

2024 NSW Pool Lifesaving State Championships

Sydney Olympic Park

Friday 14th – Sunday 16th June 2024

Final Event Information

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1. Event Information

- The 2024 NSW Pool Lifesaving Championships will be held from Friday the 14th of June to Sunday the 16th of June at Sydney Olympic Park Aquatic Centre
- The Championships will be conducted under NSW Pool Lifesaving Competition Manual, plus any amending Bulletins and Circulars, which will be sent out to all Team Managers/ Administrators.
- Events will 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.

2. Championship Schedule

Please note that the following schedule will be subject to change depending on the pace of events on the day, so must be used only as a guide.

	Activity	Time
Day 1 Friday 14th	Competitors, team managers, spectators, officials arrive	From 2:30pm
	Warm up commences	3:00pm
	Managers briefing	3:00pm
	Officials briefing	3:15pm
	Marshalling for first 4 events (Opens & U19 200m Obstacles)	3:45pm
	First event	4:00pm
	Last event concludes	8:00pm
Day 2 Saturday 15th	Competitors, team managers, spectators, officials arrive	From 7:00am
	Warm up commences	7:30am
	Managers briefing	7:30am
	Officials briefing	7:45am
	Marshalling for first 4 events (Opens & U19 100m Manikin Tow)	8:15am
	Events 45 – 70 First session commences	8:30am
	Break for lunch	Approx. 12:00pm
	Events 71 – 93 Second session commences	12:30pm
	Last event concludes	3:30pm



Day 3 Sunday 16th <i>Events 95 – 114</i> <i>Events 115 – 145</i>	Competitors, team managers, spectators, officials arrive	From 8:00am
	Warm up commences	8:30am
	Managers briefing	8:30am
	Officials briefing	8:45am
	Marshalling for first 2 events (Multi-Class 100m Obstacles)	9:15am
	First session commences	9:30am
	Second session commences	12:00pm
	Last event concludes	2:30pm

3. Managers Briefing

A coaches and managers briefing will be held in the marshalling area 60 minutes prior to the first event of each day. All teams are required to have either a coach or manager attend the meeting.

Only the nominated team managers are permitted in the competition area to ask the Competitor Liaison any questions or submit a substitution/withdrawal form or protest/appeal form.

4. Officials Briefing

An officials briefing will be held in the marshalling area 45 minutes prior to the first event of each day. Please ensure that you arrive with enough time to attend the briefing.

a) Officials Room

- The Shane Gould Room will be available for officials to store their belongings throughout the duration of the competition.
- Upon arrival each day, all officials are required to sign the attendance sheet located in the Shane Gould Room.
- Please see the attached Venue Map for important locations.

b) Catering

- Appointed officials will be provided with a light breakfast, lunch and snack options throughout the 3 days of competition. This will be available in the Shane Gould Room.
- Appointed officials will receive a reusable co-branded drink bottle.

c) Clothing

- Those who have officiated at the previous RLS x SLS Combined State Championships, please wear the same black polo shirt again this year.
- All other appointed officials, please wear a plain black polo shirt.
- Appointed officials must not enter the competition area wearing any club/branch or sponsor identification.



5. Club Timekeeper and Equipment Assistant Rosters

Timekeeper and Equipment Assistant Rosters must be adhered to by all competing clubs. Please ensure you have volunteers available for each rostered time slot.

If there are any problems or your volunteers are unable to perform their allocated roles, please let the Competitor Liaison desk know at least 30 minutes prior to the start of your clubs rostered time slot.

Volunteers are crucial to our sport and without them, our competitions would not be possible. If club rosters are not adhered to, RLSNSW / SLSNSW reserves the right to impose sanctions on the club or request the offending club to show cause as to why they should compete at the Championships.

6. Meet Program

Please use this as a guide only as some of the heats and timing estimates on the Meet Program may change due to amalgamation of events on the day.

An updated version of the Meet Program will be sent out 48 hours prior to the start of competition.

PLEASE NOTE: The Competitor Liaison desk will NOT be supplying hard copies of the Meet Program to each club on the day. It is the responsibility of the Team Manager or Coach to bring their own copy of the Meet Program to the competition.

7. Competition Forms

All competition forms will be **available at the Competitor Liaison desk** throughout the duration of the Championships. Only the nominated team managers are permitted to fill out these forms when they are required and return them to the Competitor Liaison desk.

a) Withdrawal and Substitution Forms

- Notification of withdrawals and substitutions must be made **at least 60 minutes prior** to the scheduled starting time for the particular event.
- All withdrawals or substitutions in an event must be made in writing on the appropriate form and lodged with the Competitor Liaison.
- Withdrawals from **individual** events should be lodged as soon as possible but substitution of the competitors is not permitted.
- In **relay** events the substitution of competitors is at the discretion of the team management, so long as the entry and eligibility rules for the event are followed.
 - Competitors who are substituted in a relay event may only be replaced by another registered competitor from the same competitive team.
 - After the event substitution time has closed, there shall be no further alteration of relay entries in an event unless there is a demonstrated misadventure (e.g. injury) which prevented a substitution notification being lodged by the required time limit.

b) Protests and Appeals Forms

- The Chief Referee will deal with all protests and appeals referred to them by the Competitor Liaison on the correct Protest or Appeals Form.
- The Appeals Convenor and Appeals Committee will deal with all the appeals and any protests referred to them by the Chief Referee or their delegate.



8. Pool Set Up

a) Start / Finish End

- All events will finish at the diving pool end of the competition pool.
- 50m events will start at the scoreboard end of the competition pool.
- 100m events will start at the diving pool end of the competition pool.

b) Pool depth

- Under ILS Standards, manikins must be placed at a depth between 1.8m and 3m.
- The competition pool at SOPAC ranges from **2m to 3m in depth**.
- All competitors should be aware of the depth of the pool and how this will affect their performance in each event.

Event	Pool Depth
50m Manikin / Brick Carry	Pick-up at the 25m or 35m mark will be performed at a depth of 3m.
100m Manikin / Brick Carry	Pick up at the 50m mark will be performed at a depth of 2m.
200m Superlifesaver	Pick up at the 25m mark will be performed at a depth of 3m.
100m Rescue Medley	Pick up at the 17.5m mark will be performed at a depth of approx. 2.5m

c) Grandstand

- Following the recent fire damage to the roof of the Aquatic Centre, the Western grandstand is likely to be closed during competition. Teams and spectators can set up in the **Eastern grandstand** (closest to the main entrance of the Centre).

d) Venue Map

- Please see the Venue Map included at the end of this Circular for more information.

9. Marshalling Instructions / Expectations

- The Meet Program will be available to all team managers in the week prior to the Championships. It is the responsibility of the team manager to circulate the program to their participating members.
- Competitors are encouraged to familiarise themselves with the Meet Program and **self-marshall**. When called to marshal, it is expected that each competitor will know their event and heat number as well as the lane they have been allocated.
- **At least 4 heats prior to their event**, competitors are to report to the marshalling area to ensure they are in their correct heat and lane, as directed by the marshal.
- Competitors are expected to behave appropriately in the marshalling area to allow for the marshalls to perform their role effectively.
- Competitors are not permitted to run whilst on pool deck, coming to and from the marshalling area or to the starting blocks for each race.



10. Warm Up / Cool Down

a) Lane Availability

- Competitors will be allowed to use the competition pool for warm up???. The pool must be vacated 30 minutes prior to the start of the first event.
- 8 lanes in the diving pool will also be available for warm up and cool down throughout the duration of the competition.

b) Equipment

- Each team is required to bring their own equipment for warm ups. Borrowing of competition equipment will not be permitted for warm ups at any time.

11. Presentation of Medals

- The presentation of medals will be performed throughout the competition, on a rolling basis. There will be no specific breaks in the program for medal presentations.
- Athletes are encouraged to collect their Championship medals at the presentation desk when their name is announced. If a competitor is marshalling when their name is announced, they must remain in the marshalling area and collect their medal after their next event. Medals that are not collected will be available at the presentation desk at the completion of each day.
- There will be a presentation dais for medal winners to take photographs. Only team managers and coaches are permitted to enter the competition area to take photographs of their clubs medal winners. It is important that this area does not become crowded. Once competitors receive their medal and have their photo taken, they are expected to return to the grandstand or marshall for their next event.

12. Photography

- As a condition of entry, all competitors agree to have any photos or videos taken during the Championships to be used as promotional material by RLSNSW and SLSNSW.
- Professional photographers will be attending, and material will be available via social media and to clubs on request following the Championships.
- Spectators are permitted to take photographs from the grandstand.

13. Venue Information

a) First aid

- First Aid will be provided by the Aquatic Centre Lifeguards during the event and will operate from the beginning of warm up time each day.

b) Carnival Admission

- Carnival entry is currently located at Mouse Hole Entry near P2 Car Park
- There will be no charge for admission.

c) Parking

- The first 4 hours of parking each day of competition is free.
- There will be a fee of \$7.00 per hour after this.



- Please collect your parking pass from the front desk upon entry into the Centre each day. It is your responsibility to ensure that you do not misplace your parking pass.
- d) Food and Beverage
- Café Aqua will be open and available to all competitors and spectators throughout the duration of the Championships.
- e) Change Rooms
- All competitors are to use the competitors' change rooms between the competition and diving pools, underneath the western grandstand.
 - Two groups of officials' change rooms are located on the eastern side.
 - Public toilets are located on level 2.
- f) Other
- Smoking is strictly prohibited inside the perimeter of the venue.
 - The Aquatic Centre is fitted with an Automatic Early Warning System (EWIS). This system is activated when a component of the system goes into alert mode. If activated, please follow the direction of the Aquatic Centre Chief Warden.

14. Merchandising / Vendors

- 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. Their stall will be available to competitors and spectators, located on the level 2 bridge underneath the scoreboard.

15. Stack Team App

- Stack Team App will be used throughout the Championships as a platform to communicate important information and timetable changes to team managers, officials, competitors and spectators.
- To register for the event updates, please follow the instructions below:
 - (1) Download the "Stack Team App" application from the App Store or Google Play
 - (2) Log in / Sign up to receive live event notifications.
 - (3) Once logged in, search for "NSW Pool Champs 2024" → "Become a member of this Team App" icon at the top of the screen
 - (4) Once joined, you can join groups or specific lists that you would like updates for as notifications will be targeted to the specific group
 - (5) 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.
- Announcements and marshalling calls will be made over the Public Address System. 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 an event.



16. Venue Map

