



2024 NSW Pool Lifesaving Championships Information & Entry Details

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

14th to 16th June 2024, Sydney Olympic Park Aquatic Centre

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

Contact: **RLNSW**
Hannah Skuodas – Championship Organiser
9634 3700
0429 117 455
hannahskuodas@royalnsw.com.au
SLNSW
Surf Sports Team
9471 8000
surfsports@surflifesaving.com.au

The 2024 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 2023 Final Edition (V4.1 Clarification Dec 2023) or under the modifications outlined in the 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 Monday 3rd June 2024. 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 2024 NSW Pool Lifesaving Championships. <input type="checkbox"/> Express interest through the Team Registration form https://www.drowningprevention.org.au/event-details/2024-state-pool-lifesaving-championships <input type="checkbox"/> The ‘team manager download file’ will be emailed to registered Team Managers. The returned exported data must be emailed to hannahskuodas@royalnsw.com.au by 5pm on Monday 3rd June 2024.
----------------	---

Table of Contents

1. Event Entries	3
Entry Registrations:	3
2. Entry Conditions	3
General Conditions:	3
Dual Affiliation:	4
Withdrawals and Substitutions:	4
Entry Lists:	4
Officials and Volunteer Quotas:	5
Visitors/Exhibition Competitor Information:	5
3. Age Group Requirements	6
4. Event Rules/Conditions	7
A General Conditions:	7
B Event Tables:	8
Individual Events:	9
Relay Events:	9
C Competition Equipment:	10
Swim Fins Specifications (Summary):	10
D Protest and Appeals:	10
5. Championship Organisation	11
Medals	11
Pointscore	11
6. Championship Program	12
3 Day Program	12
7. Other Information	13
First Aid:	13
Food and Beverage Facilities:	13
Health and Wellbeing:	13
Anti-Doping Policy	13
Behaviour/Misconduct	13
8. Appendix 1: Swimwear	14
9. Appendix 2: Team Manager Entry Process	15

1. Event Entries

Entry Registrations:

1. Entries for 2024 NSW Pool Lifesaving Championships must be submitted by email to Royal Life Saving NSW hannahskuodas@royalnsw.com.au no later than 5pm on **Monday the 3rd of June 2024**.
2. No late entries will be accepted.
3. Entries must be submitted using the electronic entry system Team Manager Lite program 8.0 (not compatible with Apple computers).
4. 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 **\$60.00** (incl. GST) per competitor entered into the championships.
2. Relay Teams – **\$12.00** (incl. GST) per team entry
3. Spectators – Free
4. Event registrations and entries fees will be invoiced to each Club, as per the information in the Registration Form and Meet Manager.
5. No fees apply to relay team member substitutions.

2. Entry Conditions

General Conditions:

1. Competitors compete as a club representative of either RLSNSW or SLSNSW Club.
2. Competitors must be a financial member of either RLSNSW and/or SLSNSW for the 2023/2024 season.
3. A club may have unlimited entries. Please note:
 - Competitors may only compete in **one age group per individual event**, with the exception of U17, U19 and Masters, who may compete in their own age group **and** in the Open age group.
 - Competitors may only complete in **one relay team per age group event**.
4. All competitors entered must meet the RLSNSW/SLSNSW award and proficiency requirements, as well as any other requirements of the RLSNSW/SLSNSW polices.
5. A competitor's age group will be based on their age on/at the 31st December 2023 (midnight). Competitors must compete in this age group irrespective of their 2023/2024 SLISA or RLISA season age group.
 - (a) Please note that U10 competitors are ineligible to compete in the U11 age group if they do not meet the above age requirements. This ruling supersedes the RLSNSW and SLSNSW rulebook rulings, enabling U10s to race in an U11 age group.
6. Entry times should be included as part of the entry procedure where possible; events will be seeded using these times. Times exceeding the World Record will not be accepted. 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.
7. 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 Organiser. Refer to Section 4 Event Rules/Conditions in this document.

Dual Affiliation:

1. Dual Affiliated Members can only represent one club during the entire Championships. This will be the RLSNSW or SLSNSW club that completed their entries.
2. Members must compete in all entered individual and team events for the same club.
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 that the athlete is 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 relay 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 Withdrawal/Substitution Form must be completed.
3. All substitutions will apply for team events as per the current edition of the NSW Pool Lifesaving Competition Manual.
4. Any withdrawals and team substitutions submitted on the official Withdrawal/Substitution Form to the Competitor Liaison will be supplied to the appropriate carnival official/s with the authority to promulgate the required changes.

Entry Lists:

1. Once a club's entries have been received they will be entered into the official program file and a confirmation entry list file will be generated. This file will be emailed back to Team Managers who are required to check for any omissions or corrections. Any corrections required MUST be received by the Championship Organiser no later than 48 hours after the entry closing date (03/06/24 5:00pm).
2. At the close of entries, event 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 advise the Championship Organiser of any competitor withdrawals or team substitutions using the official Entry List or Withdrawal Form respectively.
3. The completed Competition Program, showing event heats, will be posted at least 2 days prior to the commencement of the first day of 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 marshal.
6. The claims board and announcements are only used as a guide.
7. Parents, Team Managers, or coaches are not permitted in the marshalling area without a valid reason.

Officials and Volunteer Quotas:

For Official and Volunteer nominations, please refer to the 2024 [NSW Pool Lifesaving Officials and Volunteer Nomination Form](#).

Once nominations close, the Competition Organising Committee, in consultation with the Chief Referee and Championship Manager, will appoint the most suitable officials for the Championship positions. These appointments will be announced and distributed prior to the competition.

The assistance from clubs to meet all required and rostered positions is greatly encouraged and appreciated, as these roles are essential to run the Championships effectively (i.e. if timekeepers and pool setters / equipment movers are not appointed, then the program and speed of events will be affected).

The following quota system for clubs to provide accredited officials has been determined based upon the number of competitors per club, entered for these championships.

1 to 4	0 Officials
5 to 15	1 Official
16 to 29	2 Officials
30+	3 Officials

In addition to the above expectation, additional **volunteers** are required for essential roles such as **timekeeping and pool setting / equipment moving (wet and dry)**. Please note that timekeepers and pool setters / equipment movers do not contribute to the quota above.

Once entries close, a timekeeper and pool setter roster will be created, based on the number of competitors per club. At the same time clubs who have not met their required officials' quota will be contacted by RLSNSW/SLSNSW staff and requested to supply additional people to fill volunteer roles. If timekeepers and pool setters do not attend, the athletes from those clubs will be withdrawn from that session.

Visitors/Exhibition Competitor Information:

Team members are required to enter individual events as part of their club team entry and as such are entitled to Championship titles, event medal and their points go towards the individual's clubs point score.

1. Medals, points or other awards are only conferred on eligible competitors or relay teams which are entered by an affiliated RLSNSW or SLSNSW club.
2. All other teams and competitors, including composite selection relay teams, shall be treated as visitors/exhibition and are ineligible for medal, points or awards. These individuals may only participate at the sole discretion of the RLSNSW/SLSNSW organising committee, dependent on available lane space and if participation does not negatively impact the conduct of the Championships.
3. For these purposes, a visitor/exhibition relay team is defined as any team not comprised of eligible members from one affiliated club. This may include a Branch team (including interstate), development teams and teams formed to assist selection for International/Interstate Representative Teams. Interstate and International members of such teams must be endorsed as eligible to participate by award and proficiency by their home Branch/STMO/National Body. NB: While such teams are NOT eligible for medals, points or other awards, all members of those teams must be members of an affiliated RLSSA/SLSA club or Branch/STMO/International Body and hold the requisite award (or equivalent) for the event in which the team is entered.
4. Nothing in these conditions prevents eligible athletes in composite selection relay teams from competing in individual events for their club or their eligibility for medals, points or other awards in those individual events.

3. Age Group Requirements

Outlined below are the proficiency awards required for each age group.
(Age groups determination – refer Section 2: Entry Conditions as above)

	Minimum Proficiency Award to Compete	
Age Group	RLS NSW	SLS NSW
Individual Events		
U11 (10 years)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their surf age group
U12 (11 years)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their surf age group
U13 (12 years)	RLSSA Bronze Star	Provided they are currently proficient in the appropriate age award for their surf age group
U14 (13 years)	RLSSA Bronze Star	SLSA Surf Rescue Certificate or U13 preliminary evaluation
U15 (14 years)	RLSSA Bronze Star	SLSA Surf Rescue Certificate
U17 (15-16 years)	(16 years) RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
U19 (17-18 years)	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Open (19+ years)	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Masters (30+ years)	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Team Events		
U11/12 (10/11 years)	NSWSF Acquisition 6	Provided they are currently proficient in the appropriate age award for their Age
U13/14 (12/13 years)	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 years)	(14-15 years) RLSSA Bronze Star (16 years) RLSSA Bronze Medallion	SLSA Surf Rescue Certificate / SLSA Bronze Medallion
U19 (17-18 years) / Open / Masters	RLSSA Bronze Medallion	SLSA Bronze Medallion / Certificate II

1. Competitors must be **10 years old** on/at the 31st December 2023 (midnight) to be eligible to compete (see NSW Pool Lifesaving Competition Manual Section 1.8.2 *Determining Age Groups*).
2. U11, U12, U13, U14 and U15 competitors must compete in individual events in their specific age category only and are not eligible to compete in another age group for individual events.
3. U17, U19 and Masters competitors may compete in their individual age group and Open Individual age events.
4. U17, U19, Open and Masters – Only proficient RLSSA Bronze Medallion (16 and over) / SLSA Bronze Medallion holders may contest individual events.

4. Event Rules/Conditions

The Championships will be conducted under NSW Pool Lifesaving Competition Manual, plus any amending Bulletins and Circulars, sent out to all Clubs and Team Managers/Administrators. The ILS endorsed events will also operate under the ILS Competition Rule Book 2023 Final Edition (V4.1 Clarification Dec 2023), while the modified junior events will operate under modified rules outlined in the NSW Competition Handbook. The eligibility conditions for age categories, substitution, and other requirements to compete are provided in sections 2 & 3 above.

A General Conditions:

1. Events will be conducted in male and female gender categories, for the events listed in the table below.
2. All competitors **MUST** wear their club cap (either cloth, rubber or silicone swim caps) in all events including relay events. (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 older age group events are permitted to use fibre glass fins for individual events. U14s are required to use soft fins in team events. In U11-U14 medley relay, the 2nd and 4th swimmers are required to wear rubber fins regardless of age. (Refer to Competition Equipment Item 4E below for full details)
5. U13 age groups and younger **MUST** wear rubber fins for individual and team events. (Refer Item 4E below)
6. Competitors may only compete in **one age group per individual event**, with the exception of U17, U19 and Masters, who may compete in their own age group **and** in the Open age group.
7. Competitors may only complete in **one relay team per age group event**.
8. The Line Throw is an **INDIVIDUAL** event for the competitor who is throwing. The victim is treated in the same manner as a handler in the manikin tow events.

B Event Tables:

INDIVIDUAL EVENTS	U11	U12	U13	U14	U15	U17	U19	Open	Masters	
									30-59	60+
50m Freestyle Swim with fins	✓	✓	✓	✓	✓	✓	✓	✓		
200m Obstacle Swim	50m	50m	100m	100m	200m	200m	200m	200m	200m	100m
50m Manikin Carry				15m carry	✓	✓	✓	✓	✓	✓
50m Brick Carry	15m carry	✓	✓							
100m Rescue Medley ①						✓	✓	✓		
100m Manikin Tow with fins				✓	✓	✓	✓	✓	✓	✓
50m Manikin Tow with fins		✓	✓							
50m Tow with fins (no manikin)	✓									
100m Manikin Carry with fins					✓	✓	✓	✓	✓	✓
100m Brick Carry with fins			✓	✓						
200m Super Lifesaver					✓	✓	✓	✓		
Line Throw ②	8m	8m	10m	10m	12.5m	12.5m	12.5m	12.5m	12.5m	12.5m

TEAM EVENTS U11 to U14 - Non-Gender Specific U15 to Masters – Mixed	U11/U12	U13/U14	U15/U17	U19/Open	30+ Masters
4 x 50m Obstacle Relay	✓	✓	✓	✓	✓
4 x 25m Manikin Relay			✓	✓	✓
4 x 25m Brick Relay	✓	✓			
4 x 50m Medley Relay		✓ ④	✓	✓	✓
4 x 50m Modified Medley Relay ③	✓				

Individual Events:

1. Competitors may only compete in one age group per individual event, with the exception of U17, U19 and Masters, who may compete in their own age group **and** in the Open age group.
2. **Note ①** 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. RLSSA and SLSNSW condemn the practice of hyperventilation before participating in prolonged underwater swimming.
3. **Note ②** The Line Throw event is an **individual event**.
 - a. Athletes can only compete once in this event (i.e. as a Thrower) but may participate as a victim multiple times.
 - b. Victims must be a registered participant 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 the gender as the athlete competing and from their own age group or older.
 - iii. For Opens and Master's age groups: 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 U15, U17, U19, Open and Masters Line Throw events – the victim shall be located at 12.5m
 - e. For U13 and U14 Line Throw events – the victim shall be located at 10m
 - f. For U11 and U12 Line Throw events – the victim shall be located at 8m
 - g. All Line Throw events will use the same rope; minimum length 16.5m, maximum length 17.5m (compliant with the Line Throw Lies equipment regulations for ILS standards)

Relay Events:

1. Competitors can only compete in one relay team per age group event. Competitors may swim in more than one relay team if they are competing in a different age group event.
2. Except for Masters relay teams, all relay team compositions may include up to 50% of competitors from a lower age group, who are suitably qualified with the proficiency award for that age group. Clubs can only enter **one** relay team per event using this rule. Specifically,
 - a. U11/U12 competitors can compete in U13/U14 relay; only 50% of the U13/U14s relay team can comprise of competitors from the younger age group.
 - b. U13/U14 competitors may compete in U15/U17; only 50% of the U15/U17s relay team can comprise of competitors from the younger age group.
 - c. U15/U17 and Masters competitors may compete in Open relay events; only 50% of the opens relay team can comprise of competitors from the younger or Masters age group.
3. All relay team entries may include up to 50% as reserves for each relay when submitting an entry. That is, the number of reserves entered cannot exceed 50% of the total number of swimmers in the relay team (e.g. 4x50m relays can enter up to 2 reserves)
4. Relay team composition for each age groups is as follows:
 - a. U11-U14 relay team events are non-gender specific i.e. male, female and mixed teams.
 - b. U15-Masters relay team events are mixed events i.e. each team must have at least one (1) male and one (1) female, provided that in any case the number of males or females shall not be less than 25% of the number of members. Therefore, for a four (4) person team the requirement is one (1) team member and for an eight (8) person team, the requirement is two (2) team members.
5. **Note ③** U11/U12 Medley Relay, the 4th swimmer does not tow the 3rd swimmer.
6. **Note ④** U13/U14 Medley Relay, the 2nd and 4th swimmer must use soft fins.

C Competition Equipment:

1. RLSNSW and SLSNSW will supply all competition equipment for all competition events, this includes rescue tubes, throw ropes, manikins and rescue bricks.
2. All competitors are required to supply their own fins.
3. All equipment will comply with the ILS specifications. as specified in the ILS Competition Rules Handbook 2023 Edition Section 8.
4. For practice/warm up competitors MUST provide their own throw ropes.
5. Competitors' fins will be subject to random scrutineering checks during the Championships.
6. All U14 and older aged competitors with fiberglass fins must comply with the ILS specifications. **Note** that these competitors may also use rubber fins which comply with the specifications outlined below.
7. All U13 and younger aged competitor with rubbers fins must comply with the specifications outlined below.

Swim Fins Specifications (Summary):

Swim fins used in events 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.

Rubber fins; In events for competitors U13 and younger where fins are required, they are restricted to soft/flexible rubber type fins used for swimming training, similar to the styles depicted below: Rubber fins must comply with the specifications outlined below



Please note that fins that do not meet this general profile, are dedicated diving or surfing/bodyboarding fins and/or have stiff and/or elongated blades, will not be permitted for use in U13 and underaged events.

D Protest and Appeals:

1. The Chief Referee will deal with all the protests referred to 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 the 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 is not subject to challenge.

5. Championship Organisation

Key competitor & official daily reporting times will be communicated in the final event information, distributed to clubs and officials, but it is anticipated that warm up will commence at approximately 3:00pm on Friday, 7:30am on Saturday and 8:30am on Sunday.

Please refer to the order of events below and note:

- The program may be subject to further changes by the Championship Organising Committee or on the day of competition by the Chief Referee in consultation with the Championship Manager or Championship Organiser.
- For the program to run effectively, some events may be combined to run simultaneously. If this is the case, the results from each combined heat will be split into the appropriate age groups.
- Marshalling sheets will be numbered in accordance with the circulated program.
- Some events could be deleted if there is not sufficient time to conduct these events.
- A final event information document will be distributed after the closing date for entries and one week prior to the Championships.

Medals

1. Only one set of Championships medals for each event will be awarded on the day of competition.
2. For any event to be contested at the NSW Pool Lifesaving Championships, a minimum of one (1) starter is required.
3. Some events may be combined to run simultaneously, dependent on the number of entries.
 - a. Where a singular event is conducted, the first three (3) place getters shall be awarded medals.
 - b. Where events are combined, the first three (3) place getters in each event shall be awarded medals (this is age group and gender specific for individual events)

Pointscore

Respective point scores for both organisations will be individually collated, awarded, and acknowledged by the respective body.

Team Managers and competitors are encouraged to refer to their relevant organisations Competition Manual for further point score information.

6. Championship Program

3 Day Program

Friday 14th June 2024				Saturday 15th June 2024				Sunday 16th June 2024			
#	EVENT	AGE	GENDER	#	EVENT	AGE	GENDER	#	EVENT	AGE	GENDER
1	200m Obstacle Race	Open	Male	45	100m Manikin Tow with Fins	Open	Male	95	50m Obstacle Race (Multi-Class)	Open-MC	Male
2	200m Obstacle Race	Open	Female	46	100m Manikin Tow with Fins	Open	Female	96	50m Obstacle Race (Multi-Class)	Open-MC	Female
3	200m Obstacle Race	U19	Male	47	100m Manikin Tow with Fins	U19	Male	97	8m Line Throw (Multi-class)	Open-MC	Male
4	200m Obstacle Race	U19	Female	48	100m Manikin Tow with Fins	U19	Female	98	8m Line Throw (Multi-class)	Open-MC	Female
5	200m Obstacle Race	U17	Male	49	100m Manikin Tow with Fins	U17	Male	99	100m Manikin Carry with Fins	Open	Male
6	200m Obstacle Race	U17	Female	50	100m Manikin Tow with Fins	U17	Female	100	100m Manikin Carry with Fins	Open	Female
7	200m Obstacle Race	U15	Male	51	100m Manikin Tow with Fins	U15	Male	101	100m Manikin Carry with Fins	U19	Male
8	200m Obstacle Race	U15	Female	52	100m Manikin Tow with Fins	U15	Female	102	100m Manikin Carry with Fins	U19	Female
30-59 Masters age groups combined event - 200m Obstacle Race				Masters age groups combined event - 100m Manikin Tow				100m Manikin Carry with Fins			
9	200m Obstacle Race	30-39	Male	53	100m Manikin Tow with Fins	30-39	Male	103	100m Manikin Carry with Fins	U17	Male
	200m Obstacle Race	40-49	Male		100m Manikin Tow with Fins	40-49	Male	104	100m Manikin Carry with Fins	U17	Female
	200m Obstacle Race	50-59	Male		100m Manikin Tow with Fins	50-59	Male	105	100m Manikin Carry with Fins	U15	Male
10	200m Obstacle Race	30-39	Female	54	100m Manikin Tow with Fins	60+	Male	106	100m Manikin Carry with Fins	U15	Female
	200m Obstacle Race	40-49	Female		100m Manikin Tow with Fins	60+	Female	Masters age groups combined event - 100m Manikin Carry			
	200m Obstacle Race	50-59	Female		100m Manikin Tow with Fins	40-49	Female	107	100m Manikin Carry with Fins	30-39	Male
11	100m Obstacle Race	60+	Male	100m Manikin Tow with Fins	50-59	Female	100m Manikin Carry with Fins		40-49	Male	
12	100m Obstacle Race	60+	Female	100m Manikin Tow with Fins	60+	Female	100m Manikin Carry with Fins		50-59	Male	
13	100m Obstacle Race	U14	Male	55	100m Manikin Tow with Fins	U14	Male	100m Manikin Carry with Fins	60+	Male	
14	100m Obstacle Race	U14	Female	56	100m Manikin Tow with Fins	U14	Female	100m Manikin Carry with Fins	30-39	Female	
15	100m Obstacle Race	U13	Male	57	50m Manikin Tow with Fins	U13	Male	100m Manikin Carry with Fins	40-49	Female	
16	100m Obstacle Race	U13	Female	58	50m Manikin Tow with Fins	U13	Female	100m Manikin Carry with Fins	50-59	Female	
17	50m Obstacle Race	U12	Male	59	50m Manikin Tow with Fins	U12	Male	100m Manikin Carry with Fins	60+	Female	
18	50m Obstacle Race	U12	Female	60	50m Manikin Tow with Fins	U12	Female	109	100m Brick Carry with Fins	U14	Male
19	50m Obstacle Race	U11	Male	61	50m Tube Swim & Clip with Fins	U11	Male	110	100m Brick Carry with Fins	U14	Female
20	50m Obstacle Race	U11	Female	62	50m Tube Swim & Clip with Fins	U11	Female	111	100m Brick Carry with Fins	U13	Male
21	4 x 50m Obstacle Relay Race	Open/U19	Mixed					112	100m Brick Carry with Fins	U13	Female
22	4 x 50m Obstacle Relay Race	U13/U14	Non-specific	63	200m Super Lifesaver	Open	Male	113	50m Manikin Carry; Empty (Multi-Class)	Open-MC	Male
23	4 x 50m Obstacle Relay Race	30+	Mixed	64	200m Super Lifesaver	Open	Female	114	50m Manikin Carry; Empty (Multi-Class)	Open-MC	Female
24	4 x 50m Obstacle Relay Race	U11/U12	Non-specific	65	200m Super Lifesaver	U19	Male				
25	4 x 50m Obstacle Relay Race	U17/U15	Mixed	66	200m Super Lifesaver	U19	Female	115	50m Freestyle - with fins	Open	Male
event 26 is a placeholder number - event not swum				67	200m Super Lifesaver	U17	Male	116	50m Freestyle - with fins	Open	Female
27	Line Throw - 8 metres	U11	Male	68	200m Super Lifesaver	U17	Female	117	50m Freestyle - with fins	U19	Male
28	Line Throw - 8 metres	U11	Female	69	200m Super Lifesaver	U15	Male	118	50m Freestyle - with fins	U19	Female
29	Line Throw - 8 metres	U12	Male	70	200m Super Lifesaver	U15	Female	119	50m Freestyle - with fins	U17	Male
30	Line Throw - 8 metres	U12	Female					120	50m Freestyle - with fins	U17	Female
31	Line Throw - 10 metres	U13	Male	71	50m Manikin Carry	Open	Male	121	50m Freestyle - with fins	U15	Male
32	Line Throw - 10 metres	U13	Female	72	50m Manikin Carry	Open	Female	122	50m Freestyle - with fins	U15	Female
33	Line Throw - 10 metres	U14	Male	73	50m Manikin Carry	U19	Male	123	50m Freestyle - with fins	U14	Male
34	Line Throw - 10 metres	U14	Female	74	50m Manikin Carry	U19	Female	124	50m Freestyle - with fins	U14	Female
35	Line Throw - 12.5 metres	U15	Male	75	50m Manikin Carry	U17	Male	125	50m Freestyle - with fins (Multi-Class)	Open-MC	Male
36	Line Throw - 12.5 metres	U15	Female	76	50m Manikin Carry	U17	Female	126	50m Freestyle - with fins (Multi-Class)	Open-MC	Female
37	Line Throw - 12.5 metres	U17	Male	77	50m Manikin Carry	U15	Male	127	50m Freestyle - with fins	U13	Male
38	Line Throw - 12.5 metres	U17	Female	78	50m Manikin Carry	U15	Female	128	50m Freestyle - with fins	U13	Female
39	Line Throw - 12.5 metres	U19	Male	Masters age groups combined event - 50m Manikin Carry				129	50m Freestyle - with fins	U12	Male
40	Line Throw - 12.5 metres	U19	Female	79	50m Manikin Carry	30-39	Male	130	50m Freestyle - with fins	U12	Female
41	Line Throw - 12.5 metres	Open	Male		50m Manikin Carry	40-49	Male	131	50m Freestyle - with fins	U11	Male
42	Line Throw - 12.5 metres	Open	Female		50m Manikin Carry	50-59	Male	132	50m Freestyle - with fins	U11	Female
Masters age groups combined event - 12.5m Line Throw				50m Manikin Carry	60+	Male	133	50m Tube Swim & Clip w Fins (Multi-Class)	Open-MC	Male	
43	Line Throw - 12.5 metres	30-39	Male	50m Manikin Carry	60+	Female	134	50m Tube Swim & Clip w Fins (Multi-Class)	Open-MC	Female	
	Line Throw - 12.5 metres	40-49	Male	80	50m Manikin Carry	30-39	Female				
	Line Throw - 12.5 metres	50-59	Male	50m Manikin Carry	40-49	Female	135	100m Rescue Medley	Open	Male	
44	Line Throw - 12.5 metres	60+	Male	50m Manikin Carry	50-59	Female	136	100m Rescue Medley	Open	Female	
	Line Throw - 12.5 metres	30-39	Female	50m Manikin Carry	60+	Female	137	100m Rescue Medley	U19	Male	
	Line Throw - 12.5 metres	40-49	Female	81	50m Manikin Carry (from 35m)	U14	Male	138	100m Rescue Medley	U19	Female
Line Throw - 12.5 metres	50-59	Female	82	50m Manikin Carry (from 35m)	U14	Female	139	100m Rescue Medley	U17	Male	
Line Throw - 12.5 metres	60+	Female	83	50m Brick Carry	U13	Male	140	100m Rescue Medley	U17	Female	
END DAY 1				84	50m Brick Carry	U13	Female				
				85	50m Brick Carry	U12	Male	142	4 x 50m Medley Relay	30+	Mixed
				86	50m Brick Carry	U12	Female	143	4 x 50m Medley Relay	U13/U14	Non-specific
				87	50m Brick Carry (from 35m)	U11	Male	144	4 x 50m Medley Relay	Open/U19	Mixed
				88	50m Brick Carry (from 35m)	U11	Female	145	4 x 50m Medley Relay	U11/U12	Non-specific
								146	4 x 50m Medley Relay	U17/U15	Mixed
				89	4 x 25m Manikin Relay	Open/U19	Mixed	END DAY 3			
				90	4 x 25m Brick Relay	U13/U14	Non-specific				
				91	4 x 25m Manikin Relay	30+	Mixed				
				92	4 x 25m Brick Relay	U11/U12	Non-specific				
				93	4 x 25m Manikin Relay	U17/U15	Mixed				
				event 94 is a placeholder number - event not swum							
				END DAY 2							

Please note: All all age groups will have events running across all 3 days of the Championships.

7. Other Information

First Aid:

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:

Café Aqua is located within the Aquatic Centre and will be open for the duration of the Championships to purchase food and beverages.

Health and Wellbeing:

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 Policy

- a. RLSNSW and SLSNSW condemn the use of performance enhancing substances in sport, and support all efforts to eliminate doping. Members have a duty to avoid all prohibited substances and/or prohibited methods, and should take responsibility to ensure any medical treatment they receive does not violate the anti-doping policies applicable to them. Where 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](#). Members should refer to:
 - i. SLSA Anti-Doping Policy (refer SLSA Policy 5.02)
 - ii. RLSSA Drug Policy (found online at [RLSSA Sport Policies](#))
 - iii. RLSNSW Competition Handbook Section 2 *Member Protection Policies RLSSA Anti-Doping Policy 2.12*
- b. 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














- (a) Misconduct before, during and after the Championships will not be tolerated. Offending members risk disciplinary action against themselves and their clubs. Please refer to:
 - ii. Surf Sports Manual sections 2.26 *SLSA Code of Behaviour* and 2.27 *Abuse/Inappropriate Behaviour*
 - iii. SLSA member Protection Policy (refer SLSA Policy 6.05)
 - iv. RLSSA Policy 006 *RLSSA Code of Ethics*
 - v. RLSNSW Competition Handbook Section 2 *Member Protection Policies 2.13 – 2.15 & 2.22 – 2.27*

8. Appendix 1: Swimwear

In all swimming events competitions must wear approved competition dress as detailed in Section 8 Rule 4.12 of the [ILS 2023 ILS Competition Rulebook June 2023 Clarification V4.1 Dec 23](#).

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

1. Swimwear worn by males shall not extend above the navel or below the knee.
2. 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.

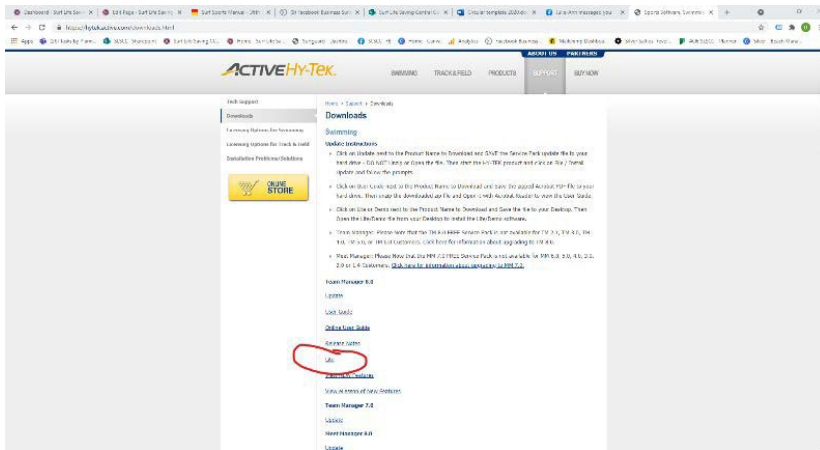
Man Swimsuits					
Full Length	Long	Long Legs	Knee length	Square Leg	Short
Not Allowed	Not Allowed	Not Allowed	Allowed	Allowed	Allowed
					
		Knee Length, Open Back		Short, Open Back	Two Piece
Not Allowed	Not Allowed	Allowed		Allowed	Allowed
					

3. The material and construction used in swimwear to be worn in all competition events 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).

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, RLSNSW/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.

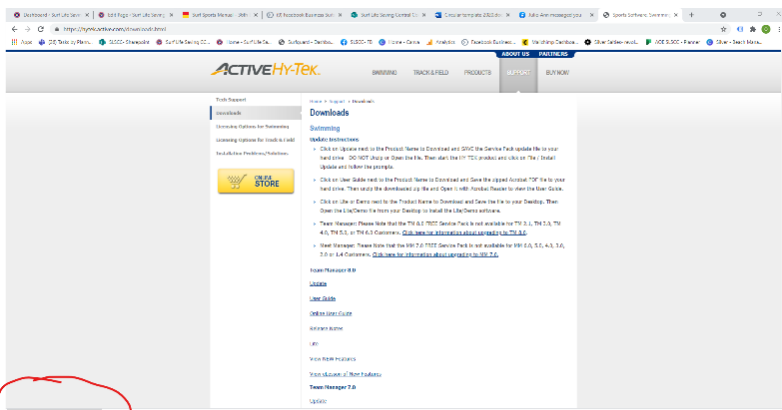
9. Appendix 2: Team Manager Entry Process

1. Download Team Manager 8.0 Lite

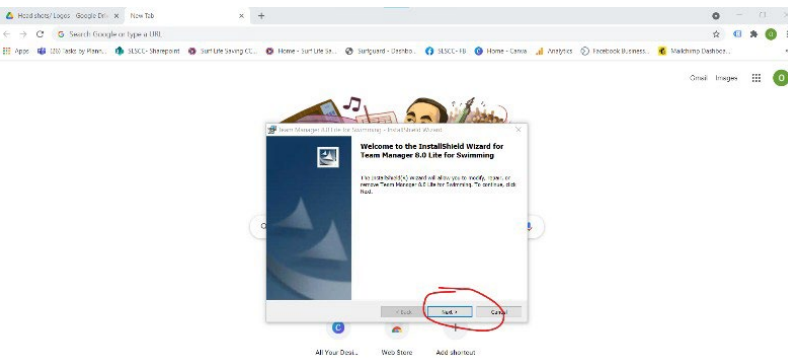


Select Lite version

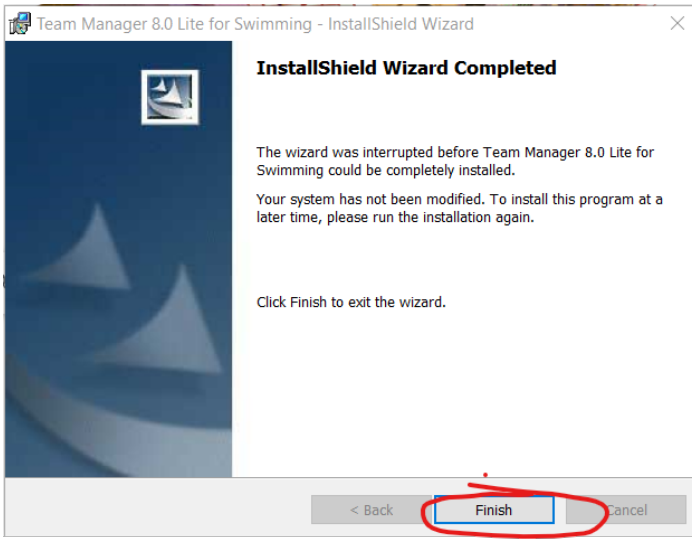
2. Install Team Manager 8.0 lite onto computer



Click open Download

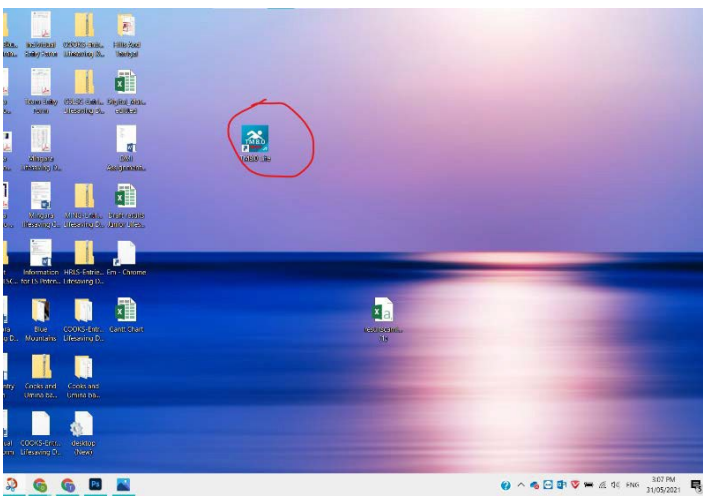


Click Next

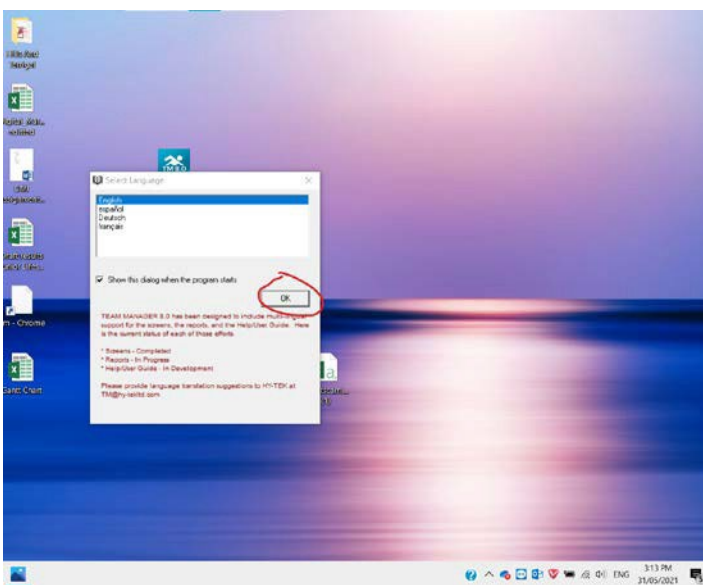


Click finish

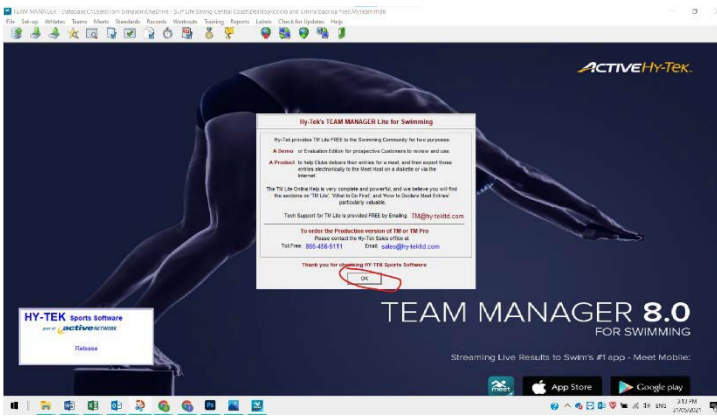
3. Open Team Manager from Desktop screen



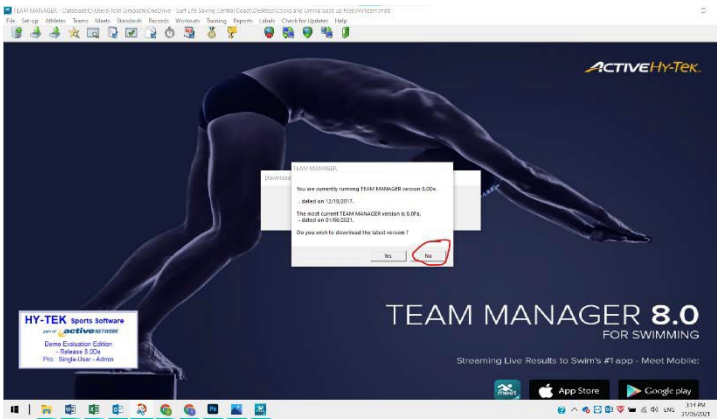
Double click your icon



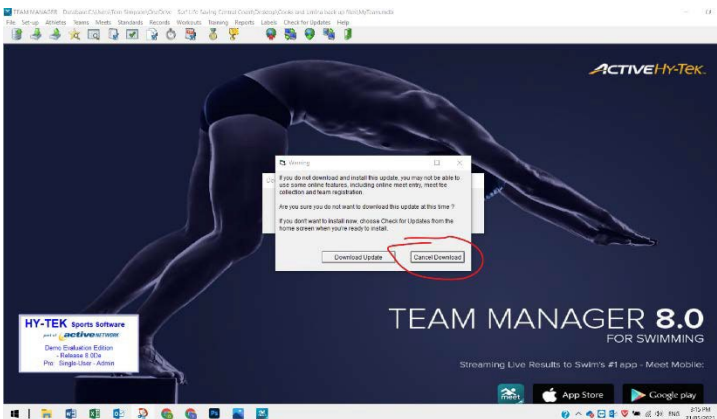
Click OK



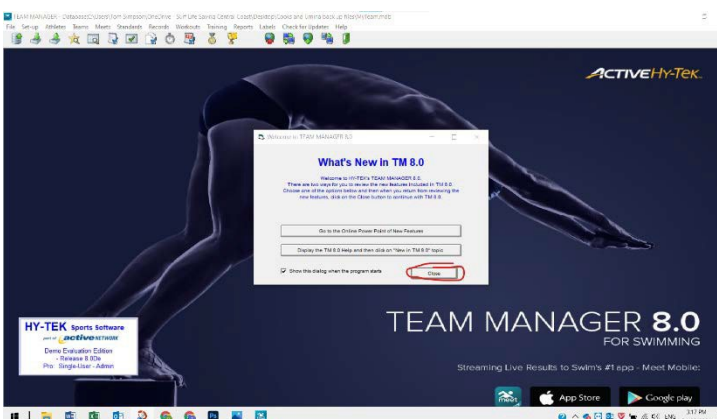
Click OK



Click NO



Click Cancel Download



Click Close

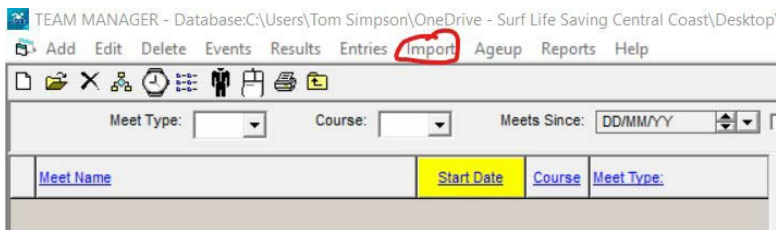
4. Download Event File

Right click Event File and select download.

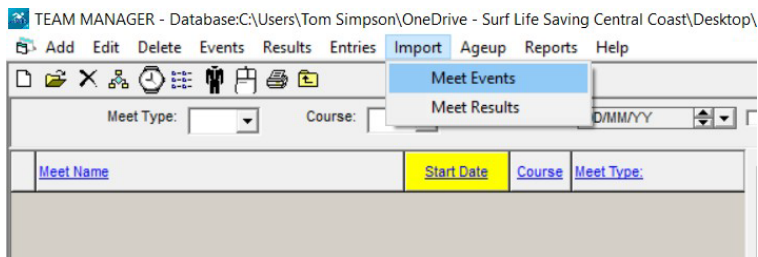
5. Import event file into Team Manager



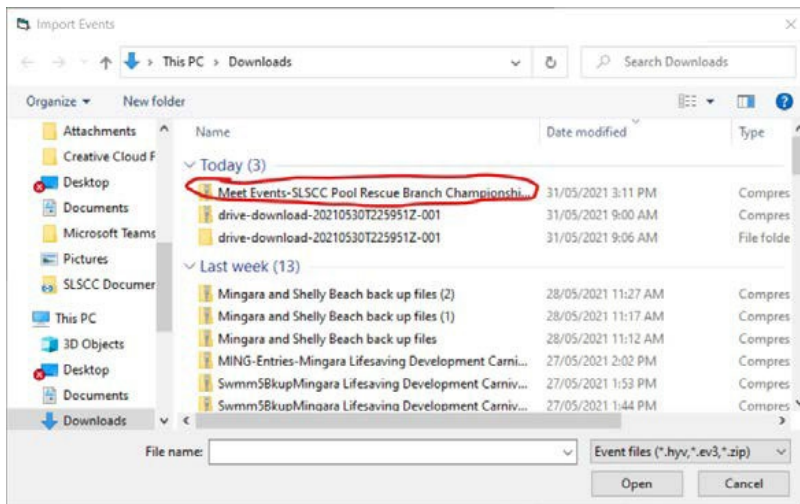
Go back to Team Manager and Select Meet



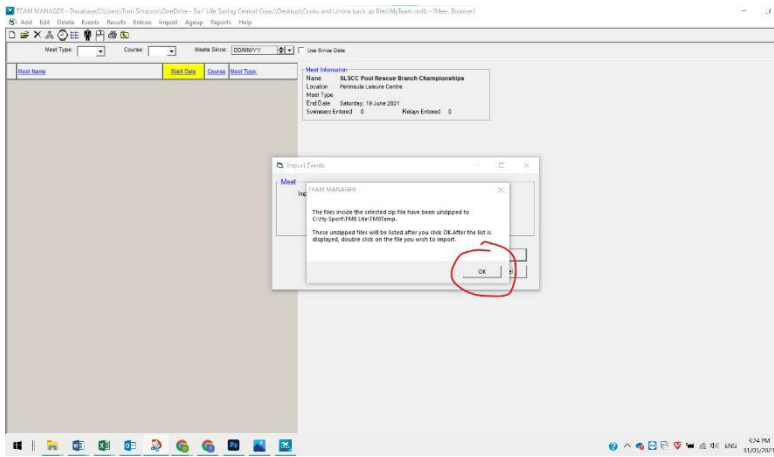
Select Import



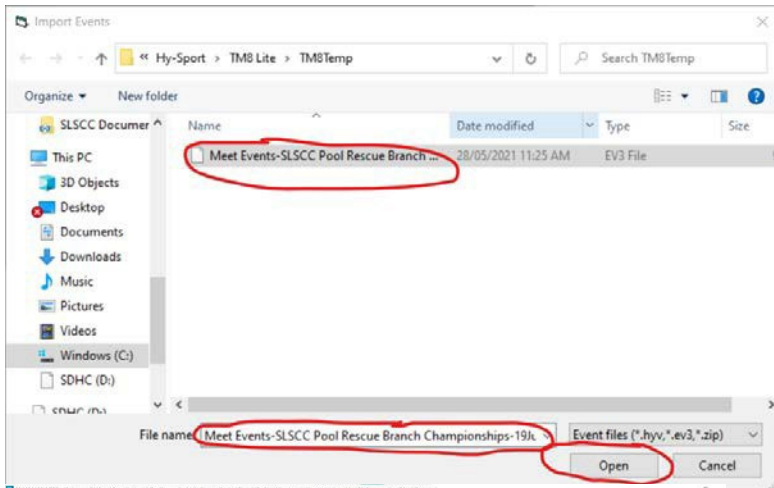
Select Meet Events



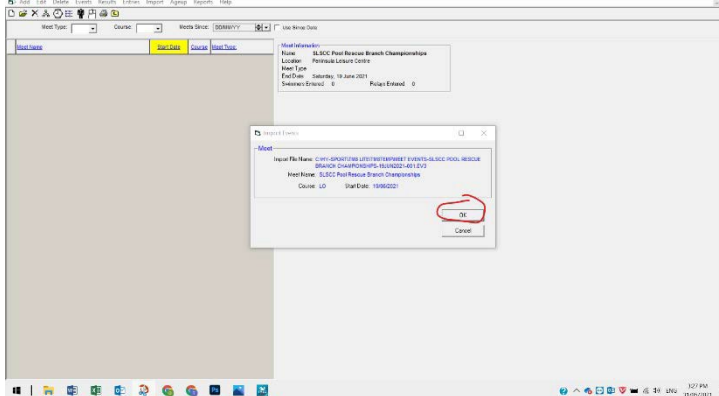
Select recent file in downloads



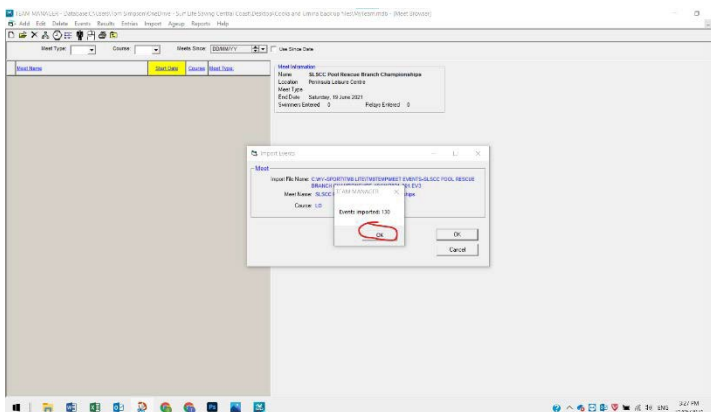
Select OK



click on file and then select Open



Click OK



Click OK

Meet Setup

Meet Description | Entry Fees | Eligibility Rules

*Meet Name: SLSCC Pool Rescue Branch Championships
 *Facility Name: Peninsula Leisure Centre
 Street Address:
 Address Line 2:
 *City: Way Way
 *State / Province: NSW
 *Postal Code: 2256
 Country: AUS
 *Course: LO
 Sanction Number:
 Internal Remarks:
 Instructions:
 250 characters maximum

Meet Dates: *Start Date: Jun 19, 2021; End Date: Jun 19, 2021; *Meet Host Entry Deadline: Jun 13, 2021

Advanced Settings: Non-Conforming Course Factor: ; Meet Type: ; Masters Meet; Altitude: 0 feet

Buttons: Help, Save, Cancel

Click Save

Meet Setup

Meet Description | Entry Fees | Eligibility Rules

Meet Host Fees: What fees are the meet host charging?
 Swimmer Surcharge: \$22.00; Individual Events: \$0.00; Relay Events: \$0.00; Team Surcharge: \$0.00; Facility Surcharge: \$0.00
 Buttons: Update Individual Fees, Update Relay Fees, Edit Meet Host Fees

Swimmer Fees: What fees do you want to charge your swimmers?
 Swimmer Surcharge: \$22.00; Individual Events: \$0.00; Relay Events: \$0.00
 Meet Host dropdowns

Buttons: Help, Save, Cancel

Click Save

Meet Setup

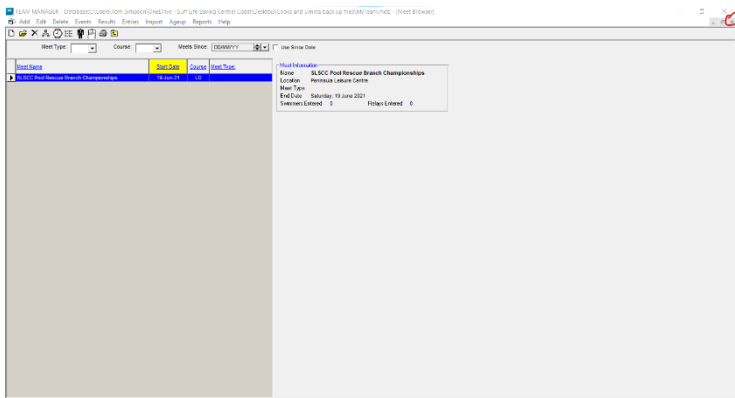
Meet Description | Entry Fees | Eligibility Rules

Age Eligibility: Age-up Date: Oct 01, 2021; Minimum Age Eligibility / Filter for Open Events: 0; Minimum Age Eligibility / Filter for 10 & Under Events: 0

Qualifying Times: Do NOT Allow No-Time Entries; Enforce Qualifying Times; Swimmer must meet Slower Than Q Time in All Courses; If Swimmer qualifies for Non-conforming course, enter at Minimum Q Time; Restrict Entry Best Times to same Meet Type; Use Times Since: DDMMYY

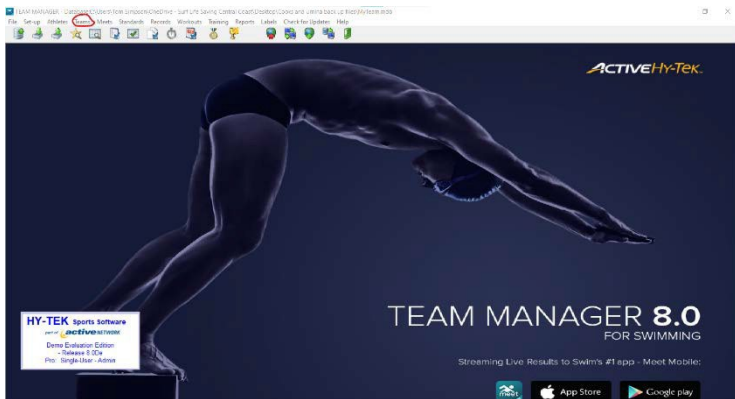
Buttons: Help, Save, Cancel

Click Save

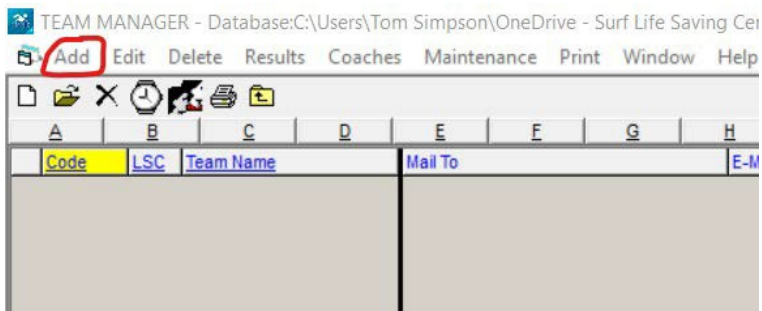


Exit screen

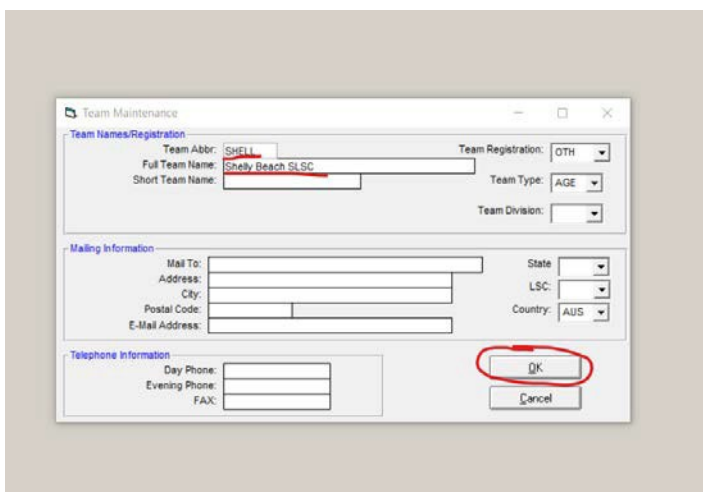
6. Create Team



Select Teams

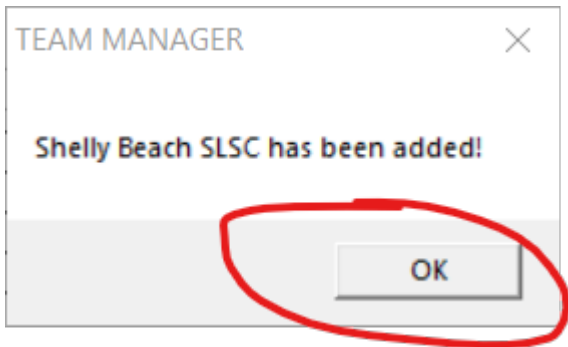


Select Add

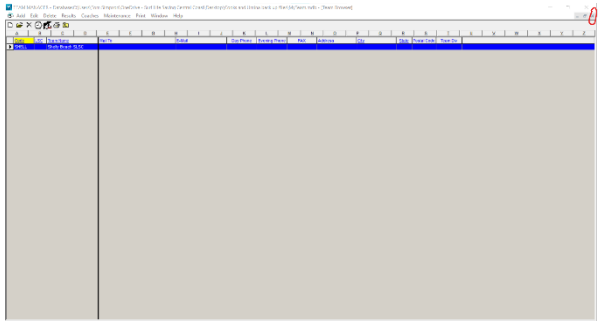


Enter Team Abbr, Full Team Name

Then select OK



Select OK

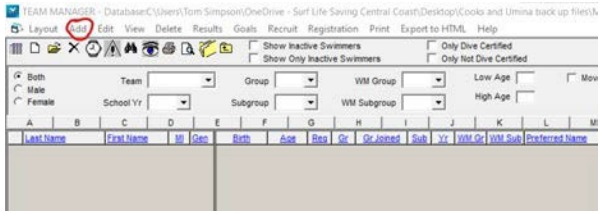


Press ESC & exit screen

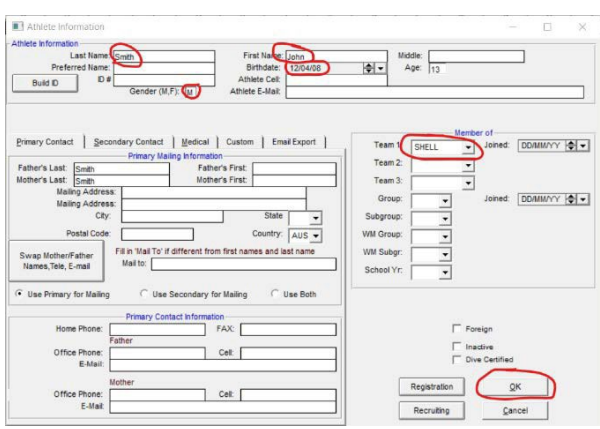
7. Add Athletes



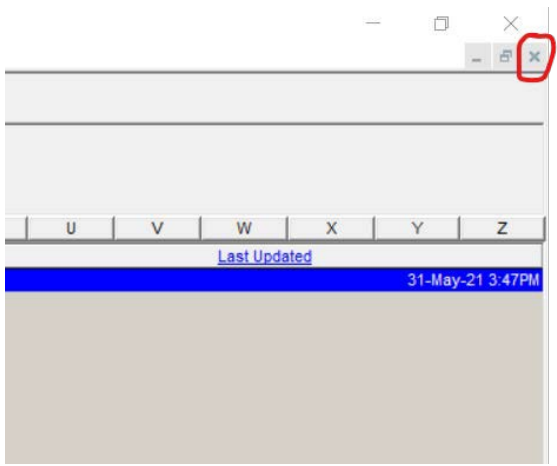
Select Athlete



Select Add

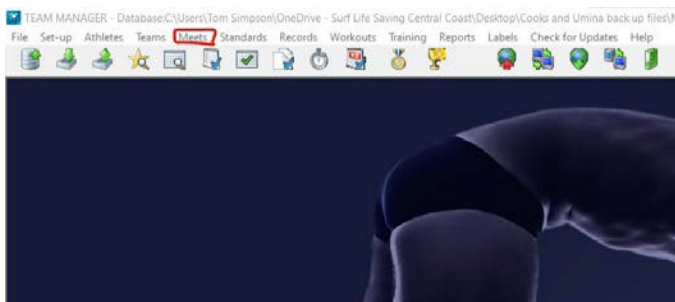


Enter last name, first name, DOB & Team and Select OK. Repeat for all competitors

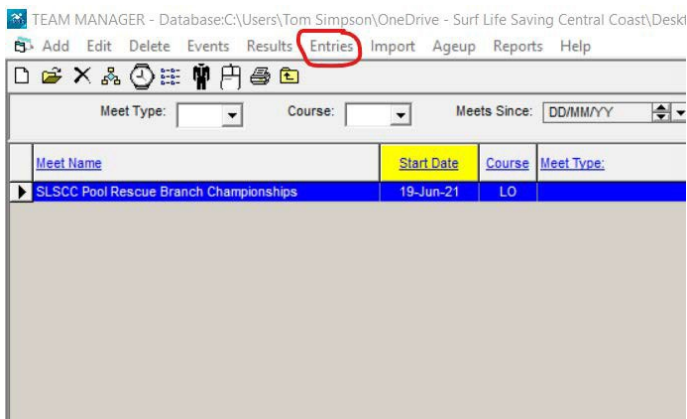


Press ESC or select x to exit screen

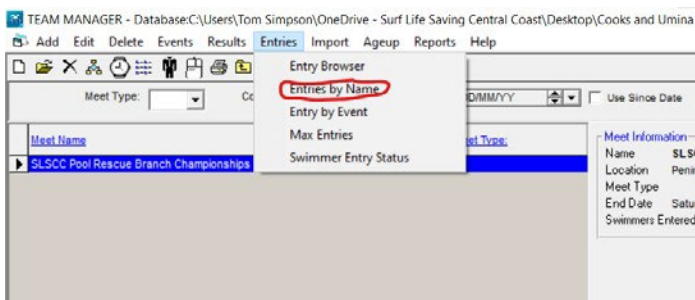
8. Enter Athlete into eligible events



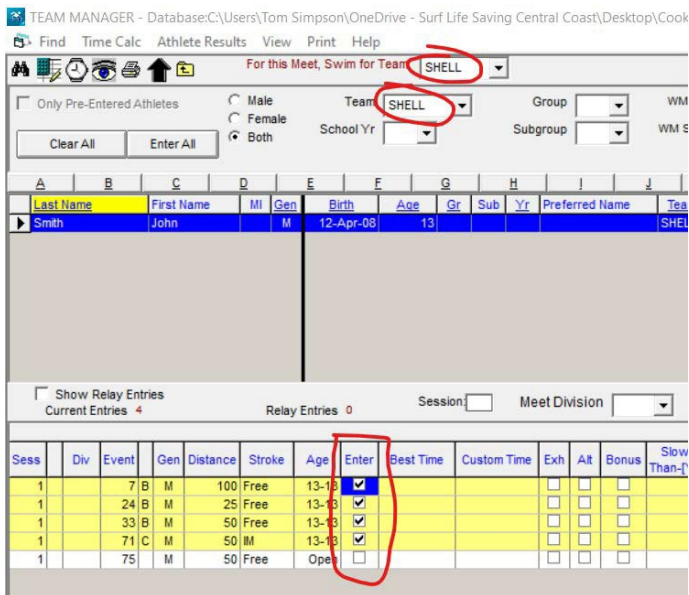
Select Meets



Select Entries



Select Entries by Name



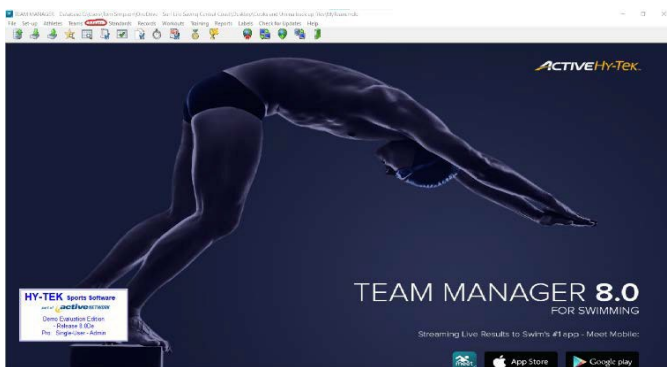
Select Team and Select Events to enter.

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

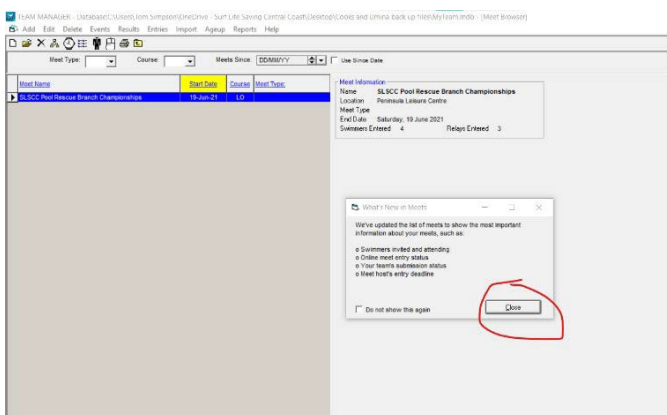
- In the custom Time field times can be submitted.
- Times must be submitted like this example - 2:06.30
- Repeat until all athletes are entered.

9. Enter Relays

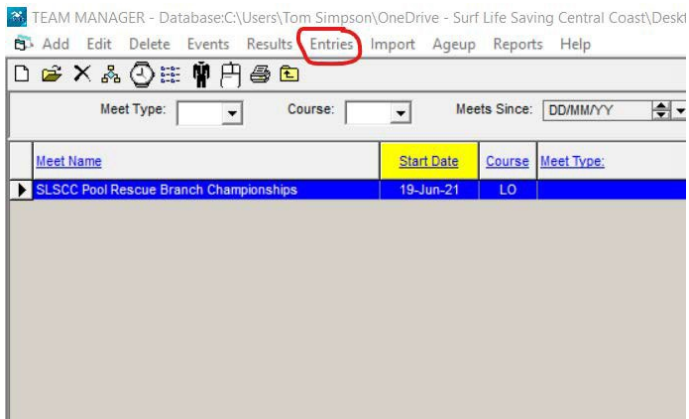
Notice for each Relay event number there may be multiple relay team age groups.



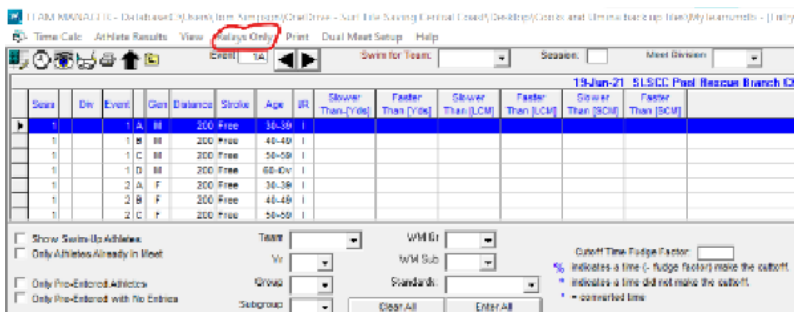
Select Meets



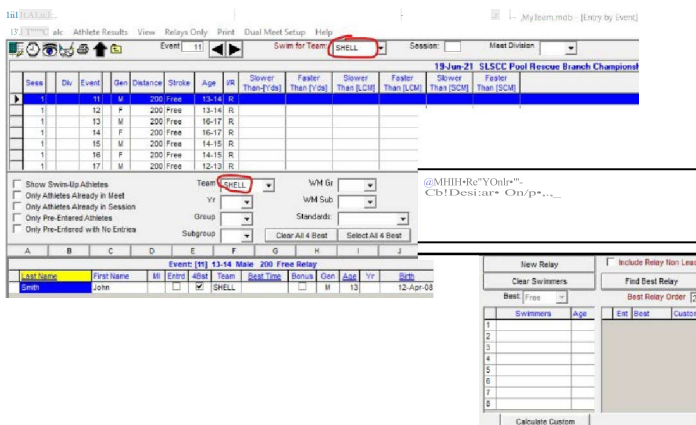
Select Close



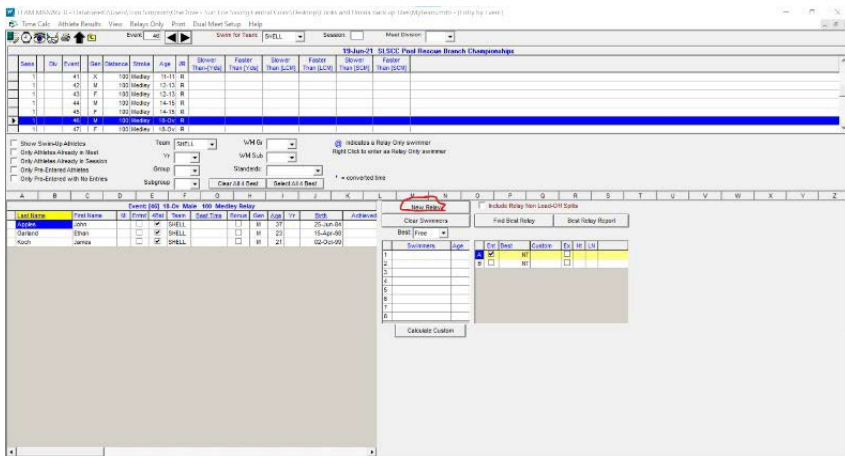
Select Entries and Entry by Event



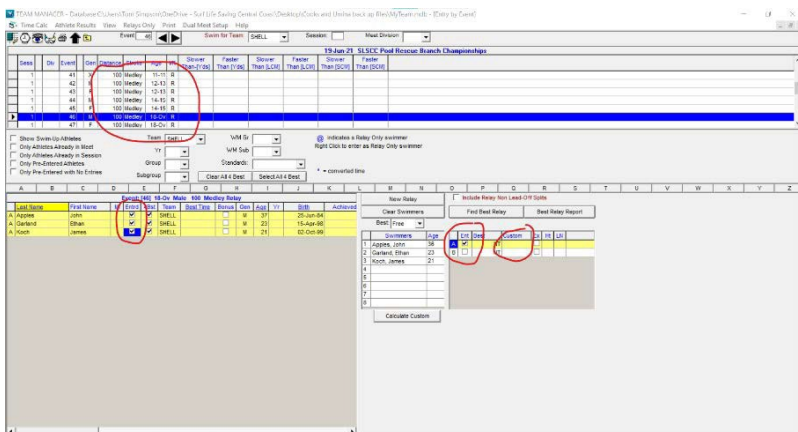
Select Relays Only



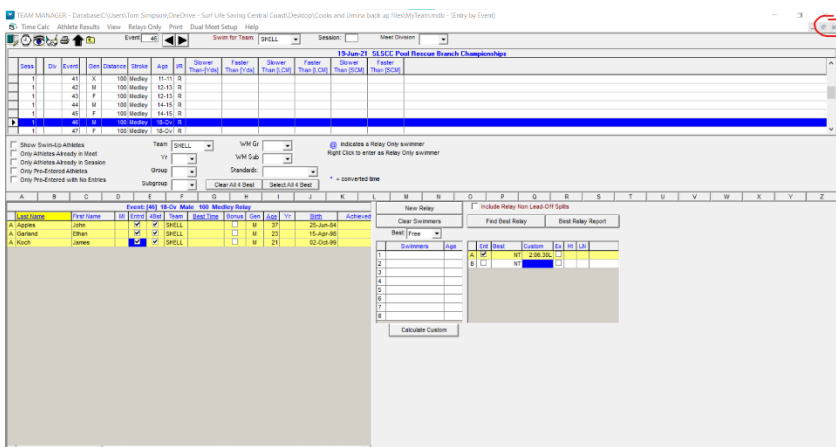
Select Team



Select New Relay

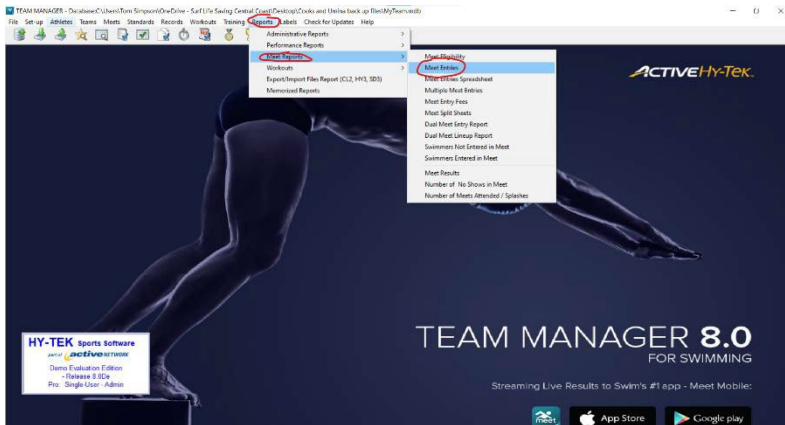


- Select event and age at the top.
- Select Team on the right and select athletes on the left to go into the team.
- In the custom field in the relay section times can be submitted.
- Times must be submitted like example below 2:06.30.
- Repeat until all teams are entered.

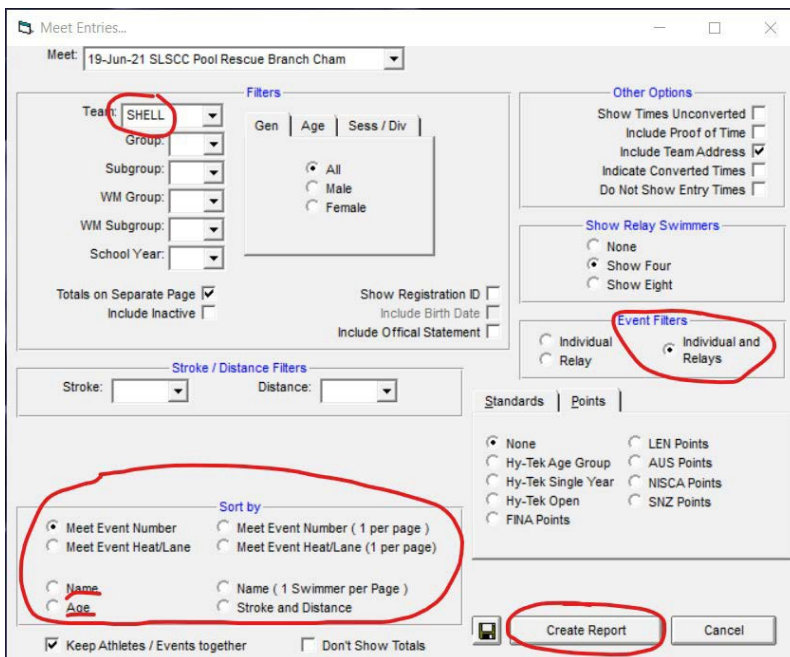


Exit Relays screen and return to home screen

10. Reporting



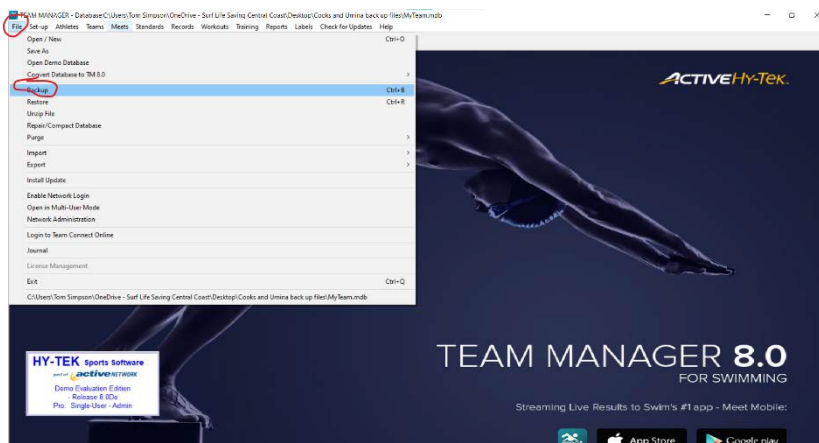
Click Reports, Meet reports, Meet



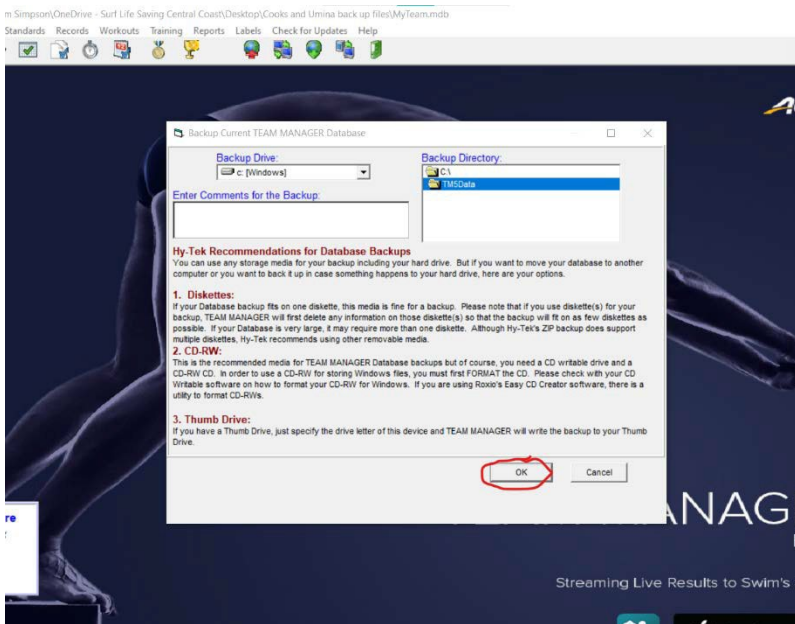
Check Team at the top, Change Event Filter to Individual and Relays and click create Report.

- 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.

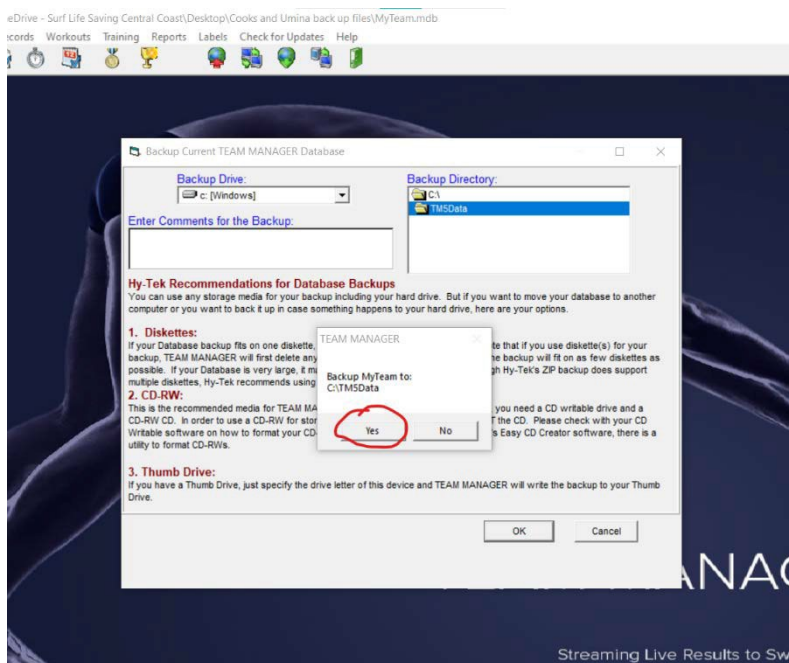
11. Back up file



Select File, Select Backup

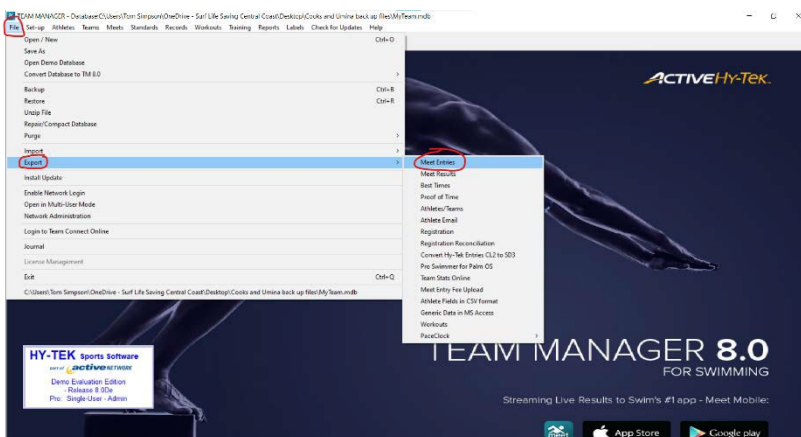


Select folder you want to save to

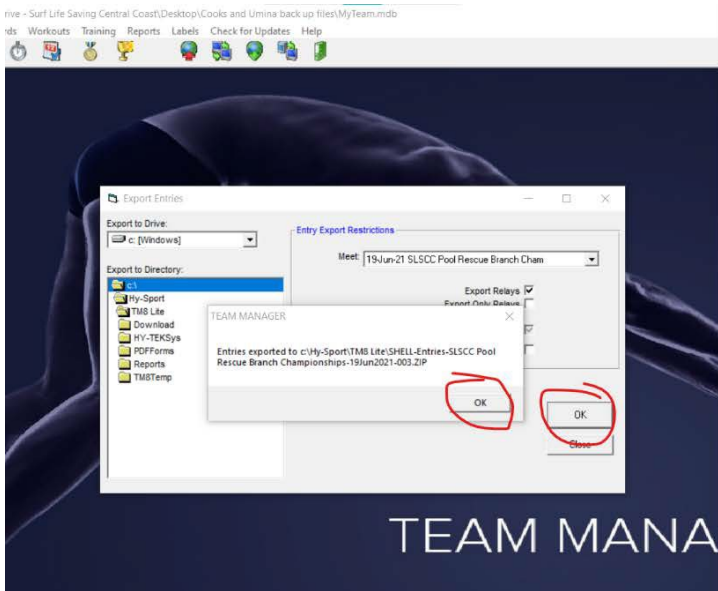


Select Yes

12. Export entry file to computer

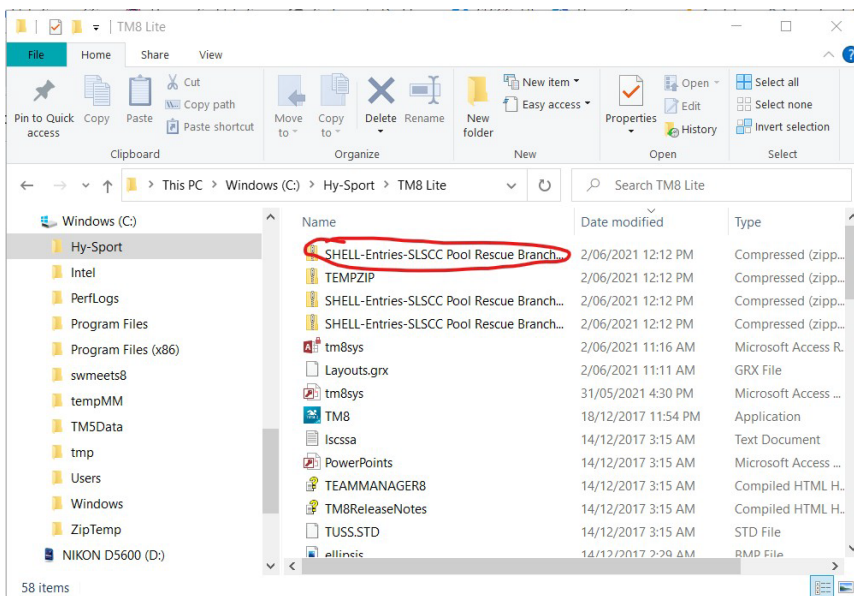


click File, Export , Meet Entries



Click OK and OK

Email entry file for submission



Select export file from saved location and send as attachment via email to hannahskuodas@royalnsw.com.au by 5:00pm on Monday 3rd of June 2024.