



2023 NSW Pool Lifesaving Championships Information & Entry Details

Co-Delivered by Royal Life Saving NSW and Surf Life Saving NSW

22 & 23rd April 2023, Cranbrook School - Murray Rose Aquatic and Fitness
Centre, Bellevue Hill, Sydney

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

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The 2023 NSW Pool Lifesaving Championships will be jointly hosted by Royal Life Saving NSW and Surf Life Saving NSW. These Championships will be conducted under NSW Pool Lifesaving Competition Manual plus any amending Bulletins and Circulars, which will be sent out to all Clubs and Team Managers/Administrators. Events will also operate under the ILS competition Rule Book 2019 Edition (Revised March 2022) or under modifications outlined in NSW Pool Lifesaving Competition Manual. This will be an ILS Sanctioned event.

Action:	<ul style="list-style-type: none"> <input type="checkbox"/> Complete and submit entries no later than 5pm on Tuesday 11th April 2023. Late entries will not be accepted. <input type="checkbox"/> 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 entries for the NSW Pool Lifesaving Champs 2023. <input type="checkbox"/> Complete the Team Registration form https://www.drowningprevention.org.au/event-details/nsw-pool-lifesaving-championships <input type="checkbox"/> The 'team manager download file' will be emailed to registered Team Managers. The exported data must be emailed to lifesavers@royalnsw.com.au by Tuesday 11th April 2023
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1. Event Entries

Entry Registrations:

1. Entries to the 2023 NSW Pool Lifesaving Championships must be submitted by email to Royal Life Saving NSW lifesavers@royalnsw.com.au no later than 5pm on **Tuesday 11th April 2023**. No late entries will be accepted.
2. These entries must be submitted using the electronic entry system Team Manager Lite program (not compatible with Apple computers).
3. Entries submitted on paper or by email will not be accepted. The Team Manager File system is the only way to complete Pool Lifesaving entries.

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.

Entry Fees:

1. Individuals - A flat fee of \$50.00 (incl. GST) per competitor entered into the Championships.
2. Teams - \$12.00 (incl. GST) per Team entry (in addition to the individual entry fee)
3. Event registrations and entries will be invoiced to each Club as per the information in the Registration Form and Meet Manager.
4. No fees apply to relay team member substitutions.
5. No late entries will be accepted after 11th April 2023.

2. Entry Conditions

General Conditions

1. Competitors must be a financial member of either RLSNSW and/or SLSNSW for the 2022/2023 season.
2. Competitors will compete as a club representative of either RLSNSW or SLSNSW Club.
3. A competitor's age group will be based on their age on/at the 31st December 2022 (midnight). Competitors must compete in this age group irrespective of their 2022/2023 season age group.
4. Please note that U10 competitors are ineligible to compete in the U11 age group if they do not meet the age requirements as set out in 2.3. This ruling supersedes the SLS and RLS rulebook rulings enabling U10s to race U11 age group.
5. All competitors entered must meet the RLSNSW/SLSNSW award and proficiency requirements as well as any other requirements of either RLSNSW/SLSNSW polices.
6. A club may have unlimited entries. Please note that a competitor may only compete in one age group per event with the exception of U17S – Masters, who may compete in their own age group and in the Open age group.
7. Entry times should be included as part of the entry procedure if possible; events will be seeded using these times. Times exceeding the World Record will not be accepted.
8. As this is a Championship event, no composite teams shall be permitted to compete unless approved prior to the closing date by the Competition Committee Chair and Event Referee. Refer to section 4 Event Rules/Conditions below.

Dual Affiliation:

1. Dual Affiliated Members (member of both a RLSNSW and a SLSNSW club), must only complete entries via one club (either their RLSNSW or SLSNSW Club).

2. Dual Affiliated Members can only represent one club during the entire Championships. Members must compete in all entered individual and team events at the Championship. This will be the RLSNSW or SLSNSW club that completed their entries.
3. However, Dual Affiliated Members may identify BOTH clubs on their registration form to be eligible for RLSNSW and SLSNSW point score.

For example; An athlete belongs to both Hills LSC (RLSNSW club) and Bondi SLSC (SLSNSW club).

- 1) The Team Manager/Individual registers for the Championships via Hills LSC.
- 2) The Team Manager/Individual will identify on the registration form the athlete as a member of both Hills LSC and Bondi SLSC to be eligible for both RLSNSW and SLSNSW point score.
- 3) The Team Manager/Individual will complete entries for Hills LSC.
- 4) The athlete will only be eligible to compete for Hills LSC in individual and team events at the Championships.

Withdrawals and Substitutions:

1. All withdrawals must be submitted on the approved Withdrawal/Substitution Form at least 1 hour (60 minutes) before the scheduled starting time for that event.
2. A club may substitute a competitor in a team event provided they are a registered competitor of that club and that the event's entry requirements are satisfied. All fields on the substitution/withdrawal form must be completed.
3. All substitutions will apply for team events as per the current edition of NSW Pool Lifesaving Competition Manual.
4. Any withdrawal and team substitution submitted on the official Withdrawal/Substitution Form to Competitor Liaison will be supplied to the appropriate carnival official/s with the authority to promulgate the required changes.

Entry Lists:

1. At the close of entries, entry lists will be generated and posted online. Team Managers will be emailed a download link. Team Managers are required to download the entry list for their club and confirm their members event entries are correct they are also required to advise the Administration Officer of any corrections or competitor withdrawals using the official Entry List or withdrawal form respectively.
2. Competitors who have not indicated they are competing in an event prior to the closing date will be deemed ineligible to compete in the event.
3. The Competition Program will be posted prior to the commencement of Saturday's competition which will allow self-marshalling to occur. Once the Program has been posted there will be no redrawing of event heats and competitors will be called to marshalling for each event with an expectation that they know the heat and lane they have been allocated.
4. All swimmers in the first 2 events of each session are to report to the marshalling area 10 minutes prior to the scheduled start time of that session.
5. At least four (4) heats prior to their event competitors are to report to marshalling and ensure they are in their correct heat/lane in the designated marshalling area, as directed by the Marshall.
6. The claims board is only to be used as a guide.
7. Parents, Team Managers, or Coaches are not permitted in the marshalling area.

Officials and Volunteer Quotas:

For Official and Volunteer nominations please refer to the 2023 NSW Pool Lifesaving Officials and Volunteer Nomination Form.

Once nominations close, the Competition Organising Committee will meet to discuss and elect the most suitable Officials for the Championships. These appointments will then be announced and distributed prior to the competition.

The following quota system for Clubs to provide Accredited Officials based upon the number of competitors entered for these Championships.

1 to 4	0 Officials
5 to 20	1 Official
21 to 39	2 Officials
40+	3 Officials

In addition to the above, additional **Volunteers** are still required for essential roles that include **Timekeeping and Pool Setting**. Please note that timekeepers and pool setter rosters do not contribute to the quota.

Once entries close, a timekeeping and pool setting roster will be set based on the number of competitors per club. At the same time clubs who have not met the required Officials quota will be contacted by RLSNSW/SLSNSW Staff. We appreciate the assistance from clubs to meet all required and rostered positions as these roles are essential to enable the Championships to run effectively (i.e. if Timekeepers and Pool Setters are not appointed then the program will be affected). If pool setters & timekeepers do not attend, the athletes from those clubs will be withdrawn from that session.

3. Age Group Requirements

1. Competitors compete according to their age on/at the **31st December 2022** (midnight). Outlined below are the proficiency awards required for each age group.
2. Competitors must be **10 years old** on/at the 31st December 2022 (midnight) to be eligible to compete.

Age Group	Minimum Proficient Award to Complete	
	RLSNSW	SLSNSW
Individual Events		
U11 (10 yr)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their surf Age group
U12 (11 yr)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their Age
U13 (12 yr)	RLSSA Bronze Star	Provided they are currently proficient in the appropriate age award for their Age
U14 (13 yr)	RLSSA Bronze Star	SLSA Surf Rescue Certificate or U13 preliminary evaluation
U15 (14 yr)	RLSSA Bronze Star	SLSA Surf Rescue Certificate
U17 (15-16 yrs)	(15 years) RLSSA Bronze Star (16 years) RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
U19 (17 -18 yrs)	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Open	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Masters	RLSSA Bronze Star/RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Relay Events		
U11/12 (10/11 yrs)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their Age

U13/14 (12/13 yrs)	RLSSA Bronze Star	Provided they are currently proficient in the appropriate age award for their Age / SLSA Surf Rescue Certificate or U13 preliminary evaluation
U15/17 (14/15-16 yrs)	(14-15 yrs) RLSSA Bronze Star (16 yrs) RLSSA Bronze Medallion	SLSA Surf Rescue Certificate/ SLSA Bronze Medallion
U19 (17-19yrs) /Open/Masters	(U19/Open) RLSSA Bronze Medallion (Masters) RLSSA Bronze Star	SLSA Bronze Medallion/Certificate II

3. U11, U12 and U13 competitors must hold the appropriate award and proficiency for their age category.
4. 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.
5. U14 and U15 age - Only proficient in RLSSA Bronze Star and SLSA Surf Rescue Certificate (SRC).
6. U17, U19, Open and Masters - Only proficient RLSSA Bronze Star (15 years/Masters) RLSSA Bronze medallion (16 and over) /SLSA Bronze Medallion holders may contest individual events.
7. U17, U19 and Masters competitors may compete in their individual age group and Open Individual age events.

4. Event Rules/Conditions

The Championships will be conducted under NSW Pool Lifesaving Competition Manual plus any amending Bulletins and Circulars, which will be sent out to all Clubs and Team Managers/Administrators. The ILS endorsed events will also operate under the ILS competition Rule Book 2019 Edition (Revised March 2022) while the modified junior events will operate under the NSW Pool Lifesaving Competition Handbook. The eligibility conditions for age categories, substitution, and other required provisions to complete is provided in sections 2 & 3 above.

General Conditions:

1. Events will be conducted in Male and Female Gender categories for the events listed in the table below.
2. Competitors MUST wear either club caps or rubber or silicone swim caps in each team event (also refer to NSW Pool Lifesaving Competition Manual and Section 3.1 of the ILS Sports Manual).
3. All events shall be Timed Finals.
4. U14 and over aged events are permitted to use fibre glass fins and younger age groups MUST wear rubber fins. U14s are required to use soft fins in team events. Refer to Competition Equipment below for full details.
5. Competitors can only enter individual and team relay events for one age group.
6. Team relay composition for each age group is as follows;
 - a. U11- U14 team events will be run as non-gender specific i.e. Can be all male, all female or mixed.
 - b. U15- Masters team events will be gender specific.

Event Table:

INDIVIDUAL EVENTS	U11	U12	U13	U14	U15	U17	U19	Open	Masters	
									30-59	60+
50m Freestyle Swim with fins	✓	✓	✓	✓	✓	✓	✓	✓		
200m Obstacle Swim ②					✓	✓	✓	✓	✓	
100m Obstacle Swim			✓	✓						✓
50m Obstacle Swim	✓	✓								
50m Manikin Carry					✓	✓	✓	✓	✓	✓
50m Brick Carry (from 25m)		✓	✓	✓						
50m Brick Carry (from 35m)	✓									
100m Rescue Medley ③							✓	✓		
100m Manikin Tow with fins				✓	✓	✓	✓	✓	✓	✓
50m Manikin Tow with fins		✓	✓							
50m Tube Clip with fins (no manikin)	✓									
100m Manikin Carry with fins					✓	✓	✓	✓	✓	✓
100m Brick Carry with fins			✓	✓						
200m Super Lifesaver					✓	✓	✓	✓		
Line Throw ④	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
TEAM EVENTS										
U11 to U14 - Non-Gender Specific	U11/U12		U13/U14		U15/U17		U19/Open		30+ Masters	
U15 to Masters – Gender Specific										
4 x 50m Obstacle Relay	✓		✓		✓		✓		✓	
4 x 25m Manikin Relay					✓		✓		✓	
4 x 25m Brick Relay	✓		✓							
4 x 50m Medley Relay			✓ ⑥		✓		✓		✓	
4 x 50m Modified Medley Relay ⑤	✓									

Individual Events:

1. **Note 2** For Masters 60+ Masters age group, competitors will swim 100m in the obstacle swim, not 200m.
2. **Note 3** Coaches and Team Managers are required to ensure all competitors who enter Rescue Medley are adequately trained in underwater skills to prevent shallow water blackout. Royal Life Saving and Surf Life Saving NSW condemn the practice of hyperventilation before participating in prolonged underwater swimming.
3. **Note 4** Line throw is an **individual event**.
 - a. Competitors can only compete once in this event (as a Thrower) but may participate as a victim unlimited times.
 - b. Victims must be a registered competitor in the Championships and meet the below criteria for each age group.
 - i. For U11 – U14 age groups the victim must be U17 or younger and of any gender.
 - ii. For U15, U17 and U19 age groups the victim must be of same gender and from their own age group or older.
 - iii. For Opens and Masters the victim must be the same gender and be eligible to compete in the Open Age Group (U17s, U19, Opens & Masters).
 - c. National and International records can only be claimed if the victim is of the same gender and meets the age requirements of the record being claimed.
 - d. For U13 and U14 Line Throw, events shall be placed at the 10m mark.
 - e. For U11 and U12 Line Throw, events shall be placed at the 8m mark.
4. Competitors can only compete in one age group per event.

Team Events:

1. **Note 5** In U11/U12 Medley relay, the 4th swimmer does not tow 3rd swimmer.
2. **Note 6** In U13/U14 Medley relay, the 2nd and 4th swimmer must use soft fins.
3. Competitors can only compete in one age group per event.
4. U11/U12 and U13/U14 team events are non-gender specific.
5. U15-Opens and Masters team events are gender specific.
6. U17 competitors can compete in Open team events.
7. U11-U14 competitors can compete in U13/U14 team events, however, only 50% of the U13-U14s team can comprise of U11s and U12s team competitors. Clubs can only enter one team per event using this rule.

Protest and Appeals:

1. The Chief Referee will deal with all the protests referred to it by the Competitor Liaison on the correct Protest form.
2. The Competition Appeals Committee will deal with all the Appeals and any protests referred to it by the Chief Referee or their delegate. The protest and appeals' process is detailed in the current edition of RLSSA Pool Lifesaving Competition Manual Section and any subsequent Bulletins and Circulars.
3. Protest and Appeals forms can be obtained from appointed Competitor Liaison Officers or administration.
4. The Competition Appeals Committee shall consider the protest/appeal and make a decision. 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.
5. The decision of the Competition Appeals Committee is final and there is no right of further appeal against that decision.

Visitors/Exhibition Competitor Information:

1. As a Championship event no composite teams shall be permitted to compete except for a Branch, Development, State or High-Performance teams for International team selection with prior approval and at the discretion of RLSNSW/SLSNSW and the Championships Committee.
2. Development, State and High-Performance teams will not be awarded points or medals for team events.
3. Development, State and High-Performance team member will be required to enter as part of their Club in individual events and as such are entitled to Championship titles, event medal and their points go towards the individual's clubs point score.
4. Interstate RLSSA and SLSA Affiliated Clubs are permitted to enter the Championships, however, cannot gain points. The relevant STMO will endorse that members meet awards, proficiency, and competition eligibility.

Competition Equipment:

1. RLSNSW/ SLSNSW will supply the Bricks, Manikins and Line throw ropes for the use during all competition events. All equipment will comply with the ILS specifications as specified in the ILS Sports Manual section 8.
2. RLSNSW will supply the Tubes for the use of competitors during competition.
3. All competitors are required to supply their own fins.
4. Rubber fins for U11, U12, and U13 events must comply with the specifications outlined below.
5. For all U14 and older aged competitor's fiberglass fins must comply with the ILS specifications. **Note** that these competitors may also use rubber fins which comply with the specifications listed below.
6. U11-U14 team events that require fins to be used will be rubber fins.
7. U14 Competitors are permitted to use fibreglass fish for the 100m Tow, 100m Brick Carry and 50m Free with fins.
8. Competitors will need to provide their own throw ropes for practice/warm up only.
9. Competition equipment will be subject to random scrutineering checks during the event.

Rubber Swim Fins Specifications:

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:

An exception to this rule is the U13- U14 Medley Relay. The 2nd and 4th competitor will be required to wear rubber fins.



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:

1. Maximum 50cm overall length including the shoe.
2. 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. Fins are measured while not being worn.

Note: 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 for any event.

5. Championship Organisation

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 7:30am on Saturday and Sunday.

For any event to be contested at the NSW Pool Lifesaving Championships, a minimum of one (1) starter is required. Some events may be combined due to the number of entries. Where an event is conducted all place getters shall be awarded medals.

Please refer to the order of events below and note:

- The timetable may be subject to further changes by the Referee.
- For effective timetabling, some events may be conducted simultaneously, and result declared based on times for each division.
- The marshalling sheets will be numbered in accordance with the circulated program.
- Some events could be deleted if there is not sufficient time to conduct this event.
- A final event information document will be sent one week prior to the event.

6. Championship Program Day 2

Sunday 23 April 2023							
#	EVENT	AGE	GENDER	#	EVENT	AGE	GENDER
97	200m Obstacle Race	Open	Male	125	50m Manikin Carry	Open	Male
98	200m Obstacle Race	Open	Female	126	50m Manikin Carry	Open	Female
99	200m Obstacle Race	U19	Male	127	50m Manikin Carry	U19	Male
100	200m Obstacle Race	U19	Female	128	50m Manikin Carry	U19	Female
101	200m Obstacle Race	U17	Male	129	50m Manikin Carry	U17	Male
102	200m Obstacle Race	U17	Female	130	50m Manikin Carry	U17	Female
103	200m Obstacle Race	U15	Male	131	50m Manikin Carry	U15	Male
104	200m Obstacle Race	U15	Female	132	50m Manikin Carry	U15	Female
105	4 x 50m Obstacle Relay Race	Open/U19	Male	133	4 x 25m Manikin Relay	Open/U19	Male
106	4 x 50m Obstacle Relay Race	Open/U19	Female	134	4 x 25m Manikin Relay	Open/U19	Female
107	4 x 50m Obstacle Relay Race	U17/U15	Male	135	4 x 25m Manikin Relay	U17/U15	Male
108	4 x 50m Obstacle Relay Race	U17/U15	Female	136	4 x 25m Manikin Relay	U17/U15	Female
All age groups combined - Super Lifesaver							
109	Line Throw – 12.5 metres	Open	Male	137	200m Super Lifesaver	Open	Male
110	Line Throw – 12.5 metres	Open	Female	138	200m Super Lifesaver	Open	Female
111	Line Throw – 12.5 mark	U19	Male	139	200m Super Lifesaver	U19	Male
112	Line Throw – 12.5 mark	U19	Female	140	200m Super Lifesaver	U19	Female
113	Line Throw – 12.5 mark	U17	Male	141	200m Super Lifesaver	U17	Male
114	Line Throw – 12.5 mark	U17	Female	142	200m Super Lifesaver	U17	Female
115	Line Throw – 12.5 mark	U15	Male	143	200m Super Lifesaver	U15	Male
116	Line Throw – 12.5 mark	U15	Female	144	200m Super Lifesaver	U15	Female
117	100m Manikin Tow with Fins	Open	Male	145	4 x 50m Medley Relay	Open/U19	Male
118	100m Manikin Tow with Fins	Open	Female	146	4 x 50m Medley Relay	Open/U19	Female
119	100m Manikin Tow with Fins	U19	Male	147	4 x 50m Medley Relay	U17/15	Male
120	100m Manikin Tow with Fins	U19	Female	148	4 x 50m Medley Relay	U17/15	Female
121	100m Manikin Tow with Fins	U17	Male				
122	100m Manikin Tow with Fins	U17	Female				
123	100m Manikin Tow with Fins	U15	Male				
124	100m Manikin Tow with Fins	U15	Female				
All age groups combined - Rescue Medley							
149	100m Rescue Medley	Open	Male	161	100m Manikin Carry with Fins	Open	Male
150	100m Rescue Medley	Open	Female	162	100m Manikin Carry with Fins	Open	Female
151	100m Rescue Medley	U19	Male	163	100m Manikin Carry with Fins	U19	Male
152	100m Rescue Medley	U19	Female	164	100m Manikin Carry with Fins	U19	Female
153	50m Freestyle - with fins	Open	Male	165	100m Manikin Carry with Fins	U17	Male
154	50m Freestyle - with fins	Open	Female	166	100m Manikin Carry with Fins	U17	Female
155	50m Freestyle - with fins	U19	Male	167	100m Manikin Carry with Fins	U15	Male
156	50m Freestyle - with fins	U19	Female	168	100m Manikin Carry with Fins	U15	Female
157	50m Freestyle - with fins	U17	Male	END DAY 2			
158	50m Freestyle - with fins	U17	Female				
159	50m Freestyle - with fins	U15	Male				
160	50m Freestyle - with fins	U15	Female				

8. Point Score

- a. Both organisations respective point scores will be individually collated, awarded, and acknowledged by the respective body.
- b. Only one set of Championships medals for each event will be awarded on the Day of Competition.
- c. Team Managers and Competitors are encouraged to refer to the relevant organisations Competition Manual for further point score information.

9. Other Information

First Aid:

- d. 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:

- e. No café is available on site. The closest café is directly across from the venue (Boatshed Rose Bay)

Health and Wellbeing:

- f. 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.

Anti-Doping

- g. RLSNSW and SLSNSW 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). Please refer to the RLSNSW Competition Handbook Section 2 Member Protection Policies RLSSA Anti-Doping Policy 2.12. 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](#)
- h. 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 and parents from their Club.



Behaviour/Misconduct

- i. Misconduct before, during and after the Championships will not be tolerated. Offending members risk disciplinary action against themselves and their Clubs.
- j. 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).
- k. Please refer to the RLSNSW Competition handbook Section 2 Member Protection Policies 2.13 – 2.15 & 2.22 – 2.27

10. Appendix 1 - Swimwear

In all swimming events competitions must wear approved competition dress as detailed in section 8.13 of the [2019 Edition ILS Competition Rule Book \(Revised February 2020, January 2021, March 2021, March 2022\)](#).

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
		

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

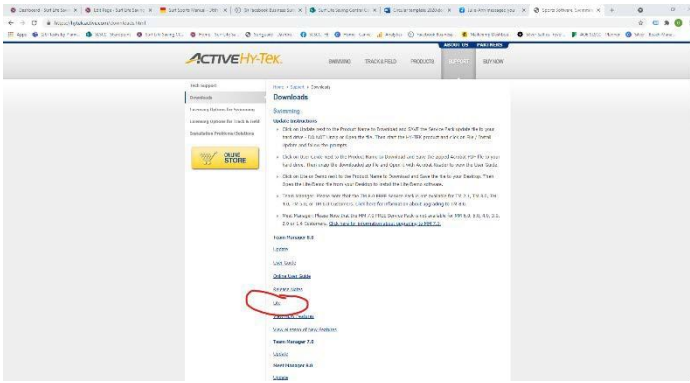
- Swimwear worn by males shall not extend above the navel or below the knee.
- Swimwear worn by females shall not cover the neck, shoulders or arms nor extend below the knees. Two-piece swimsuits that conform to this standard may be worn.
- The material and construction used in swimwear to be worn in all competition swim legs and pool rescue events swim legs shall be:
 - Only textile woven fabric(s) shall be permitted.
 - Non-woven and/or non-permeable (e.g. wetsuit type) materials shall not be permitted.
 - The material used shall have a maximum thickness of 0.8mm.
- Other than string ties for the tops and men's swimwear or the bottom of female two-piece swimwear no zippers or other fastening system shall be permitted.
- Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.
- No outside application on the material shall be permitted. (Note: manufacturer brandings, club names or similar are permitted).

RLNSW/SLNSW 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.

Upon application for religious and/or cultural diversity reasons, RLNSW/SLNSW 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.

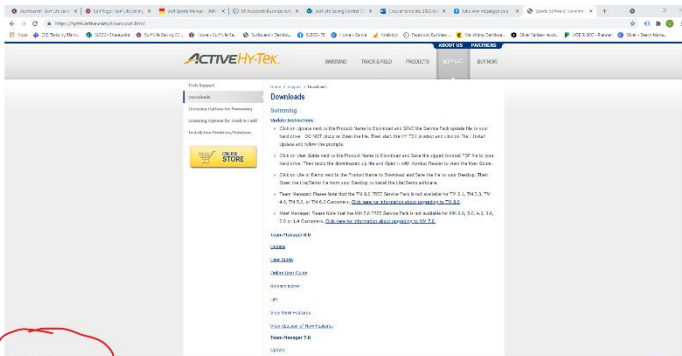
11. Appendix 2 Team Manager Entry Process

1. Download Team Manager 8.0 Lite

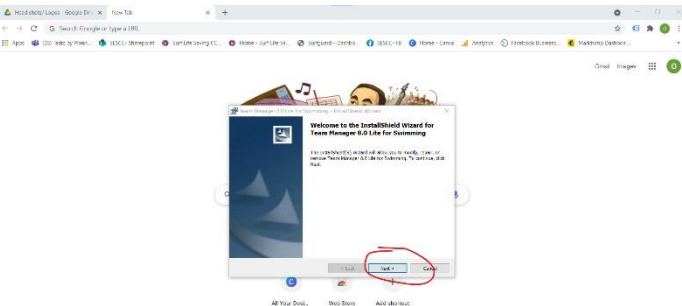


Select Lite version

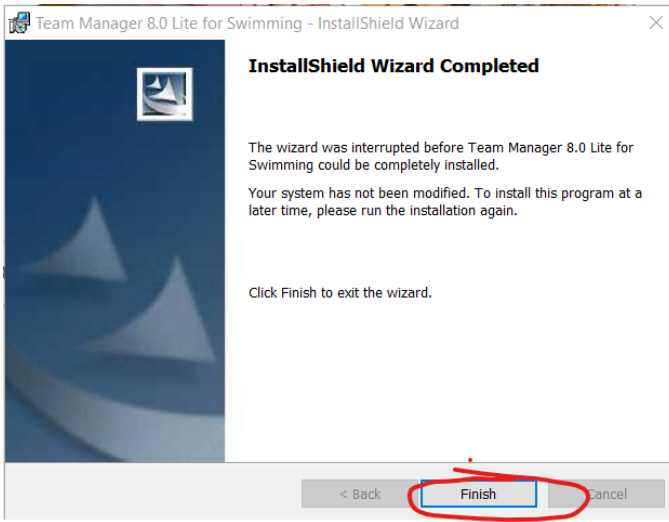
2. Install Team Manager 8.0 lite onto computer



Click open Download

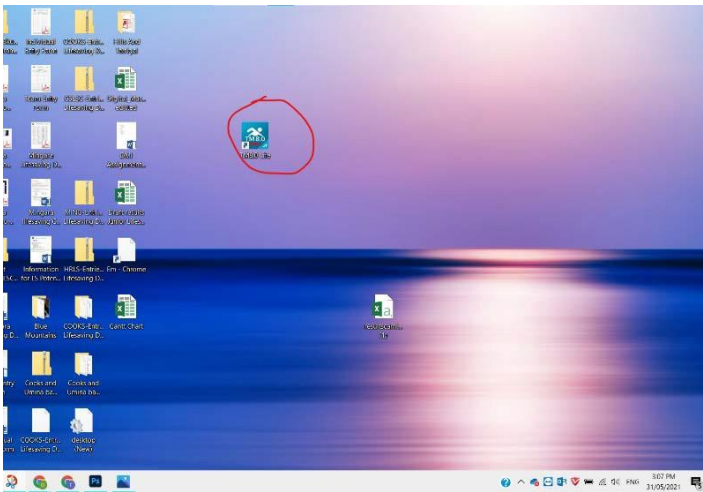


Click Next

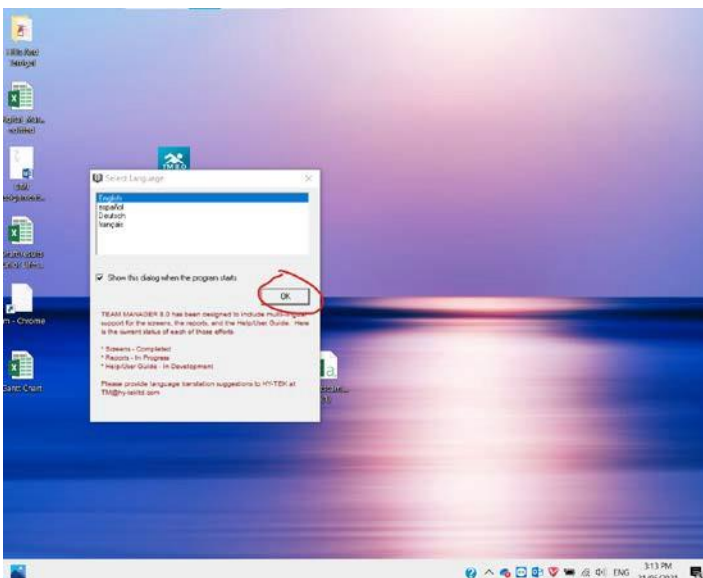


Click finish

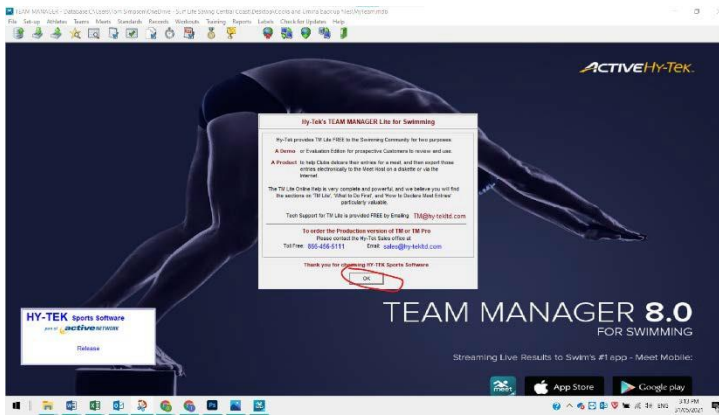
3. Open Team Manager from Desktop screen



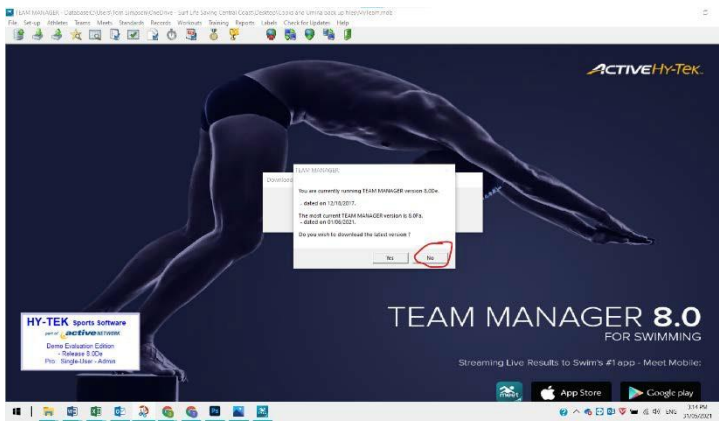
Double click your icon



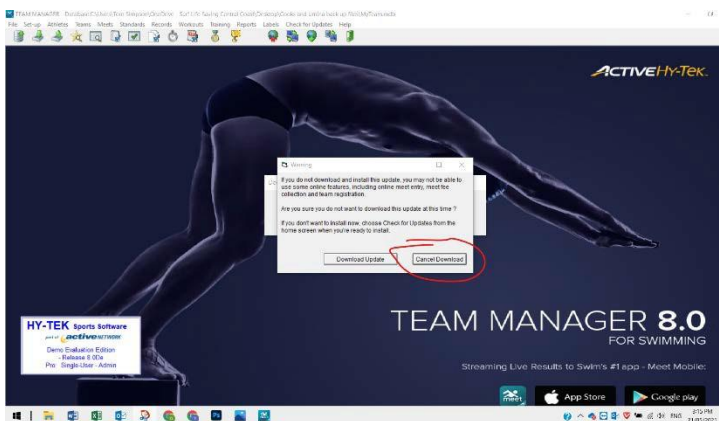
Click OK



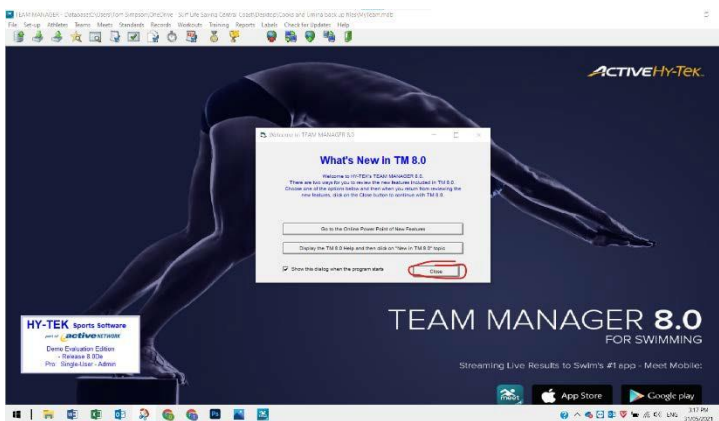
Click OK



Click NO



Click Cancel Download



Click Close

4. Download Event File

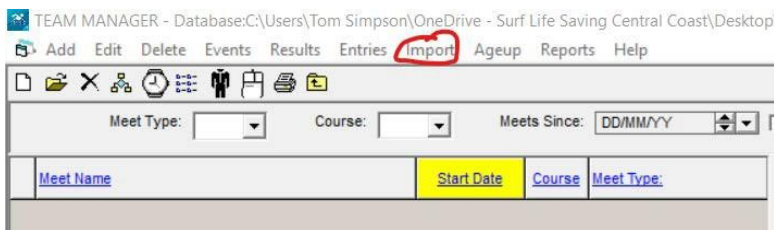
Right click Event File and select download.

5. Import event file into Team Manager

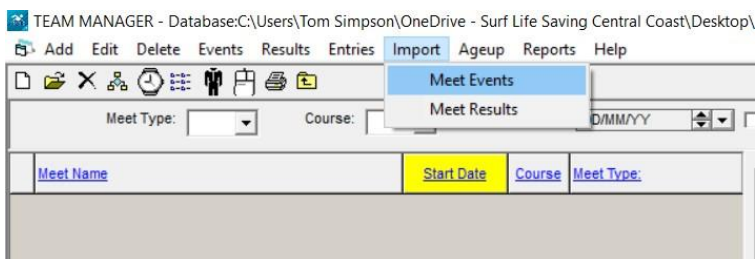


Meets

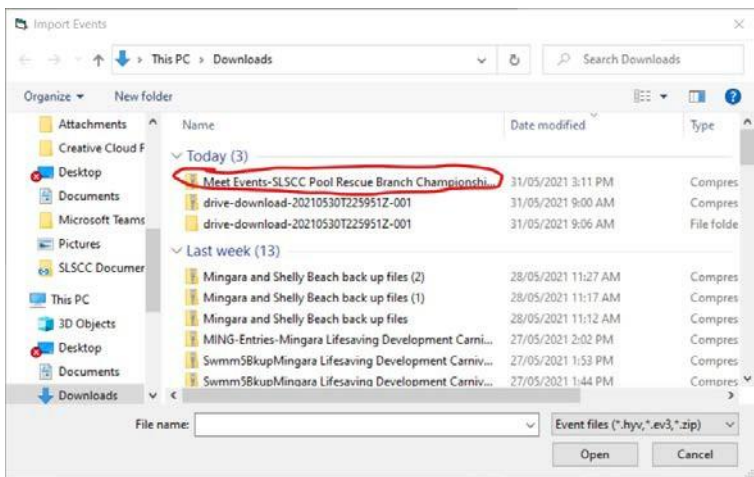
Go back to Team Manager and Select



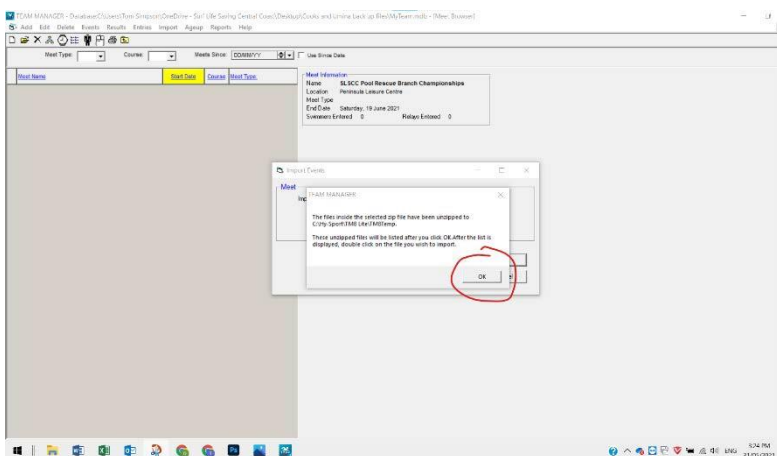
Select Import



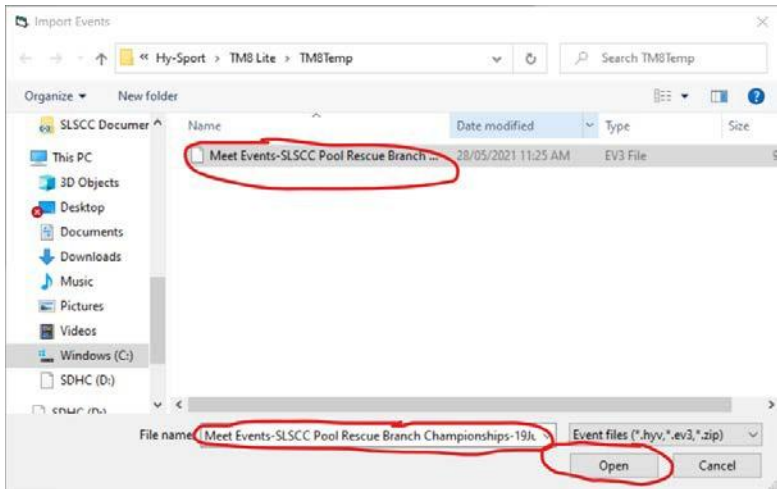
Select Meet Events



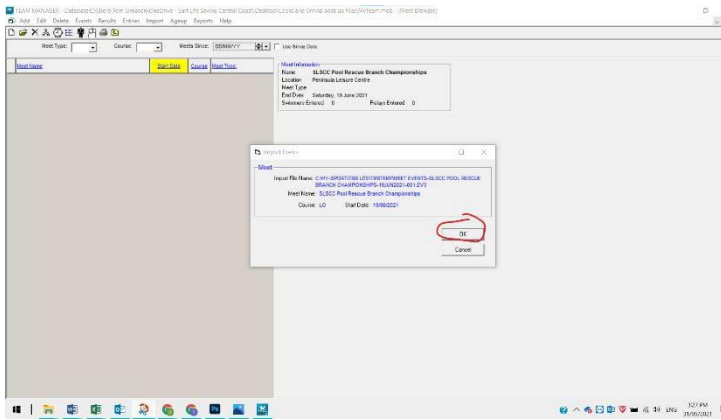
Select recent file in downloads



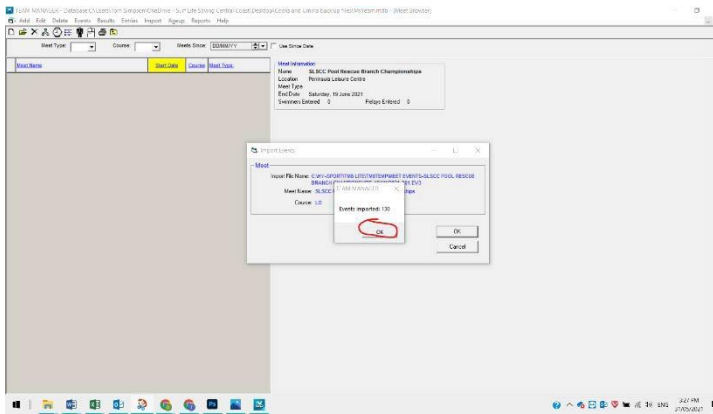
Select OK



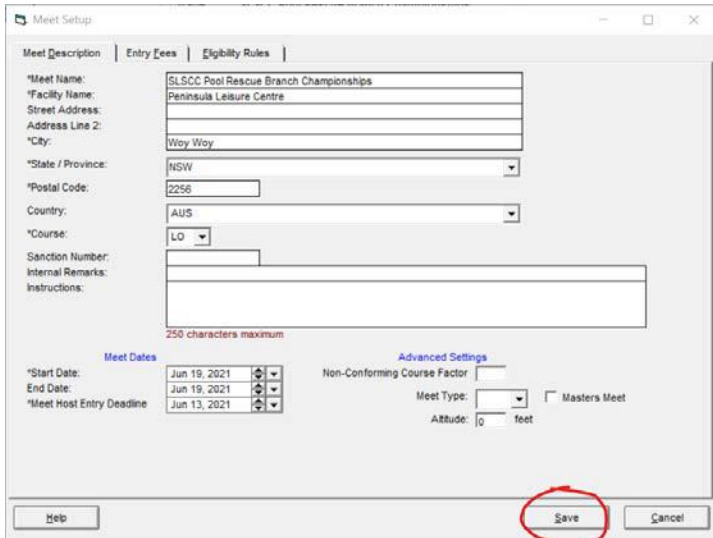
click on file and then select Open



Click OK

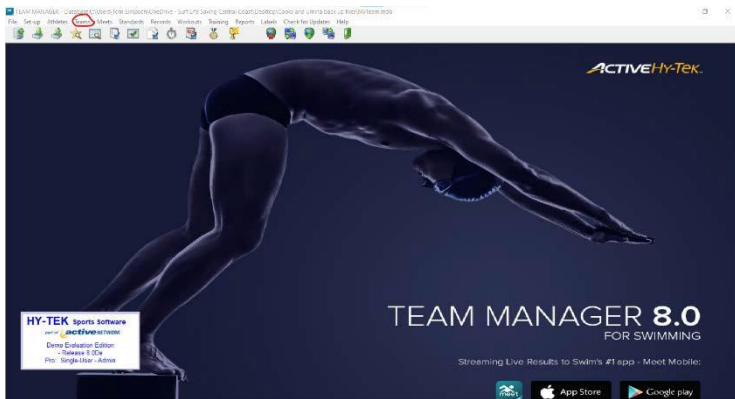


Click OK

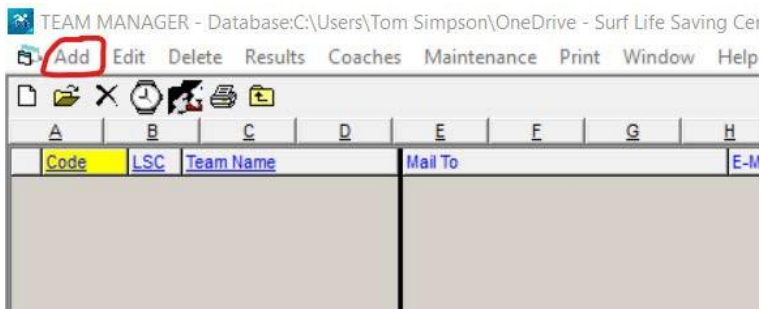


Click Save

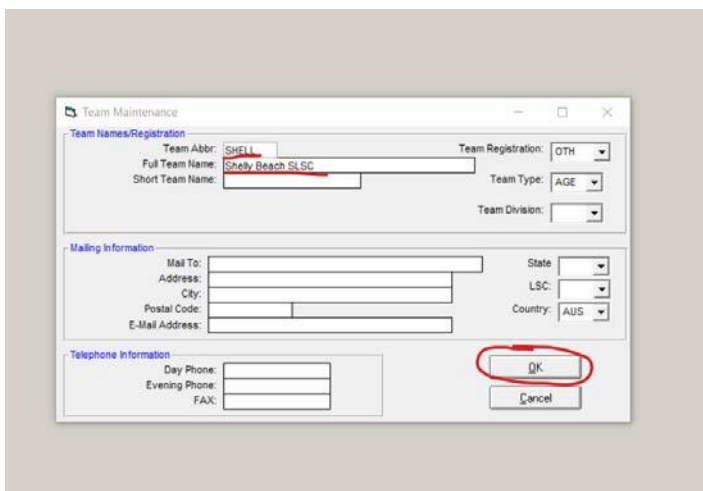
6. Create Team



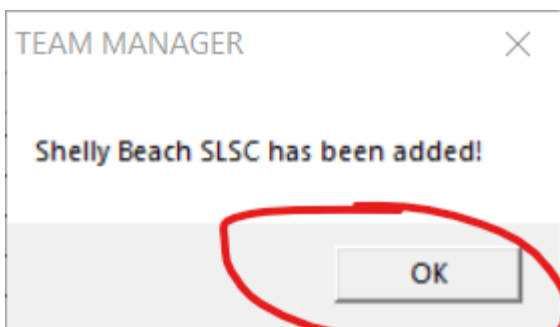
Select Teams



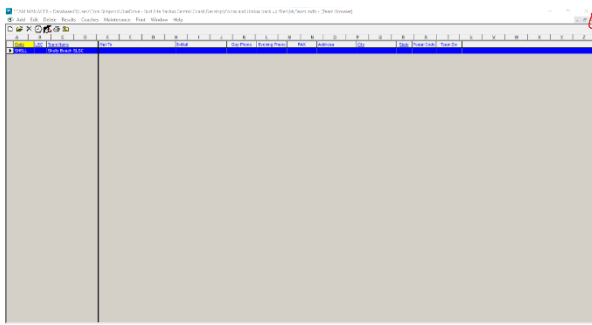
Select Add



Enter Team Abbr, Full Team Name & select OK



Select OK



Press ESC & exit screen

7. Add Athletes



Select Athlete



Select Add

Athlete Information

Primary Contact | Secondary Contact | Medical | Custom | Email Export

Primary Mailing Information

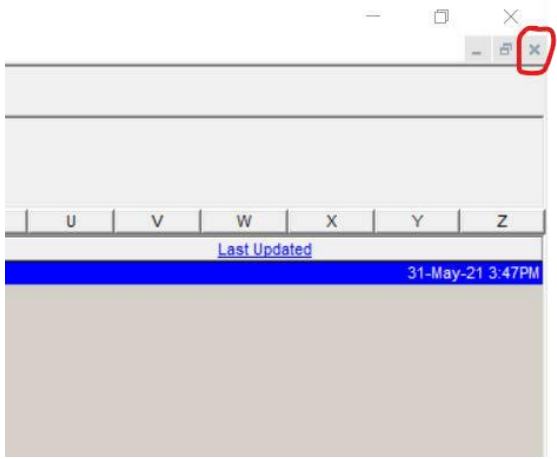
Primary Contact Information

Member of

Registration OK Recruiting Cancel

Enter last name, first name, DOB & Team and Select OK.

Repeat for all competitors

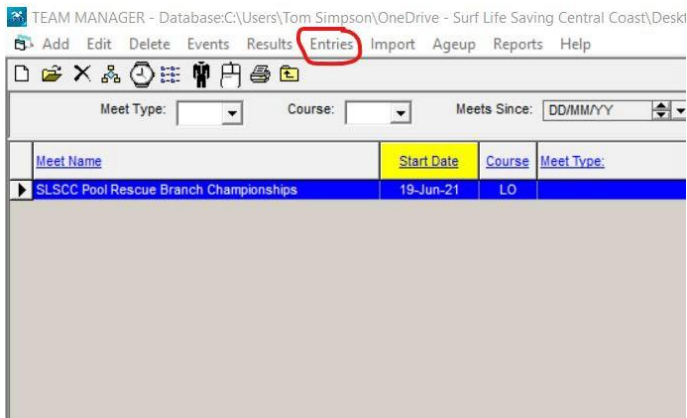


press ESC or select x to exit screen

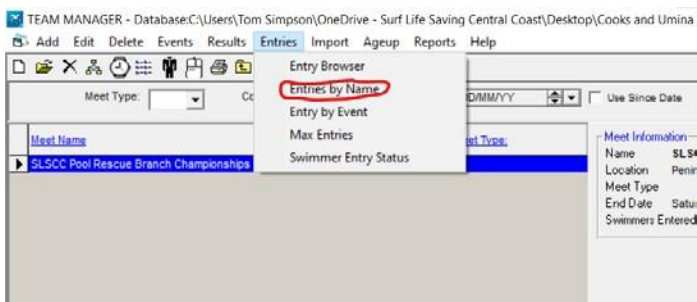
8. Enter Athlete into eligible events



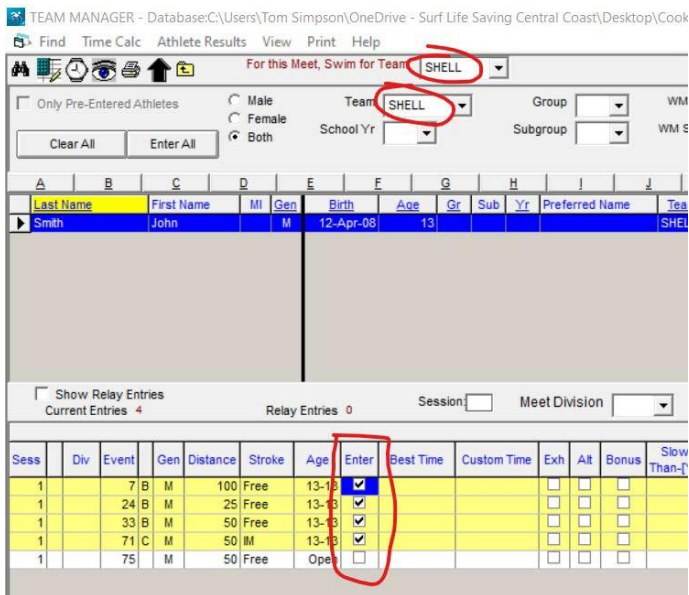
Select Meets



Select Entries



Select Entries by Name



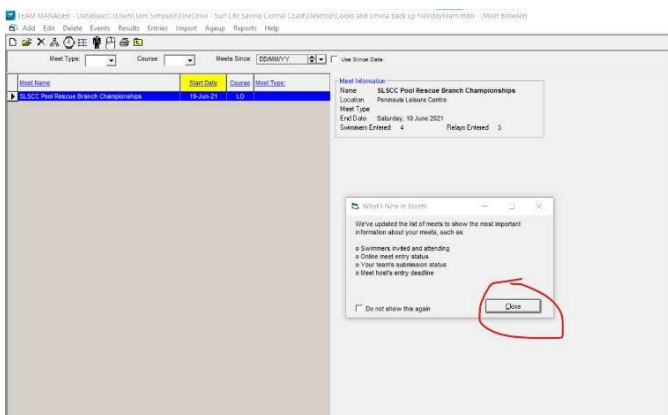
Select Team and Select Events to enter.

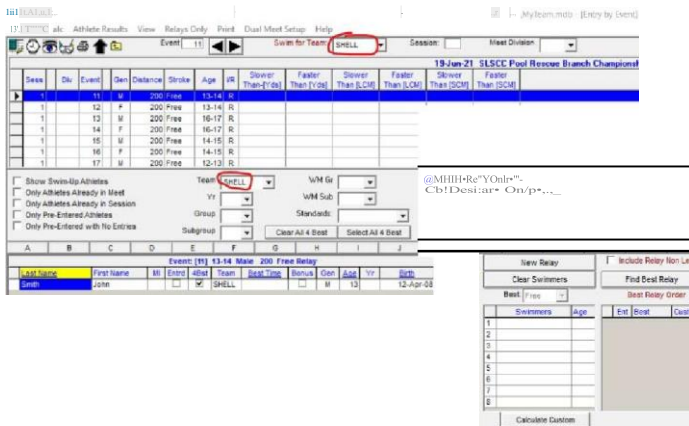
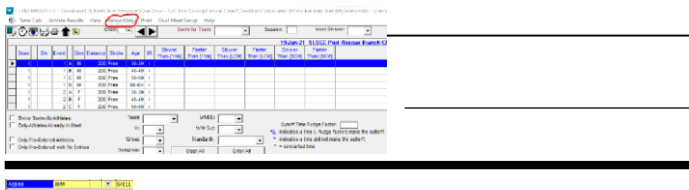
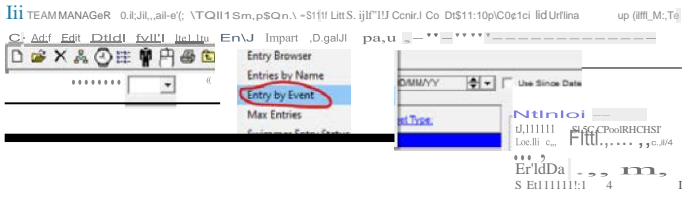
Refer to program for codes and Rules for which events can be entered.

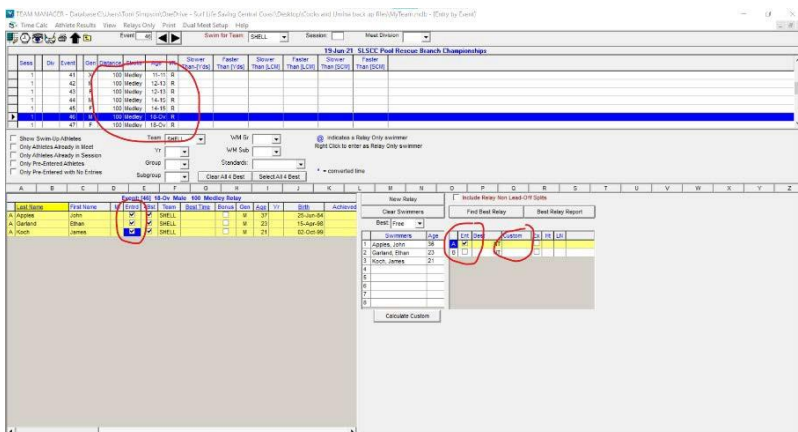
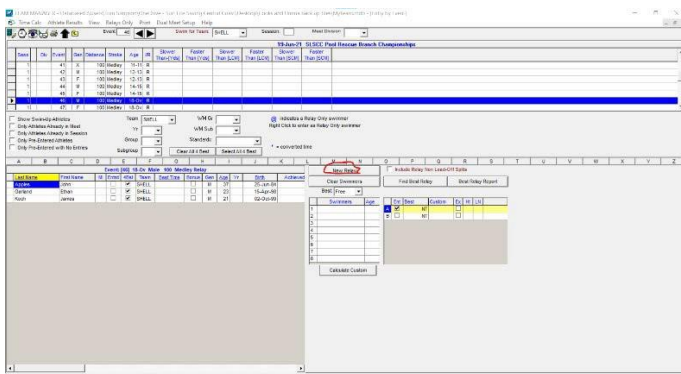
- In the custom Time field times can be submitted.
- Times must be submitted like this example - 2:06.30
- Repeat until all athletes are entered.

9. Enter Relays

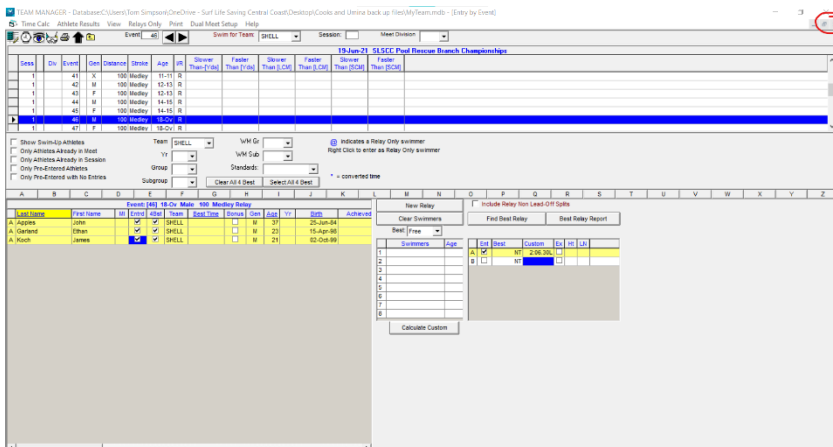
Notice for each Relay event number there may be multiple relay team age groups.







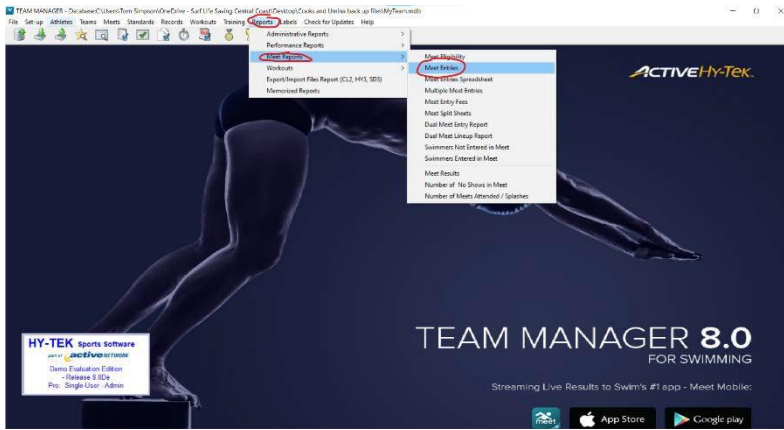
- Select event and age at the top.
- Select Team on the right and select athletes on the left to go into the team.
- In the custom field in the relay section times can be submitted.
- Times must be submitted like example below 2:06.30.
- Repeat until all teams are entered.



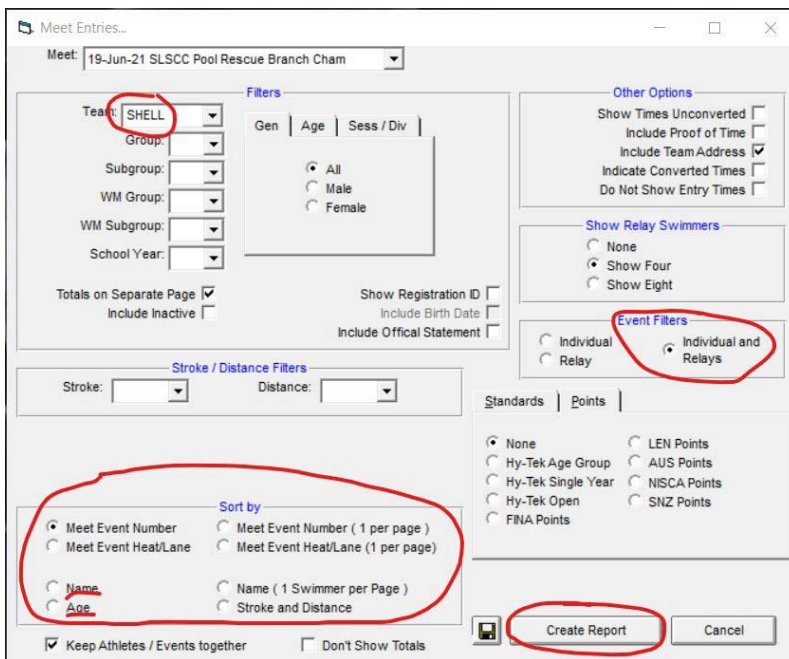
Exit Relays screen and return to home screen

Exit Relays screen and return to home screen

10. Reporting



Click Reports, Meet reports, Meet

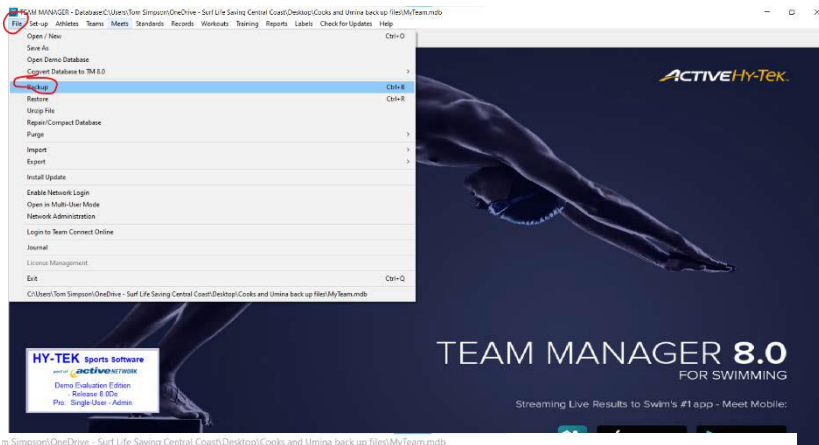


Check Team at the top, Change

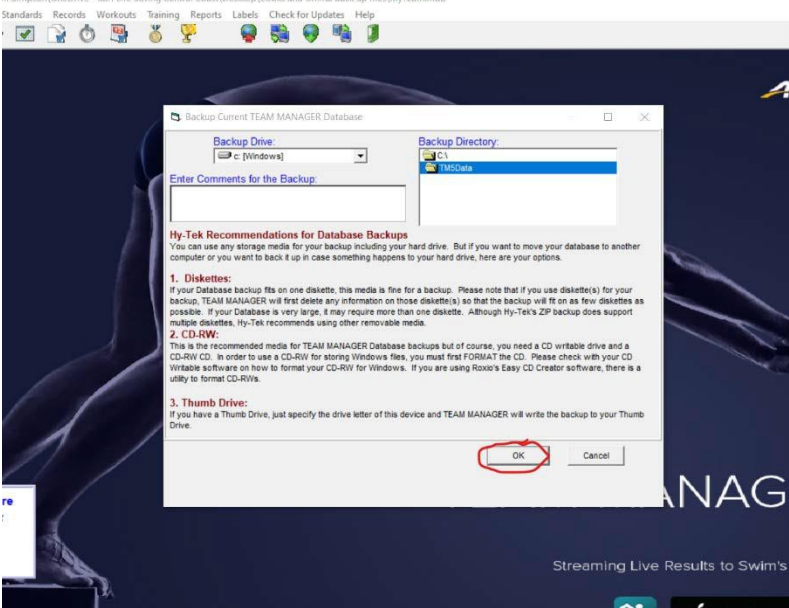
Event Filter to Individual and Relays and click create Report.

- You can also filter the report based on Name and Age (bottom right)
- Reports are useful to check you have entered all competitors in before exporting.

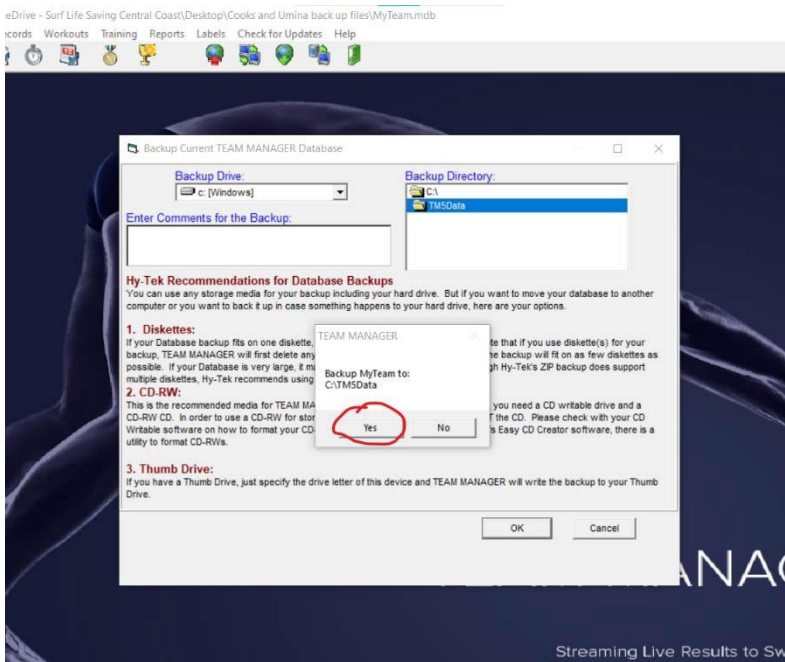
11. Back up file



Select File, Select Backup

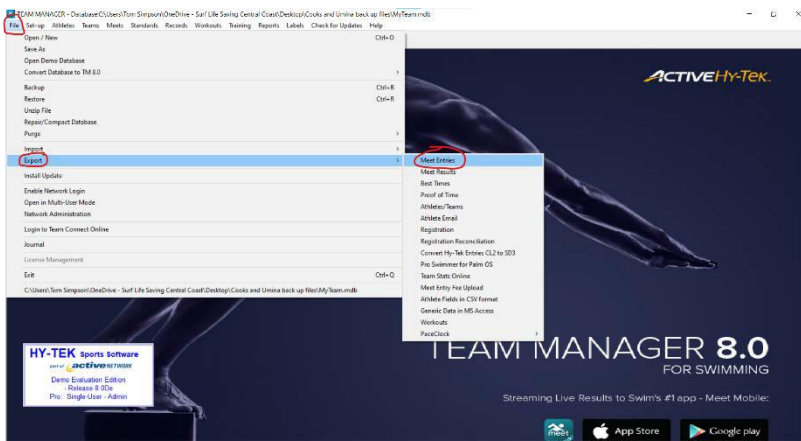


Select folder you want to save to

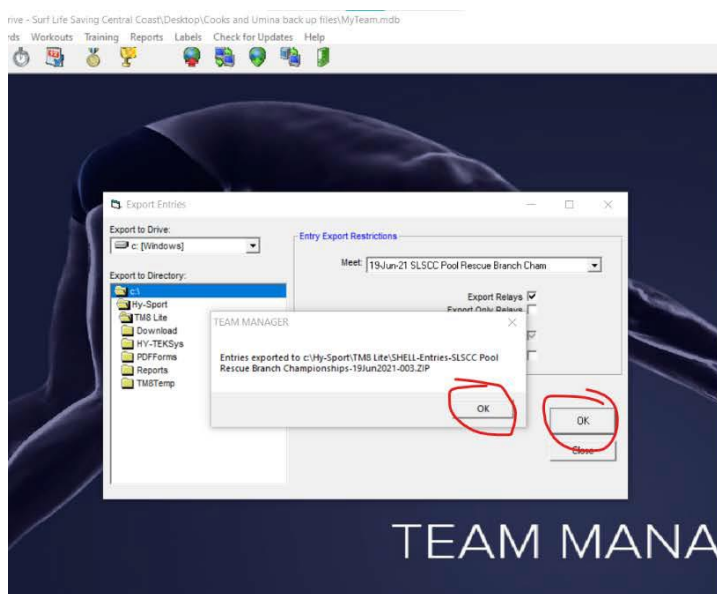


Select Yes

12. Export entry file to computer

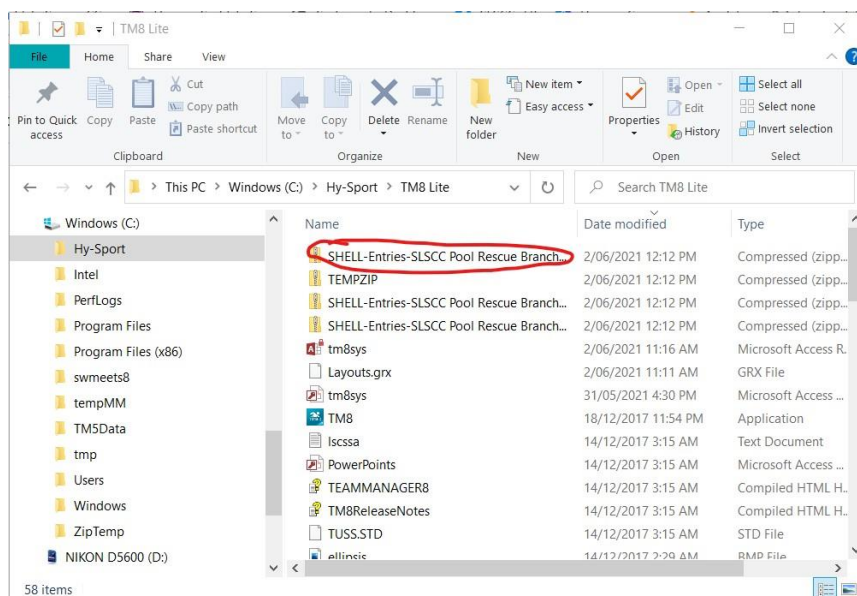


click File, Export , Meet Entries



Click OK and OK

13. Email entry file for submission



Select export file from saved location and send as attachment via email to lifesavers@royalnsw.com.au