60+	Male	100m Manikin Tow with Fins		50-59	Male	
	200m Obstacle Race	40-49	Female	18	50m Manikin Carry	Open	Female	100m Manikin Tow with Fins	60+	Male	
	200m Obstacle Race	50-59	Female		50m Manikin Carry	U19	Female	100m Manikin Tow with Fins	Open	Female	
3	100m Obstacle Race	60+	Male		50m Manikin Carry	U17	Female	100m Manikin Tow with Fins	U19	Female	
4	100m Obstacle Race	60+	Female		50m Manikin Carry	U15	Female	100m Manikin Tow with Fins	U17	Female	
5	100m Obstacle Race	U13	Male		50m Manikin Carry	30-39	Female	100m Manikin Tow with Fins	U15	Female	
	100m Obstacle Race	U12	Male		50m Manikin Carry	40-49	Female	32	100m Manikin Tow with Fins	U14	Female
6	100m Obstacle Race	U13	Female		50m Manikin Carry	50-59	Female		100m Manikin Tow with Fins	30-39	Female
	100m Obstacle Race	U12	Female		50m Manikin Carry	60+	Female		100m Manikin Tow with Fins	40-49	Female
7	4 x 50m Obstacle Relay Race	Open	Male	19	50m Manikin Carry	U14	Male		100m Manikin Tow with Fins	50-59	Female
8	4 x 50m Obstacle Relay Race	Open	Female	20	50m Manikin Carry	U14	Female		100m Manikin Tow with Fins	60+	Female
9	4 x 50m Obstacle Relay Race	U17/U19	Male	21	50m Brick Carry	U13	Male		33	100m Patient Tow with Fins	U12-13
10	4 x 50m Obstacle Relay Race	U17/U19	Female		50m Brick Carry	U12	Male	34	100m Patient Tow with Fins	U12-13	Female
11	4 x 50m Obstacle Relay Race	U14/U15	Male	22	50m Brick Carry	U13	Female				
12	4 x 50m Obstacle Relay Race	U14/U15	Female		50m Brick Carry	U12	Female				
13	4 x 50m Obstacle Relay Race	U12/U13	Male	23	4 x 25m Manikin Relay	Open	Male				
14	4 x 50m Obstacle Relay Race	U12/U13	Female	24	4 x 25m Manikin Relay	Open	Female				

DAY 2 – Sunday 10 July 2016

	EVENT	AGE	GENDER		EVENT	AGE	GENDER		EVENT	AGE	GENDER		
35	Line Throw - 10 metres	U14	Male	40	100m Manikin Carry with Fins	Open	Female	53	50m Freestyle - with fins	U15	Female		
	Line Throw - 10 metres	U13	Male		100m Manikin Carry with Fins	U19	Female		50m Freestyle - with fins	U14	Female		
	Line Throw - 10 metres	U12	Male		100m Manikin Carry with Fins	U17	Female		50m Freestyle - with fins	U13	Male		
36	Line Throw - 10 metres	U14	Female		100m Manikin Carry with Fins	U15	Female	54	50m Freestyle - with fins	U12	Male		
	Line Throw - 10 metres	U13	Female		100m Manikin Carry with Fins	30-39	Female		50m Freestyle - with fins	U13	Female		
	Line Throw - 10 metres	U12	Female		100m Manikin Carry with Fins	40-49	Female		50m Freestyle - with fins	U12	Female		
37	Line Throw – 12.5 mark	Open	Male		41	100m Manikin Carry with Fins	50-59	Female	55	50m Freestyle - without fins	Open	Male	
	Line Throw – 12.5 mark	U19	Male			100m Manikin Carry with Fins	60+	Female		56	50m Freestyle - without fins	Open	Female
	Line Throw – 12.5 mark	U17	Male			100m Rescue Medley	Open	Male					
	Line Throw – 12.5 mark	U15	Male	42	100m Rescue Medley	U19	Male						
	Line Throw – 12.5 mark	30-39	Male		100m Rescue Medley	U17	Male						
	Line Throw – 12.5 mark	40-49	Male		100m Rescue Medley	Open	Female						
	Line Throw – 12.5 mark	50-59	Male		100m Rescue Medley	U19	Female						
Line Throw – 12.5 mark	60+	Male	100m Rescue Medley	U17	Female								
38	Line Throw – 12.5 mark	Open	Female	43	4 x 50m Medley Relay	Open	Male						
	Line Throw – 12.5 mark	U19	Female	44	4 x 50m Medley Relay	Open	Female						
	Line Throw – 12.5 mark	U17	Female	45	4 x 50m Medley Relay	U17/U19	Male						
	Line Throw – 12.5 mark	U15	Female	46	4 x 50m Medley Relay	U17/U19	Female						
	Line Throw – 12.5 mark	30-39	Female	47	4 x 50m Medley Relay	U14/U15	Male						
	Line Throw – 12.5 mark	40-49	Female	48	4 x 50m Medley Relay	U14/U15	Female						
	Line Throw – 12.5 mark	50-59	Female	49	4 x 50m Medley Relay	U12/U13	Male						
Line Throw – 12.5 mark	60+	Female	50	4 x 50m Medley Relay	U12/U13	Female							
39	100m Manikin Carry with Fins	Open	Male	51	50m Freestyle - with fins	Open	Male						
	100m Manikin Carry with Fins	U19	Male		50m Freestyle - with fins	U19	Male						
	100m Manikin Carry with Fins	U17	Male		50m Freestyle - with fins	U17	Male						
	100m Manikin Carry with Fins	U15	Male		50m Freestyle - with fins	U15	Male						
	100m Manikin Carry with Fins	30-39	Male		50m Freestyle - with fins	U14	Male						
	100m Manikin Carry with Fins	40-49	Male	52	50m Freestyle - with fins	Open	Female						
	100m Manikin Carry with Fins	50-59	Male		50m Freestyle - with fins	U19	Female						
100m Manikin Carry with Fins	60+	Male	50m Freestyle - with fins		U17	Female							

4. EVENT RULES

There have been some recent changes to the rules and regulations set by the International Lifesaving Federation and these bulletins can be found at - <http://www.ilsf.org/lifesaving-sport/rules>

General Conditions:

- 4.1. 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.
- 4.2. Events will be conducted in Male and Female Gender categories for the events listed in the table below.
- 4.3. All events shall be Timed Finals.
- 4.4. To maximise the efficiency of the timetable, individual events (with the same distance and specifications) will be run concurrently. The Meet Manager system will allow this to occur. When events are run concurrently competitors but still compete within their age group.
- 4.5. No double dipping is permitted. Competitors will only be required to enter in one age group per event. For example, the Administration Officer will need to know on the day of competition if an individual would prefer to compete in either the U/17s or Opens.

INDIVIDUAL EVENTS	U12	U13	U14	U15	U17	U19	Open	Masters	
50m Freestyle Swim with fins	✓	✓	✓	✓	✓	✓	✓		
200m Obstacle Swim ②			✓	✓	✓	✓	✓	30 - 59	30 - 59
100m Obstacle Swim	✓	✓						60+	60+
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 ①							✓		
TEAM EVENTS – Gender Specific	U12	U13	U14	U15	U17	U19	Open	Masters	
Line Throw ②	✓	✓	✓	✓	✓	✓	✓	✓	✓
TEAM EVENTS – Gender Specific	U12/U13		U14/U15		U17/19		Open	Masters	
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	✓								

- 4.6. Note: ① 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.
- 4.7. Note: ② This is a team event as per ILS rules 3.13 competitors can only compete once in this event (either as a Thrower or Victim). 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.

- 4.8. Note: ⚡ For 60+ Masters age group, competitors will swim 100m in the obstacle swim, not 200m.
- 4.9. Note: * U14 (50m) Manikin Carry – modified event – the pickup will occur at 35m.
- 4.10. Note: U12 and U13 Age categories are restricted to the Eyeline type rubber fins –only – refer Circular 92/12-13 Pool Rescue Under 12 to 14 Years.
- 4.11. Note: U14 and U15 are permitted to use Fins as detailed in Section 8.11 of ILS Rules.

Individual Events:

- 4.12. Only proficient SLSA Bronze Medallion holders may contest the U17, U19, Open and Masters individual events.
- 4.13. Only proficient SLSA Surf Rescue Certificate (SRC) holders may contest U14 and U15 age individual events.
- 4.14. U12 and U13 must hold the appropriate award and proficiency for their age category.
- 4.15. 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.
- 4.16. 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:

- 4.17. 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 i.e. U12-U13 can have all U12 or U13 competitors, U14-U15 can have all U14 or U15 competitors.
- 4.18. 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.
- 4.19. 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:

- 4.20. As this is a Championship event no composite teams shall be permitted to compete at the NSW Pool Rescue Championships 2016 except for Development, State or High Performance teams.
- 4.21. Development, State and High Performance teams will not be awarded points or medals for Team events they compete in.
- 4.22. 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:

- 4.23. 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.
- 4.24. 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).
- 4.25. 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.
- 4.26. This event may not be held if there is insufficient time allowable.

5. POINTSCORE

- 5.1. 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.
- 5.2. Representative Teams are not eligible to participate in the club point score nor shall any placings gained block the point score of club teams.
- 5.3. Results of events conducted in the Masters division will not form part of the point score.
- 5.4. 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 |
- 5.5. 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.
- 5.6. 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.
- 5.7. All results will be posted during the competition at the Championship venue and will be available on the SLSNSW website after the event completion.
- 5.8. SLSNSW is submitting an application to the ILS for records to be awarded at these Championships. The outcome will be communicated to competitors once known. However, unless advised otherwise, records will not be applied.

6. OTHER INFORMATION

Competition Equipment:

- 6.1.** SLSNSW will supply the and Tubes, Manikins and Lines for the use of competitors during competition. All competitors are required to supply their own fins. 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 8.
- 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. Open athletes fibreglass fins must comply with the ILS Competition Manual.
- 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 Surf Sports Manual Section 2 General Competitive Conditions – Section 2.5.1 Costumes, Dress and Style

The SLSA rules are consistent with the rules contained in Section 8.13 of the [ILS Competition Manual 2015](#).

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:
- Swimwear worn by males shall not extend above the navel or below the knee.
 - 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:
- Only textile woven fabric(s) shall be permitted.
 - Non-woven and/or non-permeable (e.g. wetsuit type) materials shall not be permitted.
 - The material used shall have a maximum thickness of 0.8mm.
 - 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.
 - Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.
 - No outside application on the material shall be permitted. (Note: manufacturer brandings, club names or similar are permitted).
 - 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 2016 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 2016 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 3.1 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 generated and posted online. Team Managers will be emailed a download link. 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 will be available on site for the duration of the event.

Food and Beverage Facilities:

6.21. A cafe is located at the facility. No alcohol is permitted at the venue.

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 2016. 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).

APPENDIX 1 - ENTRY PROCESS

The following information is to be used as a guide when submitting entries using the Team Manager Lite System for the NSW 2016 Pool Rescue Championships.

Before using Team Manager Lite – get organised and allow yourself plenty of time.

- 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 – but please follow each and every step.

1. Download *Team Manager 8.0 Lite* from <http://www.hy-tekltd.com/downloads.html> (If you already have this, skip to entering competitors.)
 - a) Scroll down to the screen shot displayed below and click "Lite" to download the program.



- b) Click on "Lite", then hit *Run*.
- c) 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/2016-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 "2016 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 30/09/15

System Age-Up Date

- Change date to 30/09/15 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 e.g.: "**SLNSW 2016 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 – avoid abbreviations such as CSLSC which may refer to other clubs)
- 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)

- m) Click *Meets* from the top toolbar.

- n) Make sure correct carnival is blue. e.g. [SLSNSW 2016 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 Luke Stigter – lstigter@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 2016 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 Luke Stigter – lstigter@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 **Luke Stigter 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 11pm Sunday 3 July 2016.

APPENDIX 2 - DECLARATION FORM

To: Surf Life Saving New South Wales

Date: ____/____/____

Re: Club Entries for the 2016 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 2016 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 2015/16 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 2016 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 _____ @ \$4.60 (incl. GST) = \$ _____

No. of relay team entries _____ @ \$9.20 (incl. GST) = \$ _____

No. of line throw entries _____ @ \$5.80 (incl. GST) = \$ _____

No. of U12/U13 Patient Tow entries _____ @ \$5.80 (incl. GST) = \$ _____

Total no. of competitors = _____

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/r/2016PoolRescueTeamManagerRego>

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

APPENDIX 3 – EVENT CODES

1 Men 13 & Over 200 14+ Obstacle Race	29 Men 11-12 100 12-13 Brick Carry Relay
2 Women 13 & Over 200 14+ Obstacle Race	30 Women 11-12 100 12-13 Brick Carry Relay
3 Men 59 & Over 100 60+ Obstacle Race	31 Men 13 & Over 100 14+ Manikin Tow
4 Women 59 & Over 100 60+ Obstacle Race	32 Women 13 & Over 100 14+ Manikin Tow
5 Men 11-12 100 12-13 Obstacle Race	33 Men 11-12 2x50 12-13 Patient Tow Relay
6 Women 11-12 100 12-13 Obstacle Race	34 Women 11-12 2x50 12-13 Patient Tow Relay
7 Men 15 & Over 200 Open Obstacle Race Relay	35 Men 11-13 2x25 12-14 Line Throw Relay
8 Women 15 & Over 200 Open Obstacle Race Relay	36 Women 11-13 2x25 12-14 Line Throw Relay
9 Men 15-18 200 17-19 Obstacle Race Relay	37 Men 14 & Over 2x25 15+ Line Throw Relay
10 Women 15-18 200 17-19 Obstacle Race Relay	38 Women 14 & Over 2x25 15+ Line Throw Relay
11 Men 13-14 200 14-15 Obstacle Race Relay	39 Men 14 & Over 100 15+ Manikin Carry
12 Women 13-14 200 14-15 Obstacle Race Relay	40 Women 14 & Over 100 15+ Manikin Carry
13 Men 11-12 200 12-13 Obstacle Race Relay	41 Men 15 & Over 100 17+ Rescue Medley
14 Women 11-12 200 12-13 Obstacle Race Relay	42 Women 15 & Over 100 17+ Rescue Medley
15 Men 15 & Over 200 17+ Super Lifesaver	43 Men 15 & Over 200 Open Medley Relay
16 Women 15 & Over 200 17+ Super Lifesaver	44 Women 15 & Over 200 Open Medley Relay
17 Men 14 & Over 50 15+ Manikin Carry	45 Men 15-18 200 17-19 Medley Relay
18 Women 14 & Over 50 15+ Manikin Carry	46 Women 15-18 200 17-19 Medley Relay
19 Men 13 Year Olds 50 U14 Manikin Carry	47 Men 13-14 200 14-15 Medley Relay
20 Women 13 Year Olds 50 U14 Manikin Carry	48 Women 13-14 200 14-15 Medley Relay
21 Men 11-12 50 12-13 Brick Carry	49 Men 11-12 200 12-13 Medley Relay
22 Women 11-12 50 12-13 Brick Carry	50 Women 11-12 200 12-13 Medley Relay
23 Men 15 & Over 100 Open Manikin Carry Relay	51 Men 13 & Over 50 14+ Free w/fins
24 Women 15 & Over 100 Open Manikin Carry Relay	52 Women 13 & Over 50 14+ Free w/fins
25 Men 15-18 100 17-19 Manikin Carry Relay	53 Men 11-12 50 12-13 Free w/fins
26 Women 15-18 100 17-19 Manikin Carry Relay	54 Women 11-12 50 12-13 Free w/fins
27 Men 13-14 100 17-15 Manikin Carry Relay	55 Men 15 & Over 50 Open Free w/o fins
28 Women 13-14 100 17-15 Manikin Carry Relay	56 Women 15 & Over 50 Open Free w/o fins

Please note:

In previous years, the event codes have been separated by SLS age groups (i.e.; Open, U19, U17 etc.) with each gender and age receiving a different event code.

To maximise the efficiency of the timetable, individual events (with the same distance and specifications) will be run concurrently. The Meet Manager system will allow this to occur. When events are run concurrently competitors but still compete within their age group.