



# 2024 NSW Pool Lifesaving Championships Information and Entry Details Multi-Class Events

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

**14<sup>th</sup> to 16<sup>th</sup> 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

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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.

<b>Action:</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete and submit entries no later than <b>5pm on Monday 3rd June 2024</b>. Late entries will not be accepted.</li> <li><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.</li> <li><input type="checkbox"/> Express interest through the Team Registration form <a href="https://www.drowningprevention.org.au/event-details/2024-state-pool-lifesaving-championships">https://www.drowningprevention.org.au/event-details/2024-state-pool-lifesaving-championships</a></li> <li><input type="checkbox"/> The 'team manager download file' will be emailed to registered Team Managers. The returned exported data must be emailed to <a href="mailto:hannahskuodas@royalnsw.com.au">hannahskuodas@royalnsw.com.au</a> by <b>5pm on Monday 3rd June 2024</b>.</li> </ul>
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## Multi-Class Event Information

Royal Life Saving NSW and Surf Life Saving NSW are committed to providing an opportunity for people of all abilities to compete in Pool Lifesaving events.

Following the success of the NSW Surf Life Saving Inclusive Championships, the 2024 NSW Pool Lifesaving State Championships will include five (5) new Multi-Class events, run on **Sunday the 16<sup>th</sup> of June**. The Multi-Class events will be open for competitors with a permanent limiting disability to take part in. These events will have specialised modifications, as established by RLSNSW and SLSNSW representatives, that will best suit athletes competing with a disability.

This document provides important information in relation to the nature of these Multi-Class events.

**Note:** The Multi-Class events are not to assist athletes wishing to enter the Championships with an injury, but instead are designed to provide athletes with a medical condition or injury causing permanent physical, sensory and/or cognitive impairment, the opportunity to compete.

### Eligibility Requirements

Competitors wishing to compete in the Multi-Class events are not required to hold the age appropriate RLS/SLS Awards required to compete in Standard events i.e. preliminary skills, competition skills evaluations, Bronze Awards or Surf Rescue Certificates.

To participate in the Multi-Class events, competitors must:

- Be a financial member of an RLSNSW or SLSA Club for the 2023/24 season
- Meet the minimum age requirements (be at least 10 years of age on the 31/12/23)
- Have a permanent physical, intellectual or sensory disability
- Provide evidence of disability, medical condition or permanent injury  
And/or
- Have an eligible Swimming Australia Classification  
*For more information on the Classification system, please visit the [Swimming Australia](#) website.*

Competitors are required to submit an entry time for each event where applicable. If no entry time is supplied then the competitor will be entered as a “no time” and seeded in the slowest heat.

Clubs are not required to provide Water Safety for competitors taking part, however if a competitor requires any extra support, volunteers are welcome to assist. Please work with your club to provide sufficient volunteers to support competitors in these events.



## Competition Events

Events will be open to athletes from the U11 age group, right through to the Masters age groups. Please note that age groups and genders may be combined across events, and there are no restrictions on entry numbers from clubs.

### Multi-Class Event List

- 50m Obstacle Race
- Line Throw 8m
- 50m Manikin Carry (empty manikin)
- 50m Freestyle Swim with Fins
- 50m Tube Clip and Swim with Fins

### Brief Overview of the Modifications in Each Event

For a full description of the unmodified events, equipment information and event rules, please refer to of the NSW Pool Lifesaving Competition Manual.

Competitors are not required to begin each race with a dive start. On an acoustic signal, competitors can either begin the race with a dive entry from the blocks or side of the pool, or start in the water, provided at least one (1) hand remains in contact with the wall.

#### 50m Obstacle Race

- Competitors swim 50m freestyle, passing underneath two (2) submerged obstacles, located at the 12.5m and 32.5m mark.
- Considerations can be made to allow for handlers to assist with submerging or ensuring resurfacing

#### Line Throw 8m

- This event requires a “victim” to be located in the water on the near side of a rigid crossbar, located at an 8m distance away from the finish wall
  - The victim can be any registered member of the Championships – this may be a fellow Multi-Class competitor or an able-bodied competitor, of any age or gender.
- Competitors will have 45 seconds to throw an unweighted rope to the victim who grabs hold of the rope, while maintaining contact with the crossbar. The competitor then uses the rope to pull the victim in, back towards the finish wall.

#### 50m Manikin Carry (empty manikin)

- Competitors swim 35m freestyle and pick-up an empty manikin, located at the water’s surface.
- Please note that this event modification requires a member of the competitor’s team to assist as manikin handler.
  - Before the start of the race, the manikin handler positions themselves in the water, at the 35m marker line, to hold the manikin in place.
  - The manikin handler can release the manikin when the competitor has the manikin in a stable carrying position it, in preparation to carry.
- Competitors then carry the manikin the rest of the distance to the finish wall.



### 50m Freestyle Swim with Fins

- Competitors swim 50m freestyle with fins – they may swim underwater for as much of the 50m distance as they like.
- Rubber fins recommended – Please refer to Section 2.3.1 and 2.3.2 of the NSW Pool Lifesaving Competition Manual for more information on Swim Fin Specifications permitted at NSW Competitions.

### 50m Tube Clip and Swim with Fins

- Competitors swim to the 25m marker line. After touching the marker line, the competitor can then clip up the rescue tube into an O-ring, and swim the 25m distance back to the finishing wall.
- Considerations can be made to allow for handlers to assist competitors with a particular disability that may cause difficulty in clipping up the tube.

## Medals and Pointscore

Medals will be awarded for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placegetters in each Multi-Class event.

Competitors will be notified on the day of recording procedures – these procedures will likely be dependent on the number of entries into the event and the results against entry time for each competitor

Multi-Class events will not contribute to the Championship Club Point Scores.

### Competition Program – Sunday 16<sup>th</sup> June

Sunday 16th June 2024							
#	EVENT	AGE	GENDER				
95	50m Obsatcle Race (Multi-Class)	Open-MC	Male	115	50m Freestyle - with fins	Open	Male
96	50m Obsatcle Race (Multi-Class)	Open-MC	Female	116	50m Freestyle - with fins	Open	Female
97	8m Line Throw (Multi-class)	Open-MC	Male	117	50m Freestyle - with fins	U19	Male
98	8m Line Throw (Multi-class)	Open-MC	Female	118	50m Freestyle - with fins	U19	Female
99	100m Manikin Carry with Fins	Open	Male	119	50m Freestyle - with fins	U17	Male
100	100m Manikin Carry with Fins	Open	Female	120	50m Freestyle - with fins	U17	Female
101	100m Manikin Carry with Fins	U19	Male	121	50m Freestyle - with fins	U15	Male
102	100m Manikin Carry with Fins	U19	Female	122	50m Freestyle - with fins	U15	Female
103	100m Manikin Carry with Fins	U17	Male	123	50m Freestyle - with fins	U14	Male
104	100m Manikin Carry with Fins	U17	Female	124	50m Freestyle - with fins	U14	Female
105	100m Manikin Carry with Fins	U15	Male	125	50m Freestyle - with fins (Multi-Class)	Open-MC	Male
106	100m Manikin Carry with Fins	U15	Female	126	50m Freestyle - with fins (Multi-Class)	Open-MC	Female
Masters age groups combined event - 100m Manikin Carry				127	50m Freestyle - with fins	U13	Male
107	100m Manikin Carry with Fins	30-39	Male	128	50m Freestyle - with fins	U13	Female
	100m Manikin Carry with Fins	40-49	Male	129	50m Freestyle - with fins	U12	Male
	100m Manikin Carry with Fins	50-59	Male	130	50m Freestyle - with fins	U12	Female
	100m Manikin Carry with Fins	60+	Male	131	50m Freestyle - with fins	U11	Male
108	100m Manikin Carry with Fins	30-39	Female	132	50m Freestyle - with fins	U11	Female
	100m Manikin Carry with Fins	40-49	Female	133	50m Tube Swim & Clip w Fins (Multi-Class)	Open-MC	Male
	100m Manikin Carry with Fins	50-59	Female	134	50m Tube Swim & Clip w Fins (Multi-Class)	Open-MC	Female
	100m Manikin Carry with Fins	60+	Female				
109	100m Brick Carry with Fins	U14	Male	135	100m Rescue Medley	Open	Male
110	100m Brick Carry with Fins	U14	Female	136	100m Rescue Medley	Open	Female
111	100m Brick Carry with Fins	U13	Male	137	100m Rescue Medley	U19	Male
112	100m Brick Carry with Fins	U13	Female	138	100m Rescue Medley	U19	Female
113	50m Manikin Carry; Empty (Multi-Class)	Open-MC	Male	139	100m Rescue Medley	U17	Male
114	50m Manikin Carry; Empty (Multi-Class)	Open-MC	Female	140	100m Rescue Medley	U17	Female
				142	4 x 50m Medley Relay	30+	Mixed
				143	4 x 50m Medley Relay	U13/U14	Non-specific
				144	4 x 50m Medley Relay	Open/U19	Mixed
				145	4 x 50m Medley Relay	U11/U12	Non-specific
				146	4 x 50m Medley Relay	U17/U15	Mixed



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## Further Information and Resources

### **Royal Life Saving Australia Sport and Competition Handbook (2023 Edition Version 0.1), Intro D – Competitors with a Disability**

Accessible: [https://www.royallifesaving.com.au/\\_data/assets/pdf\\_file/0004/79321/2023-Competition-Handbook-APLSC-Final.pdf](https://www.royallifesaving.com.au/_data/assets/pdf_file/0004/79321/2023-Competition-Handbook-APLSC-Final.pdf)

### **Surf Life Saving Australia Policy 6.03 – Limiting and Permanent Disability**

Accessible: <https://www.surflifesaving.com.au/members/policies/slsa-policy-6-03-limiting-and-permanent-disability/>