Circular 3600
Released May 2019

SURF LIFE SAVING
NEW SOUTH WALES

2019 NSW Pool Rescue Championships – Entry Circular

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: Thursday 30 May, 2019
Updated Date: Tuesday 18 June, 2019

Contact: Jessica Langham, Sports Events Coordinator
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Email: jlangham@surflifesaving.com.au

Summary:	This circular provides information for clubs regarding requirements and procedures to enter the 2019 NSW Pool Rescue Championships.
Action:	❑ Complete and submit entries no later than **11pm Sunday 30 June 2019.** ❑ Entries are to be completed online using the 'Meet Manager' system. Clubs will need to download the Team Manager Lite Program (8.0) in order to complete registrations for the 2019 NSW Pool Rescue Championships. ❑ The 'team manager download file' and event codes will be available for download from the event web page on **Monday 3rd June 2019**. The exported data must be emailed to jlangham@surflifesaving.com.au ❑ Submit Team Manager Details by **Friday 7 June 2019** to ensure you receive important entry information ❑ Join the TeamApp and search "2019 NSW Pool Rescue" ❑ Complete online Officials nomination to ensure quota met. Please note first call nominations will close 11pm **Sunday 9 June 2019** ❑ Submit Time Keeping and Pool Setting contact details by **Sunday 30 June 2019** ❑ Entry invoices sent by SLSNSW by **Sunday 7 July 2019**

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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 2019 NSW Pool Rescue Championships must be submitted to the Surf Sports Events Coordinator no later than **11pm Sunday 30 June 2019.**

1.2. These entries must be submitted electronically to the Team Manager Lite program (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 Jessica Langham at jlangham@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 $4.90 (incl. GST).

1.7. The cost per **relay team entry** is $9.70 (incl. GST).

1.8. The cost per **line throw entry and u12/13 Patient tow** is $6.10 (incl. GST).

1.9. **Additional entry** after closing date is $19.90 (i.e.; already entered in the carnival).

1.10. SLSNSW will invoice Clubs from the information in Meet Manager. It is highly recommended that Clubs run a report based on their entries. Please note that due to entry amendments on the day, an additional invoice may be issued to Clubs after the Championship – therefore Clubs should ensure that their Treasurers are made aware and the Team Manager is authorised on behalf of the Club to amend these.

1.11. No fees apply to substitutions if the competitor is already entered into the Championships.

1.12. If the Championships are cancelled, there will be no refund.

1.13. Competitors and Spectators will be required to pay a separate **admission fee (single day $5.00)** to the Peninsula Leisure Centre. Officials will be advised in the final event information guide on how to enter the facility.

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 2019 NSW Pool Rescue Championships Administration Officer at least one hour before the scheduled starting time of the particular event. The 2019 Pool Rescue Championships Administration Officer will then issue an authority for promulgation to the appropriate carnival official/s.

2. ENTRY CONDITIONS

2.1. **Athletes must compete in their respective 2018/19 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 event

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 2015-2019 ILS Competition Manual Revised 2018 – (April 2018) and the relevant sections of the current edition of SLSA's Surf Sports Manual (35th revised edition of Surf Sports Manual) plus any subsequent bulletins or circulars.

2.3. Please note that with the addition of the U11, **9 year olds (U10) cannot** enter as an individual or in a team.

2.4. Eligibility conditions for age categories, substitution requirements and other provisions to compete are also provided in the current SLSA Surf Sports Manual (35th edition revised) and subsequent bulletins or circulars.

2.5. All members entered for the 2019 NSW Pool Rescue Championships must meet the requirements of SLSA policies and the SLSNSW award and proficiency requirements as detailed in SLSA Policy 5.04 October 2016

2.6. Each competitor must be proficient in their relevant age award or Bronze Medallion. The proficiency date of each competitor must be entered onto the 2019 SLSNSW Pool Rescue Championships entry form in the Team Manager Lite program.

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

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

2.9. As this is a Championship event, **no composite teams** shall be permitted to compete at the 2019 NSW Pool Rescue Championships.

Pool Setters and Time Keepers Volunteer Quotas:

Please refer to Circular 3598 2019 Pool Rescue Championships Officials Nominations.

Pool Rescue Championships is continually growing and has seen a steady increase of participants over the past few years, we are expecting 2019 to be our biggest year yet and as such we are asking all clubs to contribute officials to help with the delivery of the Championships on the following voluntary quota:

Volunteer quotas are still in place for the essential roles of time keeping and pool setting. There will be a separate ratio for day 1 – youth, and day 2 – opens/masters. The ratios will be sent to Clubs the day after entries close however clubs should plan accordingly now. Due to the change in timetable format, Clubs are to be aware that Sunday will have a significant impact on clubs to run the carnival effectively i.e. if there are no volunteer time keepers or pool setters the program will be significantly affected.

Please refer to the web link below to nominate your club allocated volunteers here

Unfortunately SLSNSW is not able to cater (morning tea or lunch) for volunteers on the quota unless they are fulfilling a full day officiating.

Age Groups:

Age Group	Minimum Proficient Award to Compete
Individual Events	
U11	Provided that they are currently proficient in the appropriate age award for their Age
U12	Provided that they are currently proficient in the appropriate age award for their Age
U13	Provided that they are currently proficient in the appropriate age award for their Age
U14	SLSA Surf Rescue Certificate
U15	SLSA Surf Rescue Certificate
U17	SLSA Bronze Medallion/Cert II
U19	SLSA Bronze Medallion/Cert II
Open	SLSA Bronze Medallion/Cert II
Masters	SLSA Bronze Medallion/Cert II
Relays (including Line Throw)	**Must be proficient for the team event**
U11	Provided that they are currently proficient in the appropriate age award for their Age
U12-U13	Provided that they are currently proficient in the appropriate age award for their Age
U14-U15	SLSA Surf Rescue Certificate
U17-U19	SLSA Bronze Medallion/Cert II
Open	SLSA Bronze Medallion/Cert II

3. EVENTS

Key Competitor & Official daily reporting times will be communicated in the final event information but it is anticipated that competition will commence at approximately 730am on both days.

Please refer to the order of events below and note:
- o   The timetable may be subject to further changes by the Referee
- o   SLSNSW is aware of increased entries and therefore the timetable will be confirmed by Monday 8 July once all entries have been received and the timetabling reviewed. There is the possibility that some Youth events may need to be conducted on Sunday
- o   U11 will be able to enter individual and team events. *In regards to U11 team events this will be run as a 'mixed gender' event. The team composition is flexible but it must be mixed e.g. 2 females and 2 males or 3 females and 1 male or 3 males or 1 female.*
- o   Some events may be deleted if there is not sufficient time to conduct the events
- o   A final event information sheet will be sent one week prior to the event (via Team Managers)
- o   Seeding will occur in 2019. Please include seed times where appropriate when completing competitor entries, as instructed in Appendix 1 of this Entry Circular.

Pool Events:

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DAY 1 – SATURDAY 13 JULY 2019

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	EVENT	AGE	GENDER		EVENT	AGE	GENDER		EVENT	AGE	GENDER
1	200m Obstacle Race	U15	Male					48	50m Freestyle - with fins	U14	Male
2	200m Obstacle Race	U15	Female	26	4 x 25m Manikin Relay	U14/U15	Male	49	50m Freestyle - with fins	U14	Female
3	200m Obstacle Race	U14	Male	27	4 x 25m Manikin Relay	U14/U15	Female	50	50m Freestyle - with fins	U13	Male
4	200m Obstacle Race	U14	Female	28	4 x 25m Brick Relay	U12/U13	Male	51	50m Freestyle - with fins	U13	Female
5	100m Obstacle Race	U13	Male	29	4 x 25m Brick Relay	U12/U13	Female	52	50m Freestyle - with fins	U12	Male
6	100m Obstacle Race	U13	Female	30	4 x 25m Brick Relay	U11	Mixed	53	50m Freestyle - with fins	U12	Female
7	100m Obstacle Race	U12	Male					54	50m Freestyle - with fins	U11	Male
8	100m Obstacle Race	U12	Female	31	100m Manikin Tow with Fins	U15	Male	55	50m Freestyle - with fins	U11	Female
9	50m Obstacle Race	U11	Male	32	100m Manikin Tow with Fins	U15	Female				
10	50m Obstacle Race	U11	Female	33	100m Manikin Tow with Fins	U14	Male	56	200m Super Lifesaver	U15	Male
				34	100m Manikin Tow with Fins	U14	Female	57	200m Super Lifesaver	U15	Female
11	4 x 50m Obstacle Relay Race	U14/U15	Male	35	100m Patient Tow with Fins	U12-13	Male				
12	4 x 50m Obstacle Relay Race	U14/U15	Female	36	100m Patient Tow with Fins	U12-13	Female	58	Line Throw - 10 metres	U14	Male
13	4 x 50m Obstacle Relay Race	U12/U13	Male					59	Line Throw - 10 metres	U14	Female
14	4 x 50m Obstacle Relay Race	U12/U13	Female	37	100m Manikin Carry with Fins	U15	Male	60	Line Throw - 10 metres	U13	Male
15	4 x 50m Obstacle Relay Race	U11	Mixed	38	100m Manikin Carry with Fins	U15	Female	61	Line Throw - 10 metres	U13	Female
								62	Line Throw - 10 metres	U12	Male
16	50m Manikin Carry	U15	Male	39	100m Rescue Medley	U15	Male	63	Line Throw - 10 metres	U12	Female
17	50m Manikin Carry	U15	Female	40	100m Rescue Medley	U15	Female	64	Line Throw - 10 metres	U11	Male
18	50m Manikin Carry	U14	Male					65	Line Throw - 10 metres	U11	Female
19	50m Manikin Carry	U14	Female	41	4 x 50m Medley Relay	U14/U15	Male	66	Line Throw – 12.5 mark	U15	Male
				42	4 x 50m Medley Relay	U14/U15	Female	67	Line Throw – 12.5 mark	U15	Female
20	50m Brick Carry	U13	Male	43	4 x 50m Medley Relay	U12/U13	Male				
21	50m Brick Carry	U13	Female	44	4 x 50m Medley Relay	U12/U13	Female		**Youth Point Score**		
22	50m Brick Carry	U12	Male	45	4 x 50m Medley Relay	U11	Mixed				
23	50m Brick Carry	U12	Female						Some events may be held on Sunday. The timetable will be updated 8 July after entries have closed.		
24	50m Brick Carry	U11	Male	46	50m Freestyle - with fins	U15	Male				
25	50m Brick Carry	U11	Female	47	50m Freestyle - with fins	U15	Female				

DAY 2 – SUNDAY 14 JULY 2019

#	EVENT	AGE	GENDER	#	EVENT	AGE	GENDER	#	EVENT	AGE	GENDER
				103	50m Manikin Carry	U19	Female	139	100m Manikin Carry with Fins	30-39	Female
68	Line Throw – 12.5 metres	Open	Male	104	50m Manikin Carry	U17	Male	140	100m Manikin Carry with Fins	40-49	Male
69	Line Throw – 12.5 metres	Open	Female	105	50m Manikin Carry	U17	Female	141	100m Manikin Carry with Fins	40-49	Female
70	Line Throw – 12.5 mark	U19	Male	106	50m Manikin Carry	30-39	Male	142	100m Manikin Carry with Fins	50-59	Male
71	Line Throw – 12.5 mark	U19	Female	107	50m Manikin Carry	30-39	Female	143	100m Manikin Carry with Fins	50-59	Female
72	Line Throw – 12.5 mark	U17	Male	108	50m Manikin Carry	40-49	Male	144	100m Manikin Carry with Fins	60+	Male
73	Line Throw – 12.5 mark	U17	Female	109	50m Manikin Carry	40-49	Female	145	100m Manikin Carry with Fins	60+	Female
74	Line Throw – 12.5 mark	30-39	Male	110	50m Manikin Carry	50-59	Male				
75	Line Throw – 12.5 mark	30-39	Female	111	50m Manikin Carry	50-59	Female	146	100m Rescue Medley	Open	Male
76	Line Throw – 12.5 mark	40-49	Male	112	50m Manikin Carry	60+	Male	147	100m Rescue Medley	Open	Female
77	Line Throw – 12.5 mark	40-49	Female	113	50m Manikin Carry	60+	Female	148	100m Rescue Medley	U19	Male
78	Line Throw – 12.5 mark	50-59	Male					149	100m Rescue Medley	U19	Female
79	Line Throw – 12.5 mark	50-59	Female	114	4 x 25m Manikin Relay	Open	Male	150	100m Rescue Medley	U17	Male
80	Line Throw – 12.5 mark	60+	Male	115	4 x 25m Manikin Relay	Open	Female	151	100m Rescue Medley	U17	Female
81	Line Throw – 12.5 mark	60+	Female	116	4 x 25m Manikin Relay	U17/U19	Male	152	4 x 50m Medley Relay	Open	Male
				117	4 x 25m Manikin Relay	U17/U19	Female	153	4 x 50m Medley Relay	Open	Female
82	200m Obstacle Race	Open	Male					154	4 x 50m Medley Relay	U17/U19	Male
83	200m Obstacle Race	Open	Female	118	100m Manikin Tow with Fins	Open	Male	155	4 x 50m Medley Relay	U17/U19	Female
84	200m Obstacle Race	U19	Male	119	100m Manikin Tow with Fins	Open	Female				
85	200m Obstacle Race	U19	Female	120	100m Manikin Tow with Fins	U19	Male	156	50m Freestyle - with fins	Open	Male
86	200m Obstacle Race	U17	Male	121	100m Manikin Tow with Fins	U19	Female	157	50m Freestyle - with fins	Open	Female
87	200m Obstacle Race	U17	Female	122	100m Manikin Tow with Fins	U17	Male	158	50m Freestyle - with fins	U19	Male
88	200m Obstacle Race	30-39	Male	123	100m Manikin Tow with Fins	U17	Female	159	50m Freestyle - with fins	U19	Female
89	200m Obstacle Race	30-39	Female	124	100m Manikin Tow with Fins	30-39	Male	160	50m Freestyle - with fins	U17	Male
90	200m Obstacle Race	40-49	Male	125	100m Manikin Tow with Fins	30-39	Female	161	50m Freestyle - with fins	U17	Female
91	200m Obstacle Race	40-49	Female	126	100m Manikin Tow with Fins	40-49	Male				
92	200m Obstacle Race	50-59	Male	127	100m Manikin Tow with Fins	40-49	Female	162	200m Super Lifesaver	Open	Male
93	200m Obstacle Race	50-59	Female	128	100m Manikin Tow with Fins	50-59	Male	163	200m Super Lifesaver	Open	Female
94	100m Obstacle Race	60+	Male	129	100m Manikin Tow with Fins	50-59	Female	164	200m Super Lifesaver	U19	Male
95	100m Obstacle Race	60+	Female	130	100m Manikin Tow with Fins	60+	Male	165	200m Super Lifesaver	U19	Female
				131	100m Manikin Tow with Fins	60+	Female	166	200m Super Lifesaver	U17	Male
96	4 x 50m Obstacle Relay Race	Open	Male					167	200m Super Lifesaver	U17	Female
97	4 x 50m Obstacle Relay Race	Open	Female	132	100m Manikin Carry with Fins	Open	Male				
98	4 x 50m Obstacle Relay Race	U17/U19	Male	133	100m Manikin Carry with Fins	Open	Female		**Masters Point Score**		
99	4 x 50m Obstacle Relay Race	U17/U19	Female	134	100m Manikin Carry with Fins	U19	Male		**Open Point Score**		
				135	100m Manikin Carry with Fins	U19	Female				
100	50m Manikin Carry	Open	Male	136	100m Manikin Carry with Fins	U17	Male				
101	50m Manikin Carry	Open	Female	137	100m Manikin Carry with Fins	U17	Female				
102	50m Manikin Carry	U19	Male	138	100m Manikin Carry with Fins	30-39	Male				

4. EVENT RULES

There have been some recent changes to the rules and regulations set by the International Lifesaving Federation.

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. Competitors are able to enter individual and team events as per the SLS Surf Sports Manual (except for 9 year olds competing up in team events).

INDIVIDUAL EVENTS	U11	U12	U13	U14	U15	U17	U19	Open	Masters	
50m Freestyle Swim with fins	✓	✓	✓	✓	✓	✓	✓	✓		
200m Obstacle Swim ❸				✓	✓	✓	✓	✓	30 - 59	30 - 59
100m Obstacle Swim (50m for U11)	✓	✓	✓						60+	60+
50m Manikin Carry				✓*	✓	✓	✓	✓	✓	✓
50m Brick Carry (from 25m)		✓	✓							
50m Brick Carry (from 35m)	✓									
100m Rescue Medley					✓	✓	✓	✓		
100m Manikin Tow with fins				✓	✓	✓	✓	✓	✓	✓
100m Manikin Carry with fins					✓	✓	✓	✓	✓	✓
200m Super Lifesaver					✓	✓	✓	✓		
TEAM EVENTS – Gender Specific	U11	U12	U13	U14	U15	U17	U19	Open	Masters	
Line Throw ❷	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

TEAM EVENTS – Gender Specific (Mixed Gender for U11)	U11	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		✓				

4.5. Note: ❷ 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 e.g. Open Male is one event, 50 – 59 Male is another event, competitors can compete in both events but can only compete once in each age group). 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.

4.6. Note: ❸For 60+ Masters age group, competitors will swim 100m in the obstacle swim, not 200m.

4.7. Note: * U14 (50m) Manikin Carry – modified event – the pickup will occur at 35m.

4.8. Note: U14 and over aged events are permitted to use Fins as detailed in SSM 11.3.2

Individual Events:

4.9. Only proficient SLSA Bronze Medallion holders may contest the U17, U19, Open and Masters individual events as per SLSA Policy 5.04 Eligibility to compete – October 2016.

4.10. Only proficient SLSA Surf Rescue Certificate (SRC) holders may contest U14 and U15 age individual events.

4.11. U11, U12 & U13 must hold the appropriate award and proficiency for their age category.

4.12. U11, U12, U13, U14, U15, competitors must compete in their specific age category only and are not eligible to compete up an age group in individual events.

4.13. U17 and U19 competitors can compete up in individual events as per current SSM.

Team Events:

4.14. In the designated U11, 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. U14-U15 can be formed by any combination of U14 or U15 competitors, but younger age groups including U13 cannot compete up.

4.15. 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 as per current SSM.

4.16. U15 age competitors must remain in the U15 age category and shall not be permitted to compete in any older age division in individual or team events even if they turn 15 during a season and obtain or are eligible to obtain the SLSA Bronze Medallion/Cert II.

Non-SLSNSW Club Teams Information:

4.17. As this is a Championship event no composite teams shall be permitted to compete at the 2019 NSW Pool Rescue Championships except for Development, State or High Performance teams or International teams at the discretion of SLSNSW.

4.18. Development, State and High Performance teams will not be awarded points or medals for Team events they compete in.

4.19. 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.

4.20. Interstate and Royal Life Saving Affiliated Clubs are permitted to enter the Championships, however cannot gain points. The relevant body shall ensure that members meet awards, proficiency and competition eligibility

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 winners in each division (Youth, Open, Masters). Please note there is no Overall Club Point score.

5.2. Any non-SLSNSW teams such as Representative Teams, Royal or interstate are not eligible to participate in the club point score nor shall any placings gained block the point score of club teams.

5.3. The following points will apply:

1st	6 points	4th	3 points
2nd	5 points	5th	2 points
3rd	4 points	6th	1 point

5.4. Where a dead heat (as defined in the current SSM) 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.

5.5. 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.

5.6. All results will be posted during the competition at the Championship venue and will be available on the SLSNSW website after the event completion.

5.7. Medals will be presented to the placegetters.

5.8. If a non-SLSNSW team (see 5.2) medals (1st, 2nd or 3rd place) they will be awarded a medal equal to the placing gained. However, the next SLSNSW club team to place shall be awarded the NSW Championship title and/or equivalent medal.

5.9. The swimming pool at the Peninsular Leisure Centre does not meet ILS requirements for pool events, therefore records will not be awarded at these Championships.

6. OTHER INFORMATION

Competition Equipment:

6.1. SLSNSW will supply the Bricks, 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 U11, U12 & U13 athletes must comply with the specifications outlined below. Open and Masters athletes fibreglass fins must comply with the SSM.

6.3. Competition equipment will be subject to random scrutineering checks during the event.

Swim Fins Specifications for U13 and Under Age Category Events:

The swim fins used in events for U13 and under aged events are restricted to soft/flexible rubber type fins used for swimming training similar to the styles depicted below:

Please note that fins that do not meet this general profile or are specific purpose diving or surfing/bodyboarding fins and/or with stiff and/or elongated blades, will not be permitted for use in U13 and under aged events.

The swim fins shall comply with the following dimensions:
- Maximum 50cm overall length including the shoe.
- Maximum 25cm width at the widest point of the blade.

Swim fins are to be measured with the shoe or ankle strap extended but not stretched. Swim fins will not be permitted to be used if they do not conform to the specifications or if they are considered to be safety hazard.

Note: Fins are measured while not being worn.

Please note that fins that do not meet this general profile or are dedicated dive fins and those with stiff and/or elongated blades will not be permitted for use U13 and under aged events.

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:
   (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 2019 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 2019 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 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 his delegate. 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. The Declaration Form must be completed by a Club Executive Officer or Team Manager.

6.15. A Club Representative 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 Representative 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.

6.20. All swimmers in the first 2 events of each block are to report to the marshalling area 10 minutes prior to the scheduled start time of that session.

6.21. Swimmers are to report to marshalling by the time of the start of an event at least two (2) events prior to the event in which they are entered. The claims board is only to be used as a guide.

6.22. All swimmers must remain in marshalling area until otherwise directed to leave by check starter or marshall.

6.23. Parents or Coaches are not permitted in the marshalling area.

First Aid:

6.24. 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:

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

Health & Wellbeing:

6.26. 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.

6.27. 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:

6.28. 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](#) or call 13000 ASADA (1300 027 232).

6.29. 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:

6.30. Misconduct before, during and after the Championships will not be tolerated. Offending members risk disciplinary action against themselves and their Clubs.

6.31. 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 2019 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_ (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.

   Team Manager 8.0

   Update

   User Guide

   Online User Guide

   Release Notes

   Lite

   View NEW Features

   View eLesson of New Features

   b) Click on "Lite"
   c) When the Installation program pops up (normally bottom left of screen), 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. You will need to download the zip file _(WILL BE EMAILED TO 2018 TEAM MANAGERS)_ to a location on your computer that you will easily find again (for example a folder called "2019 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:
      <u>Gender Designation box</u>
         - Male/Female
      <u>Athlete Browser Options</u>
         - Show Ages
         - Show Birth Date
         - Last Name First
      <u>Team/Swimmer Defaults</u>
         - Default Team Registration = Australia
         - Default Team Type = Age
         - Default Country = Australia
         - Default LSC = **LEAVE BLANK**
         - Default State = New South Wales
      <u>Meet Age-Up Date</u>
         - Change date to 30/09/18

<div style="text-align:center">System Age-Up Date

- Change date to 30/09/18 un-tick "Always age-up to today"</div>

    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.: "**SLSNSW 2019 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 2019 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. If you wish to enter a seed time for the competitor, please enter this into the Custom Column. Seeding of the Heats will occur in 2019.

    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 **Jessica Langham – jlangham@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 2019 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 Jessica Langham – jlangham@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 **Jessica Langham 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 30 June, 2019