

- **RLS members Entries close Tuesday 26th April 2022 – No late entries**
 - o Individual entries \$12 per entry (Max of \$45 per person / per age group) Team events Free entry
- **Non- RLS members Entries close Tuesday 26th April – No late entries**
 - o Individual entries \$15 per entry (Max of \$55 per person / per age group) Team events Free entry

Changes to Entries close Wednesday 27th April 2022

Sunday 1st May 2022

8:00am Warm Up

9:15am Start (marshalling 9:00am)

Male	Female	Age Group	Event	Event Details
1	2	Open	200m Obstacle Swim	
3	4	U/19	200m Obstacle Swim	
5	6	U/16	200m Obstacle Swim	
7	8	12/13	100m Obstacle Swim	
9	10	30/44	100m Obstacle Swim	
11	12	45 & over	50m Obstacle Swim	
13	14	10/11	50m Obstacle Swim	
15	16	8/9	25m Obstacle Swim	
17	Mixed	Open	4 x 50m Obstacles Relay	<i>Must include one male and one female</i>
18	M/F/Mix	U/14	4 x 50m Obstacles Relay	<i>May be all male or female</i>
19	Mixed	U/16	4 x 50m Obstacles Relay	<i>Must include one male and one female</i>
20	M/F/Mix	U/12	4 x 25m Obstacles Relay	<i>May be all male or female</i>
21	22	U/16	12.5m Line Throw	
23	24	U/19	12.5m Line Throw	
25	26	Open	12.5m Line Throw	
27		30/44	12.5m Line Throw Male	
29		45 & over	12.5m Line Throw Male	
31	32	12/13	10m Line Throw	
	34	30/44	10m Line Throw Female	

All Events meet ILS requirements. Timed finals in all events

NO CANTEEN AVAILABLE



	36	45 & over	10m Line Throw Female	
37	38	10/11	8m Line Throw	
39	40	8/9	6m Line Throw	<i>Must throw underarm / Dry event held on pool deck</i>
41	42	Open	100m Medley swim	
43	44	Open	100m Manikin Carry with fins	
45	46	U/19	100m Manikin Carry with fins	
47	48	U/16	100m Manikin Carry with fins	
49	50	30/44	100m Manikin Carry with fins	
51	52	45 & over	100m Manikin Carry with fins	<i>1/2 full manikin / handler</i>
53	54	12/13	100m Manikin Carry with fins	<i>1/2 full manikin / handler</i>
55	56	10/11	100m Manikin Carry with fins	<i>Empty manikin /handler</i>
57	58	8/9	50m Manikin Carry with fins	<i>Empty manikin held at 25m, swim 25m retrieve manikin and return</i>
POOL RESET (approx. 30 mins)				
59	60	10/11	50m Rescue Tube with fins	<i>Swim 25m, Clip tube at 25m & return. Knot permitted in harness</i>
61	62	12/13	50m Manikin Tow with fins and rescue tube	<i>1/2 full manikin held at 25m, Swim 25m & return</i>
63	64	8/9	50m Swim with Rescue Tube & fins	<i>Knot permitted in harness</i>
65	66	30/44	100m Manikin Tow	
67	68	U/16	100m Manikin Tow	
69	70	U/19	100m Manikin Tow	
71	72	Open	100m Manikin Tow	
73	74	45 & over	100m Manikin Tow	
75	Mixed	U/16	4 x 50m Medley Relay	<i>May be all male or female</i>
76	M/F/Mix	U/12	4 x 50m Rescue Tube Relay	<i>May be all male or female. No 4 swimmer doesn't tow No 3 swimmer</i>
77	Mixed	Open	4 x 50m Medley Relay	<i>Must include one male and female</i>
78	M/F/Mix	U/14	4 x 50m Medley Relay	<i>Must include one male and female</i>
LUNCH BREAK (approx. 30 mins)				
79	80	45 & over	50m Manikin Carry	<i>1/2 full manikin / handler</i>
81	82	12/13	50m Manikin Carry	<i>1/2 full manikin / handler</i>

All Events meet ILS requirements. Timed finals in all events

NO CANTEEN AVAILABLE



ROYAL LIFE SAVING

NEW SOUTH WALES

RLS NSW State Pool Lifesaving Championship Program Sunday 1st May 2022 Pymble Ladies College Aquatic Centre, Pymble

83	84	Open	50m Manikin Carry	
85	86	U/19	50m Manikin Carry	
87	88	U/16	50m Manikin Carry	
89	90	30/44	50m Manikin Carry	
91	92	10/11	50m Manikin Carry	Empty manikin / handler
93	94	8/9	25m Manikin Carry	<i>Empty manikin / handler. 12.5m swim -12.5m manikin carry to rope at 25m</i>
95	M/F/Mix	U/14	4 x 25m Manikin relay	<i>1/2 full manikin. Maybe all male or female</i>
96	Mixed	Open	4 x 25m Manikin relay	<i>Must include one male and one female</i>
97	Mixed	U/16	4 x 25m Manikin relay	<i>Must include one male and one female</i>
98	M/F/Mix	U/12	4 x 12.5m Manikin relay	<i>Empty manikin / Completing one 50m length of pool. May be all male or female</i>
99	100	Open	200m Super Lifesaver	
101	102	U/19	200m Super Lifesaver	
103	104	U/16	200m Super Lifesaver	
105	Restricted	4 x U/16, 4 x O/16	8 x 50m Fin Relay	<i>Must have one male or female for each age</i>

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NO CANTEN AVAILABLE

ENTRY NOTES

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- POOL ENTRY is included in entry fees
 - No entry fee for spectators
 - Individual entries- Unlimited entry per club
 - Relay Team entries - 3 teams per club max. (Free Entry)
 - Meet Manager File to Branch Race Secretary E McCrindle mccrinde@bigpond.com.au
 - Copy of summary sheet to Registrar Donna Fishburn donna.fishburn@gmail.com
 - Payment to NSW Branch Office – cheque or direct deposit
Direct deposit details BSB 062171 Account Number 28002299.
 - Please send email to georginaryan@royalnsw.com.au with payment details
 - Rubber fins are to be used by all competitors in 8/9 year, 10/11 year and 12/13 year age events
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- To be eligible for Championship award and medals, competitors must be RLSNSW members and hold the RLS award appropriate to the age event entered.
 - Championship medals are awarded for all age groups
 - Presentations will occur throughout the Championships
 - Visitor entries will be accepted from SLS and Swimming Club members who hold the equivalent award and have been endorsed by their club. They will not be eligible for Championship awards or points.
 - World Records – drug testing will not be provided by RLSNSW

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NO CANTEEN AVAILABLE