Circular 3677
17 June, 2021

2021 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

Date: 17 June 2021

Contact: Surf Sports
Phone: (02) 9471 8000
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Summary	This Circular provides information for clubs regarding requirements and procedures to enter the 2021 NSW Pool Rescue Championships.
Action:	❑ Complete and submit entries no later than 11pm on 9 July 2021. Late entries will not be accepted. ❑ Entries are to be completed online using the 'Meet Manager' system. Clubs will need to download the Team Manager Lite Program (8.0) to complete registrations for the NSW State Pool Champs 2021. ❑ The 'team manager download file' and event codes will be available for download from the event web page. The exported data must be emailed to surfsports@surflifesaving.com.au by 11pm on 9 July. ❑ Complete the Team Manager Registration form here by 9 July to receive important event updates. ❑ Join the TeamApp and search '2021 NSW Pool Rescue'. ❑ Complete the online Official nomination form and ensure the club quota is met. Please note that nominations will close at 11pm on 27 June 2021. ❑ Submit Time Keeping and Pool Setting volunteer registration form here by 9 July.

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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 2021 NSW Pool Rescue Championships must be submitted to the Surf Sports no later than 11pm on 9 July 2021. No late entries will be accepted.

1.2   These entries must be submitted 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 surfsports@surflifesaving.com.au

1.4   Entries submitted on paper or by email will not be accepted. The Team Manager File system is the only way to complete Pool Rescue entries.

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

Entry Fees:

1.6   The cost per single event entry is $4.94 incl. GST.

1.7   The cost per relay team entry is $9.87 incl. GST.

1.8   The cost per line throw entry $6.17 incl. GST.

1.9   An additional fee of $7.00 incl. GST per competitor will be added to each club's invoice to cover competitor and official's pool entry for these Championships. Event entries and pool entry fees will be invoiced to each Club at the conclusion of the event.
N.B. Spectators will be required to pay $5.00 entry fee in cash on the day. Please have this amount ready upon entry. This is a COVID requirement from the venue.

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, to allow for essential 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 competition.

1.12   If the Championships are cancelled, a refund will not be issued based on expenses incurred.

Withdrawals:

1.13   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 withdrawals together with details of the replacement and satisfying the conditions of entry in writing to the 2021 NSW Pool Rescue Championships Administration Officer. The withdrawal will need to be sent one hour before the scheduled starting time of the particular event. The 2021 Pool Rescue Championship 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 2020/2021 season age group at the Pool Rescue Championships and be financial and proficient for the 2020/2021 season.

2.2   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 30 minutes prior to commencement of the event.

2.3   This event will be run under International Life Saving Federations (ILS) rules in accordance to the rules published in the 2019 Edition ILS Competition Rule Book (Revised February 2020, January 2021, March 2021) and the relevant sections of the current edition of SLSA's Surf Sports Manual (36th revised edition of Surf Sports Manual) plus any subsequent bulletin or circulars.

2.4   Please note that U10 competitors are **ineligible** to enter as an individual or in a team.

2.5   Eligibility conditions for age categories, substitutions requirements and other provisions to compete are also provided in the current SLSA Surf Sports Manual (36th edition revised) and subsequent bulletins or circulars.

2.6   All members entered for the 2021 NSW Pool Rescue Championships must meet the requirements of SLSA polices and the SLSNSW award and proficiency requirements as detailed in:

- SLSA Policy 5.04 - Eligibility to Compete in SLSA Competitions – Updated August 2017 and
- Memo: Competition Eligibility Policy (5.04) – 2020-21 Season Service Hour Requirements

2.7   Each competitor must be proficient in their relevant age award or Bronze Medallion. The proficiency date of each competitor must be entered onto the 2021 SLSNSW Pool Rescue Championships entry form in the Team Manager Lite program.

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

2.9   The marshalling sheets will be numbered in accordance with the timetable.

2.10   As this is a Championship event, no composite teams shall be permitted to compete in the 2021 NSW Pool Rescue Championships.

3. Pool Setters and Timekeepers Volunteer Quotas:

For Pool Setters and Timekeepers please also refer to the Official Nomination Circular.

 A quota system for Clubs to provide Accredited Officials based upon the number of competitors entered is in place for the 2021 Pool Rescue Championship.

1 to 4	Volunteer
5 to 20	1 Official
21 to 39	2 Officials
40+	3 Officials

In addition to the above, additional Officials are still required for essential roles that include Timekeeping and Pool Setting. A separate ratio for Day 1 (youth) and day 2 (Opens/Masters). Once entries close, Clubs who have not met the required Officials quota will be contacted by SLSNSW Staff. Due to the change in timetable format, Clubs are to be aware that the Sunday of the Pool Rescue event will have a significant impact on clubs to run the carnival effectively (i.e. if Timekeepers and Pool Setters are not appointed the program will be affected).

Please be aware the quota system is based on the number of competitors entered into the 2021 Pool Rescue Championships.

4. Age Groups

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

5. Events

Key Competitor & Official daily reporting times will be communicated in the final event information, but it is anticipated that warm up will commence at approximately 07:30 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 U11 will be able to enter individual and team events. Regarding 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 and 1 female.
- o Some events could be deleted if there is not sufficient time to conduct this event.
- o A final event information document will be sent one week prior to the event.
- o Please include seed times where appropriate when completing competitor entries, as instructed in Appendix 1 of this Entry Circular. Events will be seeded where possible.

Friday 16 July 2021

#	EVENT	AGE	GENDER		#	EVENT	AGE	GENDER		#	EVENT	AGE	GENDER
1	200m Obstacle Race	U15	Male							19	Line Throw - 10 metres	U13	Female
2	200m Obstacle Race	U15	Female		11	4 x 50m Obstacle Relay Race	U14/U15	Male		20	Line Throw - 10 metres	U12	Male
3	200m Obstacle Race	U14	Male		12	4 x 50m Obstacle Relay Race	U14/U15	Female		21	Line Throw - 10 metres	U12	Female
4	200m Obstacle Race	U14	Female		13	4 x 50m Obstacle Relay Race	U12/U13	Male		22	Line Throw - 10 metres	U11	Male
5	100m Obstacle Race	U13	Male		14	4 x 50m Obstacle Relay Race	U12/U13	Female		23	Line Throw - 10 metres	U11	Female
6	100m Obstacle Race	U13	Female		15	4 x 50m Obstacle Relay Race	U11	Mixed		24	Line Throw – 12.5 mark	U15	Male
7	100m Obstacle Race	U12	Male							25	Line Throw – 12.5 mark	U15	Female
8	100m Obstacle Race	U12	Female		16	Line Throw - 10 metres	U14	Male					
9	50m Obstacle Race	U11	Male		17	Line Throw - 10 metres	U14	Female			**END DAY 1**		
10	50m Obstacle Race	U11	Female		18	Line Throw - 10 metres	U13	Male					

Saturday 17 July 2021

#	EVENT	AGE	GENDER		#	EVENT	AGE	GENDER		#	EVENT	AGE	GENDER
26	50m Manikin Carry	U15	Male		41	100m Manikin Tow with Fins	U15	Male					
27	50m Manikin Carry	U15	Female		42	100m Manikin Tow with Fins	U15	Female		56	200m Super Lifesaver	U15	Male
28	50m Manikin Carry	U14	Male		43	100m Manikin Tow with Fins	U14	Male		57	200m Super Lifesaver	U15	Female
29	50m Manikin Carry	U14	Female		44	100m Manikin Tow with Fins	U14	Female					
					45	100m Patient Tow with Fins	U12-13	Male		58	50m Freestyle - with fins	U15	Male
30	50m Brick Carry	U13	Male		46	100m Patient Tow with Fins	U12-13	Female		59	50m Freestyle - with fins	U15	Female
31	50m Brick Carry	U13	Female							60	50m Freestyle - with fins	U14	Male
32	50m Brick Carry	U12	Male		47	100m Manikin Carry with Fins	U15	Male		61	50m Freestyle - with fins	U14	Female
33	50m Brick Carry	U12	Female		48	100m Manikin Carry with Fins	U15	Female		62	50m Freestyle - with fins	U13	Male
34	50m Brick Carry	U11	Male							63	50m Freestyle - with fins	U13	Female
35	50m Brick Carry	U11	Female		49	100m Rescue Medley	U15	Male		64	50m Freestyle - with fins	U12	Male
					50	100m Rescue Medley	U15	Female		65	50m Freestyle - with fins	U12	Female
36	4 x 25m Manikin Relay	U14/U15	Male							66	50m Freestyle - with fins	U11	Male
37	4 x 25m Manikin Relay	U14/U15	Female		51	4 x 50m Medley Relay	U14/U15	Male		67	50m Freestyle - with fins	U11	Female
38	4 x 25m Brick Relay	U12/U13	Male		52	4 x 50m Medley Relay	U14/U15	Female					
39	4 x 25m Brick Relay	U12/U13	Female		53	4 x 50m Medley Relay	U12/U13	Male			**END DAY 2**		
40	4 x 25m Brick Relay	U11	Mixed		54	4 x 50m Medley Relay	U12/U13	Female					
					55	4 x 50m Medley Relay	U11	Mixed			Youth Point Score		

#	EVENT	AGE	GENDER	#	EVENT	AGE	GENDER	#	EVENT	AGE	GENDER
				95	100m Obstacle Race	60+	Female	119	100m Manikin Tow with Fins	Open	Female
68	Line Throw – 12.5 metres	Open	Male					120	100m Manikin Tow with Fins	U19	Male
69	Line Throw – 12.5 metres	Open	Female	96	4 x 50m Obstacle Relay Race	Open	Male	121	100m Manikin Tow with Fins	U19	Female
70	Line Throw – 12.5 mark	U19	Male	97	4 x 50m Obstacle Relay Race	Open	Female	122	100m Manikin Tow with Fins	U17	Male
71	Line Throw – 12.5 mark	U19	Female	98	4 x 50m Obstacle Relay Race	U17/U19	Male	123	100m Manikin Tow with Fins	U17	Female
72	Line Throw – 12.5 mark	U17	Male	99	4 x 50m Obstacle Relay Race	U17/U19	Female	124	100m Manikin Tow with Fins	30-39	Male
73	Line Throw – 12.5 mark	U17	Female					125	100m Manikin Tow with Fins	30-39	Female
74	Line Throw – 12.5 mark	30-39	Male	100	50m Manikin Carry	Open	Male	126	100m Manikin Tow with Fins	40-49	Male
75	Line Throw – 12.5 mark	30-39	Female	101	50m Manikin Carry	Open	Female	127	100m Manikin Tow with Fins	40-49	Female
76	Line Throw – 12.5 mark	40-49	Male	102	50m Manikin Carry	U19	Male	128	100m Manikin Tow with Fins	50-59	Male
77	Line Throw – 12.5 mark	40-49	Female					129	100m Manikin Tow with Fins	50-59	Female
78	Line Throw – 12.5 mark	50-59	Male	103	50m Manikin Carry	U19	Female	130	100m Manikin Tow with Fins	60+	Male
79	Line Throw – 12.5 mark	50-59	Female	104	50m Manikin Carry	U17	Male	131	100m Manikin Tow with Fins	60+	Female
80	Line Throw – 12.5 mark	60+	Male	105	50m Manikin Carry	U17	Female				
81	Line Throw – 12.5 mark	60+	Female	106	50m Manikin Carry	30-39	Male	132	100m Manikin Carry with Fins	Open	Male
				107	50m Manikin Carry	30-39	Female	133	100m Manikin Carry with Fins	Open	Female
82	200m Obstacle Race	Open	Male	108	50m Manikin Carry	40-49	Male	134	100m Manikin Carry with Fins	U19	Male
83	200m Obstacle Race	Open	Female	109	50m Manikin Carry	40-49	Female	135	100m Manikin Carry with Fins	U19	Female
84	200m Obstacle Race	U19	Male	110	50m Manikin Carry	50-59	Male	136	100m Manikin Carry with Fins	U17	Male
85	200m Obstacle Race	U19	Female	111	50m Manikin Carry	50-59	Female	137	100m Manikin Carry with Fins	U17	Female
86	200m Obstacle Race	U17	Male	112	50m Manikin Carry	60+	Male	138	100m Manikin Carry with Fins	30-39	Male
87	200m Obstacle Race	U17	Female	113	50m Manikin Carry	60+	Female				
88	200m Obstacle Race	30-39	Male					139	100m Manikin Carry with Fins	30-39	Female
89	200m Obstacle Race	30-39	Female	114	4 x 25m Manikin Relay	Open	Male	140	100m Manikin Carry with Fins	40-49	Male
90	200m Obstacle Race	40-49	Male	115	4 x 25m Manikin Relay	Open	Female	141	100m Manikin Carry with Fins	40-49	Female
91	200m Obstacle Race	40-49	Female	116	4 x 25m Manikin Relay	U17/U19	Male	142	100m Manikin Carry with Fins	50-59	Male
92	200m Obstacle Race	50-59	Male	117	4 x 25m Manikin Relay	U17/U19	Female	143	100m Manikin Carry with Fins	50-59	Female
93	200m Obstacle Race	50-59	Female					144	100m Manikin Carry with Fins	60+	Male
94	100m Obstacle Race	60+	Male	118	100m Manikin Tow with Fins	Open	Male	145	100m Manikin Carry with Fins	60+	Female

Sunday Program continued on next page…

#	EVENT	AGE	GENDER	#	EVENT	AGE	GENDER	#	EVENT	AGE	GENDER
				155	4 x 50m Medley Relay	U17/U19	Female	163	200m Super Lifesaver	Open	Female
146	100m Rescue Medley	Open	Male					164	200m Super Lifesaver	U19	Male
147	100m Rescue Medley	Open	Female	156	50m Freestyle - with fins	Open	Male	165	200m Super Lifesaver	U19	Female
148	100m Rescue Medley	U19	Male	157	50m Freestyle - with fins	Open	Female	166	200m Super Lifesaver	U17	Male
149	100m Rescue Medley	U19	Female	158	50m Freestyle - with fins	U19	Male	167	200m Super Lifesaver	U17	Female
150	100m Rescue Medley	U17	Male	159	50m Freestyle - with fins	U19	Female				
151	100m Rescue Medley	U17	Female	160	50m Freestyle - with fins	U17	Male		END DAY 2		
152	4 x 50m Medley Relay	Open	Male	161	50m Freestyle - with fins	U17	Female				
153	4 x 50m Medley Relay	Open	Female						Masters Point Score		
154	4 x 50m Medley Relay	U17/U19	Male	162	200m Super Lifesaver	Open	Male		Open Point Score		

6. Event Rules

The 2021 NSW Pool Rescue Championships will be conducted under the pool event rules set out in the 36th edition Surf Sports Manual plus any amending Bulletins and Circulars, which can be located in the Members Area of the SLSNSW Website. The event will also operate under the ILS Competition Rule Book 2019 Edition (Revised March 2021). The eligibility conditions for age categories, substitution, and other required provisions to compete are also provided within the Surf Sports Manual along with, all other subsequent Bulletins and Circulars in addition to this Entry Circular.

General Conditions:

6.1   Events will be conducted in Male and Female Gender categories for the events listed in the table below.

6.2   All events shall be Timed Finals.

6.3   Competitors are able to enter individual and team events as per the SLS Surf Sports Manual (except for 9-year-old children competing up the 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		✓								

6.4   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 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.

6.5   Note 3. For Masters 60+ Masters age group, competitors will swim 100m in the obstacle swim, not 200m.

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

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

Individual Events

6.8   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 in SLSA Competitions – Updated August 2017

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

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

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

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

Team Events

6.13   In the designated U11, U12 – U13 and U14 – U15 team events U12, U13, U14 and 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.

6.14   In designated U17-U19, Open and Masters Team events U17,U19, Open and Masters Competitors must be proficient Bronze Medallion aware holders as a minimum. Competitors in these age groups can compete up to form teams in U17, U19 and Open as per SSM.

6.15   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 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:

6.16   As this is a Championship event non composite teams shall be permitted to compete at the 2021 NSW Pool Rescue Championships except for Development, State or High-Performance teams for International teams at the discretion of SLSNSW.

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

6.18   Development, State and High-Performance team member 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 individual's clubs point score.

6.19   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.

7. Point Score

7.1   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 member of competitors is less than 6) of 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 not Overall Club Point score.

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

7.3   The following points will apply:

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

7.4   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.

7.5   If in the event of equal points in the overall point score a count back of placings (i.e. most numbers of first placing, 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.

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

7.7   Medals will be presented to the placegetters.

7.8   If a non – SLSNSW team (see 5.2) medals (1st,2nd,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.

7.9   The swimming pool at the Peninsula Leisure Centre does not meet ISL requirements for pool events, therefore records will not be awarded at these Championships.

8. Other Information

Competition Equipment

8.1   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.

8.2   All competitors are required to supply their own fins. Rubber fins for U11, U12 and U13 athletes must comply with the specifications outlined below. Open and Masters athlete's fiberglass fins must comply with the SSM.

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

Swim Fins Specifications and U12 and Underage Categories Events:

The swim fins used in events for U13 and underaged 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 specified purpose diving or surfing/bodyboarding fins and/or with still and/or elongated blades, will not be permitted for use in U13 and underaged events.

The swim fins shall comply with the following dimensions:
- Maximum 50cm overall length including the shoe.
- Maximum 25cm width at the widest point on 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 a 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 to use U13 and underaged events.

Swimwear:

8.4   In all swimming events competitions 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 2019 Edition ILS Competition Rule Book (Revised February 2020, January 2021, March 2021).

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

8.5   Swimwear to be worn in all SLSA competition (including special events) must comply with the following standards:

a)   Swimwear worn by males shall not extend above the navel or below the knee.

b)   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 be worn.

8.6   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:

a)   Only textile woven fabric(s) shall be permitted.

b)   Non-woven and/or non-permeable (e.g. wetsuit type) materials shall not be permitted.

c)   The material used shall have a maximum thickness of 0.8mm.

d)   Other than string ties for the tops and men's swimwear or the bottom of female two-piece swimwear no zippers or other fastening system shall be permitted.

e)   Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.

f)   No outside application on the material shall be permitted. (Note: manufacturer brandings, club names or similar are permitted).

8.7   SLSA will 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.

8.8   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 and Provisions:

The following restrictions shall apply regarding nominations and competition in the various events:

8.9   Competitors will compete as club representative.

8.10   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 with the withdrawal of an individual competitor who has been nominated by the Club to compete to replace such a competitor in a Club team.

8.11   Any withdrawal, together with details of the replacement (if any) and satisfying the conditions of entry, shall be notified with writing to the SLSNSW Pool Rescue Championships 2021 Administration Official by the representative of the Club nominated for this purpose, at least one hour before the schedule starting time of the event. The Pool Rescue Championships 2021 Administration Official will in turn issue an authority for promulgation to the appropriate Carnival Official/s.

8.12   Competitors MUST wear either club caps or 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 ILA Sports Manual).

8.13   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:

8.14   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.

8.15   Appeals forms can be obtained from appointed Liaison Officers or administration.

8.16   The Competition Appeals Committee shall consider the protest or appeal and decide. It may uphold or dismiss a protest or appeal. The cost of lodging on appeal is $110.00 inc. GST. If an appeal is upheld the fee shall be returned forthwith.

8.17   The decision of the competition appeals committee is final and there is no right of appeal against that decision.

Club Declaration

8.18   The Declaration Form (Appendix 2) must be completed by a Club Executive Officer or Team Manager.

8.19   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.

8.20   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:

8.21   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 as the conclusion of the Team Managers meeting.

8.22   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.

8.23   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 event and competitors will be called to marshalling for each event with an expectation that they know the heat and lane they have been allocated.

8.24   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.

8.25   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.

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

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

First Aid:

8.28   The facility has First Aid and emergency evacuations procedures. First Aid will be available on site for the duration of the event.

Food and Beverage Facilities:

8.29   A café is located at the facility. No alcohol is permitted at the venue.

Health and Wellbeing:

8.30   Competitors and officials should release 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.

8.31   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

8.32   Surf Life Saving NSW supports all efforts to eradicate the use of drugs in sport. 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 if required. If appropriate, advice should be obtained from medical practitioners, pharmacists, Sport Integrity Australia, call 1300 Sport Integrity Australia (13 000 27232) or utilise Check your substances on Global DRO | Sport Integrity Australia

8.33   It is recommended that all Team Managers complete the http://elearning.sportintegrity.gov.au/ AND conduct at least one (1) anti-doping education activity with competitors from the Club.

Behaviour/Misconduct

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

8.35   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 2021 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 *(EMAILED TO TEAM MANAGERS)* to a location on your computer that you will easily find again (for example a folder called "2021 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 30/09/17
        <u>System Age-Up Date</u>
        - Change date to 30/09/17 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.: "NSW State Pool Champs 2021" (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. NSW State Pool Champs 2021

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 **Surf Sports** – surfsports@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. NSW State Pool Champs 2021 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** NSW State Pool Champs 2021.
    f) Email <u>this</u> exported file (NOT THE BACKUP FILE!!!) to surfsports@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 the sport staff **(02) 9471 8000** if you are having **any** difficulties so as to sort out any queries as early as possible in the process.

<p align="center">Entries MUST be received by 11pm on 9 July 2021 at 11pm.</p>

APPENDIX 2 - DECLARATION FORM

To: Surf Life Saving New South Wales   **Date:** _____ / _____ / _____

Re: **Club Entries for the 2021 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 2021 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 2020/21 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 2021 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 _____ **@ $4.94 (incl. GST) = $**_____
No. of relay team entries _____ **@ $9.87 (incl. GST) = $**_____   **Total no. of competitors =** __
No. of line throw entries _____ **@ $6.17 (incl. GST) = $**_____
                                                                Total fees payable = $_____

ENCLOSED PAYMENT (Please circle one)

Online Payment	Credit Card

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:

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