



2023 NSW Pool Lifesaving Championships

Final Event Information

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

Contents

| | |
|---|----|
| 1. Critical Event Information | 2 |
| 2. Championship Information/ Entry Details and Competition Manual | 2 |
| 3. Championships Schedule | 3 |
| 4. Meet Program | 3 |
| 5. Warm Up | 4 |
| 6. Pool Set Up | 4 |
| 7. Club Timekeeper & Pool Setter Rosters | 4 |
| 8. Coaches’ and Managers’ Briefing | 4 |
| 9. Officials’ Briefing | 4 |
| 10. Official Club Quotas | 5 |
| 11. Stack Team App | 5 |
| 12. Parking | 6 |
| 13. Carnival Entry | 6 |
| 14. Marshalling Instructions | 7 |
| 15. Presentations | 7 |
| 16. Merchandise and Vendors | 8 |
| 17. Protests and Appeals | 8 |
| 18. Photography | 8 |
| 19. First Aid | 8 |
| 20. Warm up & Cool Down throughout Competition | 8 |
| 21. Food and Beverage | 9 |
| 22. Venue Map | 10 |

1. Critical Event Information

1. The 2023 NSW Pool Lifesaving Championships will be held on Saturday 22nd and Sunday 23rd April 2023.
2. The championships will be hosted at Cranbrook School – Murray Rose Aquatic Centre, Bellevue Hill Sydney.
3. Championships Day 1: U11 – U14s and Masters.
4. Championships Day 2: U15 – Opens.
5. NO access to pool deck except for competitors when competing, and Coaches/managers only when accessing Competitor Liaison.
6. The Championships is an ILS Sanctioned Event and all ILS endorsed events will 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. All Championship administration and organisation will be conducted under the NSW Pool Lifesaving Competition Manual plus any amending Bulletins and Circulars.
7. As per the Championships Information and Entry Details, NO late entries will be accepted.
8. Competitors will compete as a club representative of either RLSNSW or SLSNSW Club.
9. Competitors compete according to their age on/at the **31st December 2022** (midnight).
10. Competitors must be **10 years old** on/at the 31st December 2022 (midnight) to be eligible to compete.
11. Have fun and allow others to enjoy themselves!

2. Championship Information/ Entry Details and Competition Manual

1. Reference is made to the following
 - a. NSW Pool Lifesaving Championships Webpage
 - i. NSW Pool Lifesaving Championship Information and Entry Details
 - ii. NSW Pool Lifesaving Competition Manual
 - iii. NSW Pool Lifesaving Championships Official and Volunteer Nominations
 - iv. NSW Pool Lifesaving Championships Official Appointments

3. Championships Schedule

| Championship Day | Activity | Time |
|-------------------------|---------------------------------------|--------------------------|
| Day 1 | Pool Set up | 6:30 am |
| | Competitors arrive | 7:00am |
| | Warm up commences | 7:15am |
| | Coaches' and Managers' Briefing | 7:30am |
| | Officials' Briefing | 7:45am |
| | Warm up concludes | 8:15am |
| | Marshalling for first four (4) Events | 8:10am |
| | 1 st session commences | 8:30am |
| | Pool reset | End of Line Throw events |
| | Lunch break (approx. 30mins) | End of Tow events |
| Day 2 | Pool Set up | 6:30 am |
| | Competitors arrive | 7:00am |
| | Warm up commences | 7:15am |
| | Coaches and Managers Briefing | 7:30am |
| | Officials' Briefing | 7:45am |
| | Warm up concludes | 8:15am |
| | Marshalling for first four (4) Events | 8:10am |
| | 1 st session commences | 8:30am |
| | Pool reset | End of Line Throw events |
| | Lunch break | End of Tow events |

4. Meet Program

1. Please use this as a guide only. Some Events and Heats may change due to amalgamation.
2. A final Meet Program will be sent later in the week.

5. Warm Up

1. Warm up will commence in the Competition Pool from 7:15am each day.
2. All competitors must vacate the Pool no later than 8:15am each day.
3. Competition Manikins can be loaned to clubs for Warm up, however this must be arranged through the Equipment Coordinator and returned immediately when warm up concludes.
4. Please bring all other required equipment. NB Competition tubes and ropes are not available for warm up.

6. Pool Set Up

1. All Events will start from the same starting end.
2. Competitors must be aware that there will be two (2) sets of starting blocks will be at the starting end due to the placement of the Boom. This includes for the Line Throw events.

7. Club Timekeeper & Pool Setter Rosters

1. Club Timekeeper and Pool Setter Rosters must be adhered to by Clubs.
2. If this roster is not followed, RLSNSW/SLSNSW **reserves the right to impose sanctions on the club or request the offending club to show cause why that club should compete at the Championships..**

8. Coaches' and Managers' Briefing

1. The Coaches' and Managers' Meeting will be held in the Marshalling Area at 7:30am each day.
2. All Teams are required to have either a Coach/Manager attend.

9. Officials' Briefing

1. The Officials' Briefing will be held in the Marshalling Area at 7:45am each day. All Officials are required to attend.
2. There will be an Officials Room for storage of personal belongings. Please see Venue Map for location.
3. All Officials are required to sign the Attendance Sheet in the Officials Room each day.
4. Officials Clothing
 - a. Surf Life Saving NSW and Royal Life Saving NSW Officials are required to wear the appropriate Officials Shirt provided to them in the Officials Briefing.

- b. Only appointed accredited Officials will be provided with Officials Clothing. Club timekeepers will NOT be provided with Clothing.
 - c. It is imperative that NO Officials enter the competition area with any;
 - i. Club/Branch identification
 - ii. Sponsor identification
5. Officials Food and Beverage
- a. All Officials Food will be available for the collection in the Officials Room.
 - b. Drinks and Snacks will be provided to Officials on Pool Deck.

10. Official Club Quotas

1. If sufficient officials are not provided according to the quotas contained in the Entry Circular, RLSNSW/SLSNSW **reserves the right to impose sanctions on the club or request the offending club to show cause why that club should compete at the Championships.**
2. As per the 2023 NSW Pool Lifesaving Officials and Volunteer Nomination Form, Clubs are reminded that they are required to adhere to the quota system where clubs need to provide accredited officials, based upon the number of competitors entered in competition by the club.
3. Official Club Quotes

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

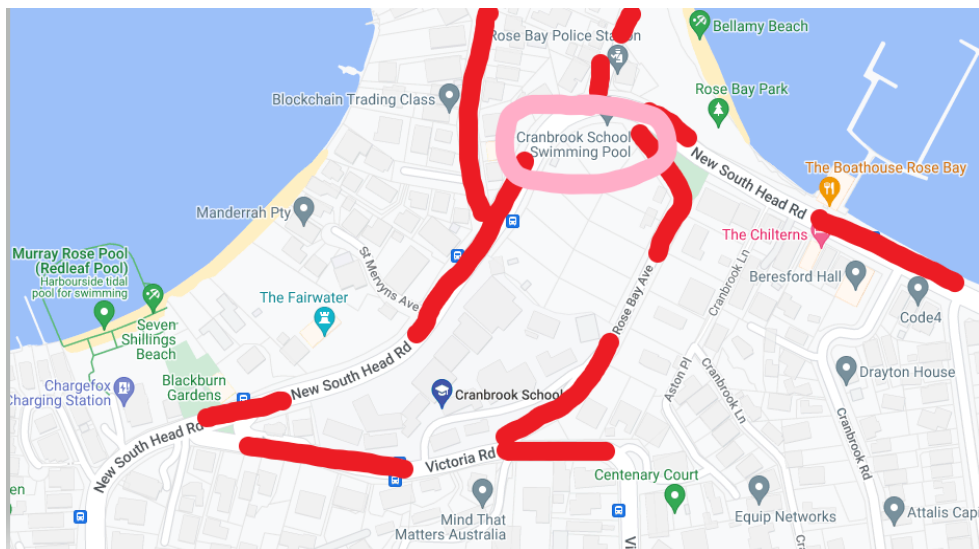
11. Stack Team App

1. Team App will be used throughout the Championships as a platform to communicate important information and timetable changes to Team Managers, Officials and Competitors.
2. To register for these event updates please follow the instructions below:
 - a. Download the "Team App" application from the App Store or Google Play
 - b. Log in / Sign up to receive live event notifications.
 - c. Once logged in, search for "**2023 NSW Pool Champs**" "Become a member of this Team App" icon at the top of the screen
 - d. Once joined. Also join groups or specific lists that you would like updates for as notifications will be targeted to the specific group

- e. Ensure that you have notifications enabled (check this within the app). By joining the event and turning on your mobile app notifications, you will receive immediate notifications and email updates as they are posted, ensuring you never miss any important information.
3. The main Communication for announcements and marshalling will be over the Public Address System.
 - a. PLEASE DO NOT RELY ON TEAM APP AS YOUR ONLY MEANS OF COMMUNICATION! It is an individual's obligation to ensure they listen for announcements and marshalling. Not receiving a Team App update is not an excuse for missing events.

12. Parking

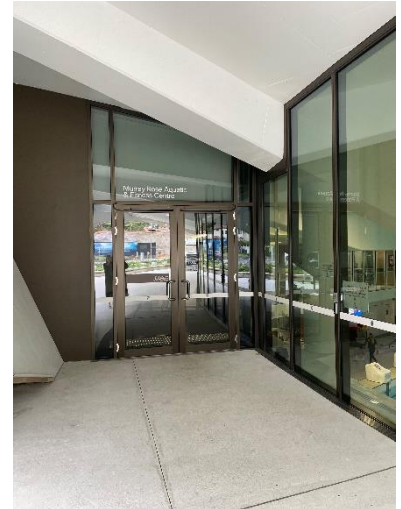
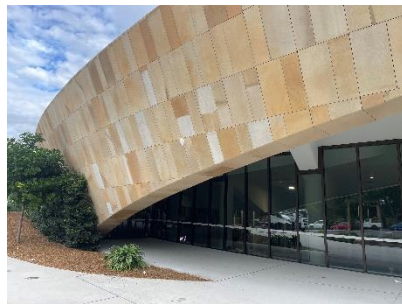
1. FREE parking can be found on streets surrounding the Pool (please see red on below map).
2. Officials and Event Staff parking will be provided parking underneath the Pool (entry to the car park at the bottom of Rose Bay Avenue).
 - a. Event Staff will be in contact with Officials once this has been arranged.
3. Once officials and staff parking is allocated, a link to access paid parking under the pool will be provided first to Team Managers/Coaches and then to competitors via the Parkable App.



13. Carnival Entry

1. Entry to the championships will be off New South Head Road (opposite Rose Bay Police Station).
2. Once inside the venue, competitors and spectators are to walk down the stairs to the Pool and Grandstand area.

3. Upon entry, there is a mezzanine area above the Pool where spectators can also view the Championships if the Grandstand becomes crowded.



14. Marshalling Instructions

1. Competitors are encouraged to Self-Marshall for these championships via distribution of the Competition Program.
2. 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.
3. As per Timetable above, all swimmers in the first 4 events of each session are to report to the marshalling area 10 minutes prior to the scheduled start time of that session.
4. 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.
5. Competitors are NOT allowed to enter the marshalling area from Pool Deck.
6. Instructions to get to the Marshalling Area can be seen on the Venue Map.

15. Presentations

1. Championships Medals (1st, 2nd, & 3rd place getters) will be awarded their medals throughout the duration of the championships.
2. There will be no specific program breaks for Medal Presentations.
3. Athletes are encouraged to attend the medal presentations to collect their Championship medals when their name is announced.
4. Medals that are not collected will be available at the Presentation Desk. .

16. Merchandise and Vendors

1. Royal Life Saving NSW and Surf Life Saving NSW will be selling Official Championship Merchandise during the Championships. Fine Designs is the Official Merchandise partner for the State Championships.
2. This will be available to competitors and spectators in the Mezzanine/Foyer area above the Pool.
3. Engine Swim will attend and have a stall on the 1st Day of the Championships.

17. Protests 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 Appeals Convenor and Appeals Committee will deal with all the Appeals and any protests referred to it by the Chief Referee or their delegate. The ILS Manual as outlined in the RLSSA Pool Lifesaving Competition Manual details the Appeals and Protests process.
3. Protest and Appeals forms can be obtained from appointed Competitor Liaison Official.

18. Photography

1. As a condition of entry, all competitors agree to have any photos and videos taken during the Championships used for promotional material by RLSNSW and SLSNSW.
2. RLSNSW and SLSNSW will not be issuing media/photography accreditation to team members or team management.
3. Professional photographers will be attending, and material will be available via social media and to Clubs on request.
4. Club Team Management are permitted to take photographs from the Grandstand Area.

19. First Aid

1. First Aid will be provided by the Cranbrook Pool Lifeguards during the event and will operate from 7:00am each day.

20. Warm up & Cool Down throughout Competition

1. The Learn to Swim Pool will be available for Warm Up/Cool Down throughout the competition from 12pm each day

21. Food and Beverage

1. From 7am each day, A BBQ selling food and drink will be available at the entrance to pool for each day of Competition. Breakfast and lunch items will be available.
2. A Coffee Van will also be available at the entrance to the pool for each day of Competition.
3. Cash and Card payments will be accepted.
4. Please note there is NO Kiosk/Vending Machines on site.

22. Venue Map

- GRANDSTAND
- MARSHALLING
- ACCESS TO MARSHALLING
- OFFICIALS ROOM
- COMPETITION POOL
- WARM UP / COOL DOWN

