

# 2025 NSW Pool Lifesaving Championships Information & Entry Details

**June 21-22 2025, Murray Rose Aquatic Centre (Cranbrook School)**

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

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

**Contact: RLSNSW**  
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The **2025 NSW Pool Lifesaving Championships** will be jointly hosted by **Royal Life Saving NSW** and **Surf Life Saving NSW**. The event will be conducted under the **NSW Pool Lifesaving Competition Manual**, along with any updates provided through official Bulletins or Circulars to Clubs and Team Managers. Events will follow the **ILS Competition Rule Book – 2023 Final Edition** (Clarification May 2024), with any NSW-specific 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 Wednesday 11th June 2025</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 2025 NSW Pool Lifesaving Championships.</li> <li><input type="checkbox"/> Teams must register online through the registration form: <u><a href="https://www.drowningprevention.org.au/event-details/2025-nsw-pool-lifesaving-state-championships">https://www.drowningprevention.org.au/event-details/2025-nsw-pool-lifesaving-state-championships</a></u></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 <u><a href="mailto:hannahskuodas@royalnsw.com.au">hannahskuodas@royalnsw.com.au</a></u> by <b>5pm on Wednesday 11th June 2025</b>.</li> </ul>
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# 1. Event Entries

## Entry Registrations:

1. All entries for the 2025 NSW Pool Lifesaving Championships must be submitted via email to **[hannahskuodas@royalnsw.com.au](mailto:hannahskuodas@royalnsw.com.au)** by **5:00pm, Wednesday 11 June 2025**.
2. Late entries will not be accepted.
3. Entries must be completed using the Team Manager Lite 8.0 software (please note this version is not compatible with Apple devices).
4. Entries sent via paper forms or email attachments will not be accepted. All entries must be submitted using the Team Manager File system.

***Note: A step-by-step guide to the entry process is available in Appendix 1 at the end of the event circular. Please allow adequate time to complete entries if you're new to using Team Manager Lite.***

## Entry Fees:

1. Individuals – A flat fee of \$62.10 (incl. GST) per competitor entered in the Championships.
2. Relay Teams – \$12.42 (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 representative of either RLSNSW or SLSNSW Club.
2. Competitors must be financial members of RLSNSW and/or SLSNSW for the 2024/2025 season.
3. Clubs may submit unlimited entries.
  - a) Competitors may enter only one age group per individual event, except for those in U17, U19, and Masters, who may also enter the Open age group.
  - b) Competitors may enter only one relay team per age group event.
4. All competitors entered must meet the award and proficiency requirements of RLSNSW or SLSNSW, in addition to any other relevant policies.
5. A competitor's age group is determined by their age as of 31 December 2024 (midnight). This age group will apply regardless of their 2024/2025 SLSSA or RLSSA season classification.
  - a) Note: U10 competitors cannot compete in U11 events if they do not meet the age requirement. This overrides any previous rules in the RLSNSW/SLSNSW rulebooks.
6. Entry times should be included where possible; these will be used for event seeding. Times exceeding World Records will not be accepted.
7. Composite teams are not permitted unless approved by the Event Organiser and Key Officials prior to the entry closing date. See Section 4: Event Rules/Conditions for more information.

## **Club Representation – Dual Affiliated Members:**

1. Competitors affiliated with both RLSNSW and SLSNSW (Dual Affiliated Members) may only represent one club throughout the entire Championships. This must be the club (either RLSNSW or SLSNSW) through which their entries are submitted.
2. Athletes must represent the same club for all individual and team relay events.
3. Dual Affiliated Members may list both clubs on their registration form to be eligible for point scoring with both RLSNSW and SLSNSW.

For example,

- a) The athlete is a member of Hills LSC (RLSNSW) and Bondi SLSC (SLSNSW).
- b) The Team Manager/Individual completes entries through Hills LSC.
- c) On the registration form, both clubs are listed.
- d) The athlete competes for Hills LSC in all events but contributes points to both associations.

## **Withdrawals and Substitutions:**

1. All withdrawals must be submitted using the official Withdrawal/Substitution Form at least 60 minutes prior to the scheduled start of the relevant event.
2. Substitutions in team events are allowed if:
  - a) The replacement is a registered competitor from the same club, and
  - b) All event entry criteria are met.
  - c) The Withdrawal/Substitution Form must be fully completed.
3. Team substitutions must comply with the current NSW Pool Lifesaving Competition Manual.
4. Any withdrawals and team substitutions submitted on the official Withdrawal/Substitution Form will be passed on to relevant carnival officials by the Competitor Liaison.

## **Entry Lists:**

1. Once entries are received, a confirmation entry list will be sent to Team Managers.
2. Team Managers must check for any errors or omissions and notify the Championship Organiser of corrections within 48 hours of the entry deadline (by 5:00pm on 11 June 2025).
3. After entries close, official event entry lists will be generated and posted online.
4. A download link will be emailed to Team Managers. If there are any changes within 48 hours of the event, Team Managers must notify the organiser of any withdrawals or substitutions using the appropriate forms.
5. A final Competition Program (including heats) will be posted at least two days prior to the start of the competition.
  - a) This allows for self-marshalling.
  - b) Competitors must be aware of their heat and lane allocations and report to marshalling when called.
6. 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.
7. All other competitors must report to marshalling at least four (4) heats before their event and be ready in their assigned heat and lane.
8. The claims board and announcements are intended as a guide only. Athletes are responsible for knowing their own event schedule.
9. Parents, Team Managers, or Coaches are not permitted in the marshalling area without prior approval or valid reason.

## Officials and Volunteer Quotas:

For Official and Volunteer nominations, please refer to the information on the Championship Event Page:  
[2025 NSW Pool Lifesaving Championships: Officials Nominations](#)

Once nominations close, the Competition Organising Committee, in consultation with the Chief Referee and Championship Manager, will appoint the most suitable officials for each role. Appointments will be confirmed and communicated prior to the event.

Club support in filling all required and rostered roles is essential and greatly appreciated, as these positions are critical to ensuring the smooth and timely delivery of the Championships.

*Please note: If clubs do not provide their allocated volunteers to assist with timekeeping and equipment setting, the event schedule may be delayed.*

Clubs are required to supply a minimum number of accredited officials, based on the number of competitors they enter:

1 to 4	0 accredited officials
5 to 15	1 accredited official
16 to 29	2 accredited officials
30+	3 accredited 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). These roles do not count toward the official quota but are essential for event delivery.

Once entries close, a volunteer roster will be created based on the number of competitors per club and shared with Team Managers. Clubs that have not met their quota for officials will be contacted by RLSNSW or SLSNSW staff to nominate additional volunteers.

*Please note: If timekeepers or equipment movers fail to attend their assigned session without notice, athletes from that club may be withdrawn from the session.*

## Visitors and Exhibition Competitors:

1. Only competitors entered through an affiliated RLSNSW or SLSNSW club are entitled to Championship titles, event medal and their points go towards the individual's clubs point score.
2. Exhibition or visitor competitors (including interstate, international, or selection teams) may participate only with prior approval from the Organising Committee, subject to lane availability and provided their inclusion does not disrupt the flow of competition.
3. Definitions and Conditions:
  - a) Visitor/exhibition competitors are ineligible for medals, points, or awards.
  - b) These may include composite relay teams, Branch teams, interstate or development squads, or international representatives, as long as all team members are:
    - i. Members of a recognised RLSSA/SLSA club, Branch, STMO or International Body, and
    - ii. Hold the relevant award or proficiency required for their entered events.
  - c) Eligible athletes competing as part of a composite relay team may still compete in individual events for their club and remain eligible for points, medals, and 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 as of 31/12/2024	Age Group	RLSNW	SLSNSW
Individual Events			
10 years	<b>U11</b>	NSWSF Acquisition 6	Currently proficient in the appropriate age award for their surf age group
11 years	<b>U12</b>	NSWSF Acquisition 6	Currently proficient in the appropriate age award for their surf age group
12 years	<b>U13</b>	RLSSA Bronze Star	Currently proficient in the appropriate age award for their surf age group
13 years	<b>U14</b>	RLSSA Bronze Star	SLSA Surf Rescue Certificate or U13 preliminary evaluation
14 years	<b>U15</b>	RLSSA Bronze Star	SLSA Surf Rescue Certificate
15-16 years	<b>U17</b>	RLSSA Bronze Star (15) RLSSA Bronze Medallion (16)	SLSA Bronze Medallion/Certificate II
17-18 years	<b>U19</b>	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
19+ years	<b>Open</b>	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
30+ years	<b>Masters</b>	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Team Events			
10 / 11 years	<b>U11/12</b>	NSWSF Acquisition 6	Currently proficient in the appropriate age award for their surf age group
12 / 13 years	<b>U13/14</b>	RLSSA Bronze Star	Currently proficient in the appropriate age award for their surf age group SLSA Surf Rescue Certificate or U13 preliminary evaluation
14 / 15 / 16 years	<b>U15/17</b>	RLSSA Bronze Star (14, 15) RLSSA Bronze Medallion (16)	SLSA Surf Rescue Certificate (14) SLSA Bronze Medallion (15,16)
17+ years	<b>U19 / Open / Masters</b>	RLSSA Bronze Medallion	SLSA Bronze Medallion / Certificate II

1. All competitors must be at least 10 years old as of 31 December 2024 (midnight) to compete.
2. Competitors in the U11, U12, U13, U14, and U15 age groups must compete only in their designated age category for individual events. They cannot compete in other age groups for individual events.
3. Competitors in the U17, U19, and Masters categories may enter both their own age group, and the Open Individual events. To compete in Open events, all competitors must hold a current RLSSA / SLSA Bronze Medallion.

## 4. Event Rules/Conditions

The 2025 NSW Pool Lifesaving Championships will be conducted under the NSW Pool Lifesaving Competition Manual, along with any official Bulletins and Circulars sent to clubs and Team Managers.

ILS-endorsed events will operate under the ILS Competition Rule Book – 2023 Final Edition (May 2024 Clarification). Modified junior events will be run under the rules outlined in the NSW Pool Lifesaving Competition Handbook.

Refer to Sections 2 and 3 of this handbook for full details on eligibility, age categories, substitutions, and other requirements to compete.

### General Conditions:

1. Individual events will be conducted in separate male and female categories, as listed in the event program.
2. All competitors must wear their club swim cap (cloth, rubber, or silicone) in all events, including relays. (Refer to NSW Pool Lifesaving Competition Manual and Section 3.1 of the ILS Sports Manual).
3. All events will be conducted as Timed Finals.
4. U13 and younger competitors must use rubber fins for all individual and team events.
5. In U14 and older age group events, fibreglass fins may be used in individual events.
  - a. U14s must use soft fins in team events. In the U11–U14 Medley Relay, swimmers 2 and 4 must wear rubber fins, regardless of age.
6. **Competitors in U15 age group and below may enter only one age group per individual event**
7. **Competitors in U17, U19 and Master's age groups may enter their own age group and in the Open age group for each individual event.**
8. **Competitors may enter only one relay team per age group event.**
9. The Line Throw is an INDIVIDUAL event for the competitor who is performing the throw. The participant acting as the victim is considered similar to a handler in the manikin tow events and does not receive a placing.

## Event Tables:

INDIVIDUAL EVENTS	U11	U12	U13	U14	U15	U17	U19	Open	30-59	60+
Obstacle Swim	50m	50m	100m	100m	200m	200m	200m	200m	200m	100m
Line Throw ❶	8m	8m	10m	10m	12.5m	12.5m	12.5m	12.5m	12.5m	12.5m
100m Manikin Carry with fins					✓	✓	✓	✓	✓	✓
100m Brick Carry with fins			✓	✓						
100m Empty Manikin Carry with fins	✓	✓								
100m Rescue Medley ❷						✓	✓	✓		
200m Super Lifesaver					✓	✓	✓	✓		
50m Manikin Carry				From 35m	✓	✓	✓	✓	✓	✓
50m Brick Carry	From 35m	✓	✓							
100m Manikin Tow with fins				✓	✓	✓	✓	✓	✓	✓
50m Manikin Tow with fins		✓	✓							
50m Tube Clip with fins (no manikin)	✓									
50m Freestyle Swim with fins	✓	✓	✓	✓	✓	✓	✓	✓		

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	✓ ❸	✓ ❹	✓	✓	✓
8 x 50m Fin Relay				✓	



## Individual Events:

1. Competitors may only enter **one age group per individual event**, with the exception of **U17, U19, and Masters**, who may also enter events in the **Open** age category.
2. **Note ①** The Line Throw event is an **individual event**.
  - a. Athletes may compete once only as the Thrower but can assist as a Victim in multiple heats.
  - b. Victims must be registered competitors in the Championships and meet the following age and gender eligibility:
    - i. **U11 – U14 age groups**: Victim must be U17 or younger and of any gender.
    - ii. **U15, U17 and U19 age groups**: Victim must be the same gender, from the same or older age group.
    - iii. **Opens and Master's age groups**: Victim must be the same gender and eligible to compete in the Open age group (U17, U19, Open or 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. Victim Distances by Age Group:
    - i. U15, U17, U19, Open, Masters – 12.5 metres
    - ii. U13, U14 – 10 metres
    - iii. U11, U12 – 8 metres
  - e. All 10m and 12.5m 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)
  - f. 8m Line Throw events will use a shorter rope; minimum length 12.5m, maximum length 16.5m
3. **Note ②** Coaches and Team Managers must ensure that all competitors entered in the Rescue Medley event are adequately trained in underwater swimming to prevent shallow water blackout. RLSSA and SLSNSW condemn the practice of hyperventilation before participating in prolonged underwater swimming.

## Relay Events:

1. Competitors may enter only one relay team per age group event. They can participate in additional relay teams, only if they are in different age group events.
2. Excluding Masters relay teams, all relay teams may include up to 50% of competitors from a younger age group, provided all swimmers hold the appropriate proficiency award. Clubs are limited to one team per relay event using this mixed-age allowance. Specifically,
  - a. U11/U12 competitors may compete in U13/U14 relay teams (max. 50% from U11/U12).
  - b. U13/U14 competitors may compete in U15/U17 relay teams (max. 50% from U13/U14).
  - c. U15/U17 and Masters competitors may compete in Open relay teams (max. 50% from younger or Masters categories).
3. All relay team entries may include up to 50% reserves. That is, the number of reserves entered cannot exceed 50% of the total number of swimmers in the relay team (e.g. a 4x50m relay may have two reserve swimmers included in the entry).
4. Relay team composition for each age groups is as follows:
  - a. U11–U14: Non-gender specific — teams may be all male, all female, or mixed.
  - b. U15–Masters: Mixed-gender teams required.
    - i. Each team must have at least one male and one female
    - ii. No gender may make up less than 25% of the team.  
4-person relay = minimum 1 male or 1 female  
8-person relay = minimum 2 males or 2 females
5. **Note ③** U11/U12 Medley Relay, the 4<sup>th</sup> swimmer does not tow the 3<sup>rd</sup> swimmer.
6. **Note ④** U13/U14 Medley Relay, the 2<sup>nd</sup> and 4<sup>th</sup> 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 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 competitors 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 8:00am on both Saturday the 21<sup>st</sup> and Sunday the 22<sup>nd</sup>.

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

Please note: All **age groups** will have events running across **all 2 days** of the Championships.

	#	Event	Age	Gender		#	Event	Age	Gender
	WARM UP 8:00AM, FIRST MARSHALLING 8:45AM, FIRST EVENT 9:00AM					WARM UP 8:00AM, FIRST MARSHALLING 8:45AM, FIRST EVENT 9:00AM			
DAY 1 - SATURDAY JUNE 21ST	1	200m Obstacle Swim	Open	Male	73	200m Superlifesaver	Open	Male	
	2	200m Obstacle Swim	Open	Female	74	200m Superlifesaver	Open	Female	
	3	200m Obstacle Swim	U19	Male	75	200m Superlifesaver	U19	Male	
	4	200m Obstacle Swim	U19	Female	76	200m Superlifesaver	U19	Female	
	5	200m Obstacle Swim	U17	Male	77	200m Superlifesaver	U17	Male	
	6	200m Obstacle Swim	U17	Female	78	200m Superlifesaver	U17	Female	
	7	200m Obstacle Swim	U15	Male	79	200m Superlifesaver	U15	Male	
	8	200m Obstacle Swim	U15	Female	80	200m Superlifesaver	U15	Female	
	9	200m Obstacle Swim	30-39	Male	81	50m Manikin Carry	30-39	Male	
		200m Obstacle Swim	40-49	Male		50m Manikin Carry	40-49	Male	
		200m Obstacle Swim	50-59	Male		50m Manikin Carry	50-59	Male	
	10	200m Obstacle Swim	30-39	Female	82	50m Manikin Carry	60 & over	Male	
		200m Obstacle Swim	40-49	Female		50m Manikin Carry	30-39	Female	
		200m Obstacle Swim	50-59	Female		50m Manikin Carry	40-49	Female	
	11	100m Obstacle Swim	60 & over	Male	83	50m Manikin Carry	50-59	Female	
	12	100m Obstacle Swim	60 & over	Female		50m Manikin Carry	60 & over	Female	
	13	100m Obstacle Swim	U14	Male		50m Manikin Carry	Open	Male	
	14	100m Obstacle Swim	U14	Female	84	50m Manikin Carry	Open	Female	
	15	100m Obstacle Swim	U13	Male	85	50m Manikin Carry	U19	Male	
	16	100m Obstacle Swim	U13	Female	86	50m Manikin Carry	U19	Female	
	17	50m Obstacle Swim	U12	Male	87	50m Manikin Carry	U17	Male	
	18	50m Obstacle Swim	U12	Female	88	50m Manikin Carry	U17	Female	
19	50m Obstacle Swim	U11	Male	89	50m Manikin Carry	U15	Male		
20	50m Obstacle Swim	U11	Female	90	50m Manikin Carry	U15	Female		
21	4 x 50m Obstacle Relay	Open/U19	Mixed	91	50m Manikin Carry (from 35m)	U14	Male		
22	4 x 50m Obstacle Relay	U14/U13	Non-specific	92	50m Manikin Carry (from 35m)	U14	Female		
DAY 2 - SUNDAY JUNE 21ST	23	4 x 50m Obstacle Relay	Masters 30+	Mixed	93	50m Brick Carry (from 25m)	U13	Male	
	24	4 x 50m Obstacle Relay	U17/U15	Mixed	94	50m Brick Carry (from 25m)	U13	Female	
	25	4 x 50m Obstacle Relay	U12/U11	Non-specific	95	50m Brick Carry (from 25m)	U12	Male	
	26	Line Throw 12.5m	Open	Male	96	50m Brick Carry (from 25m)	U12	Female	
	27	Line Throw 12.5m	Open	Female	97	50m Brick Carry (From 35m)	U11	Male	
	28	Line Throw 12.5m	U19	Male	98	50m Brick Carry (From 35m)	U11	Female	
	29	Line Throw 12.5m	U19	Female	99	MultiClass 8m Line Throw	Open	Mixed	
	30	Line Throw 12.5m	U17	Male	100	MultiClass 50m Obstacle Swim	Open	Mixed	
	31	Line Throw 12.5m	U17	Female	LUNCH BREAK 30 MINUTES - SESSION 2 COMMENCES APPROX 12:00PM				
	32	Line Throw 12.5m	U15	Male	101	MultiClass 50m Manikin Carry Half Full	Open	Mixed	
	33	Line Throw 12.5m	U15	Female	102	100m Manikin Tow with Fins	Open	Male	
	34	Line Throw 12.5m	30-39	Male	103	100m Manikin Tow with Fins	Open	Female	
		Line Throw 12.5m	40-49	Male	104	100m Manikin Tow with Fins	U19	Male	
		Line Throw 12.5m	50-59	Male	105	100m Manikin Tow with Fins	U19	Female	
	35	Line Throw 12.5m	60 & over	Male	106	100m Manikin Tow with Fins	U17	Male	
		Line Throw 12.5m	30-39	Female	107	100m Manikin Tow with Fins	U17	Female	
		Line Throw 12.5m	40-49	Female	108	100m Manikin Tow with Fins	U15	Male	
	36	Line Throw 12.5m	50-59	Female	109	100m Manikin Tow with Fins	U15	Female	
		Line Throw 12.5m	60 & over	Female	100m Manikin Tow with Fins	30-39	Male		
		Line Throw (10 Metres)	U14	Male	100m Manikin Tow with Fins	40-49	Male		
	37	Line Throw (10 Metres)	U14	Female	110	100m Manikin Tow with Fins	50-59	Male	
	38	Line Throw (10 Metres)	U13	Male		100m Manikin Tow with Fins	60 & over	Male	
39	Line Throw (10 Metres)	U13	Female	100m Manikin Tow with Fins		30-39	Female		
40	Line Throw (8 Metres)	U12	Female	111	100m Manikin Tow with Fins	40-49	Female		
41	Line Throw (8 Metres)	U12	Male		100m Manikin Tow with Fins	50-59	Female		
42	Line Throw (8 Metres)	U11	Female		100m Manikin Tow with Fins	60 & over	Female		
43	Line Throw (8 Metres)	U11	Male	112	100m Manikin Tow with Fins	U14	Male		
LUNCH BREAK 30 MINUTES - SESSION 2 COMMENCES APPROX 1:00PM					113	100m Manikin Tow with Fins	U14	Female	
DAY 1 - SATURDAY JUNE 21ST	44	4 x 25m Manikin Relay	Open/U19	Mixed	114	50m Manikin Tow with Fins	U13	Male	
	45	4 x 25m Brick Relay	U14/U13	Non-specific	115	50m Manikin Tow with Fins	U13	Female	
	46	4 x 25m Manikin Relay	Masters 30+	Mixed	116	50m Manikin Tow with Fins	U12	Male	
	47	4 x 25m Manikin Relay	U17/U15	Mixed	117	50m Manikin Tow with Fins	U12	Female	
	48	4 x 25m Brick Relay	U12/U11	Non-specific	118	50m Tube clip with Fins	U11	Female	
	49	100m Manikin Carry with Fins	Open	Male	119	50m Tube clip with Fins	U11	Male	
	50	100m Manikin Carry with Fins	Open	Female	120	MultiClass 50m Tube Clip & Swim	Open	Mixed	
	51	100m Manikin Carry with Fins	U19	Male	121	4 x 50m Medley Relay	Open/U19	Mixed	
	52	100m Manikin Carry with Fins	U19	Female	122	4 x 50m Medley Relay	U14/U13	Non-specific	
	53	100m Manikin Carry with Fins	U17	Male	123	4 x 50m Medley Relay	Masters 30+	Mixed	
	54	100m Manikin Carry with Fins	U17	Female	124	4 x 50m Medley Relay	U17/U15	Mixed	
	55	100m Manikin Carry with Fins	U15	Male	125	4 x 50m Medley Relay	U12/U11	Non-specific	
	56	100m Manikin Carry with Fins	U15	Female	126	MultiClass 50m Freestyle with Fins	Open	Mixed	
	57	100m Manikin Carry with Fins	30-39	Male	127	50m Freestyle with Fins	Open	Male	
		100m Manikin Carry with Fins	40-49	Male	128	50m Freestyle with Fins	Open	Female	
		100m Manikin Carry with Fins	50-59	Male	129	50m Freestyle with Fins	U19	Male	
	58	100m Manikin Carry with Fins	60 & over	Male	130	50m Freestyle with Fins	U19	Female	
		100m Manikin Carry with Fins	30-39	Female	131	50m Freestyle with Fins	U17	Male	
		100m Manikin Carry with Fins	40-49	Female	132	50m Freestyle with Fins	U17	Female	
	59	100m Manikin Carry with Fins	50-59	Female	133	50m Freestyle with Fins	U15	Male	
		100m Manikin Carry with Fins	60 & over	Female	134	50m Freestyle with Fins	U15	Female	
		100m Brick Carry with Fins	U14	Male	135	50m Freestyle with Fins	U14	Male	
60	100m Brick Carry with Fins	U14	Female	136	50m Freestyle with Fins	U14	Female		
61	100m Brick Carry with Fins	U13	Male	137	50m Freestyle with Fins	U13	Male		
62	100m Brick Carry with Fins	U13	Female	138	50m Freestyle with Fins	U13	Female		
63	100m Empty Manikin Carry with Fins	U12	Male	139	50m Freestyle with Fins	U12	Male		
64	100m Empty Manikin Carry with Fins	U12	Female	140	50m Freestyle with Fins	U12	Female		
65	100m Empty Manikin Carry with Fins	U11	Male	141	50m Freestyle with Fins	U11	Male		
66	100m Empty Manikin Carry with Fins	U11	Female	142	50m Freestyle with Fins	U11	Female		
DAY 2 - SUNDAY JUNE 22ND	67	100m Rescue Medley	Open	Male	143	8 x 50m Freestyle Fin Relay	Open	Mixed	
	68	100m Rescue Medley	Open	Female					
	69	100m Rescue Medley	U19	Male					
	70	100m Rescue Medley	U19	Female					
	71	100m Rescue Medley	U17	Male					
	72	100m Rescue Medley	U17	Female					

## 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:

- A BBQ selling Food and Drink (breakfast and lunch) will be provided and available for all competitors and spectators at the entrance to Pool for each day of Competition
- A Coffee Van will be available for all competitors and spectators at the entrance to Pool for each day of Competition
- Cash and Card payments will be accepted
- Please note there is NO Kiosk/Vending Machines on site.

### 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. Team Managers are advised to complete the <http://elearning.sportintegrity.gov.au/> AND conduct at least one 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 May 2024 Clarification](#).

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.

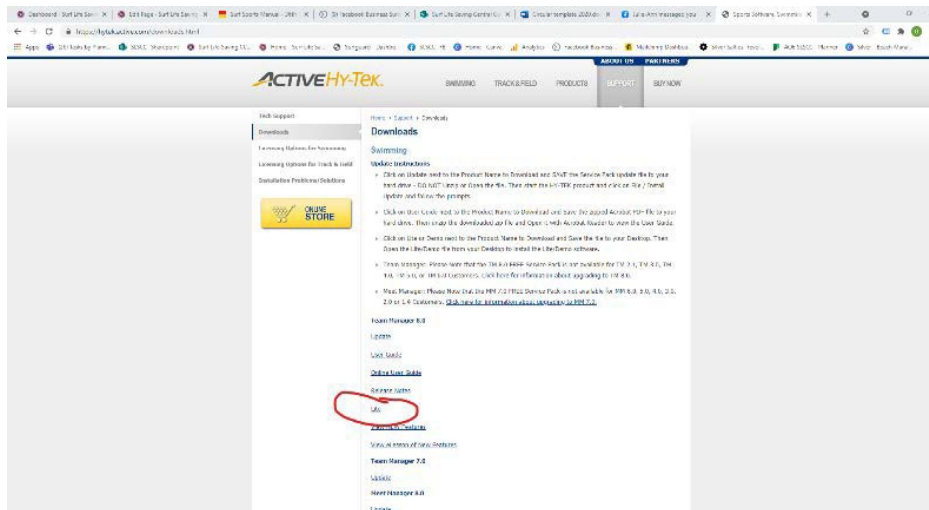
Man Swimsuits					
Full Length	Long	Long Legs	Knee length	Square Leg	Short
Not Allowed	Not Allowed	Not Allowed	Allowed	Allowed	Allowed
					
Woman Swimsuits					
Full Length	Zippered Back	Knee Length, Open Back	Short, Open Back	Two Piece	
Not Allowed	Not Allowed	Allowed	Allowed	Allowed	
					

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).
4. RLSNSW/SLSNSW 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.
5. Upon application for religious and/or cultural diversity reasons, RLSNSW/SLSNSW 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.



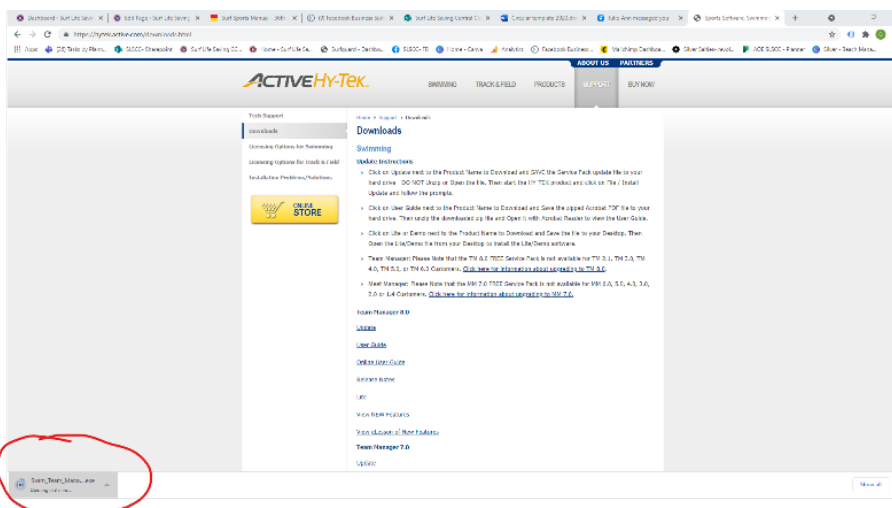
## 9. Appendix 2: Team Manager Entry Process

### 1. Download Team Manager 8.0 Lite

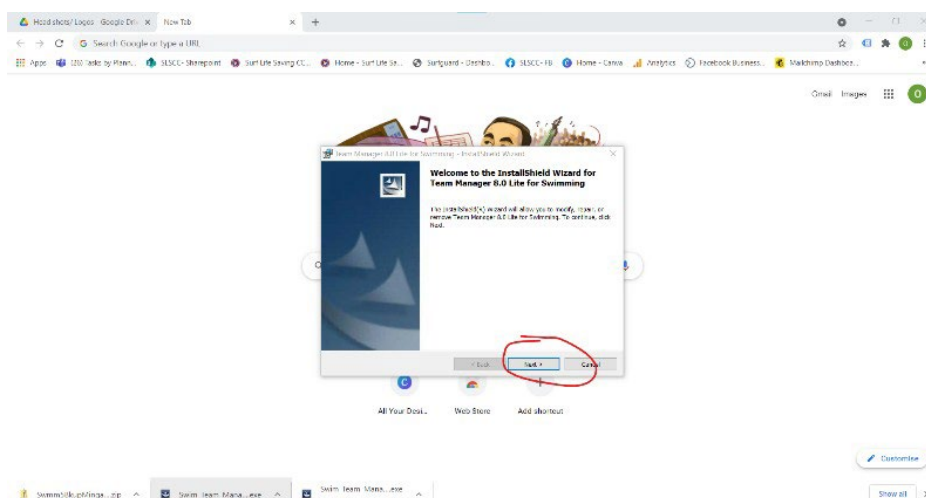


Select Lite version

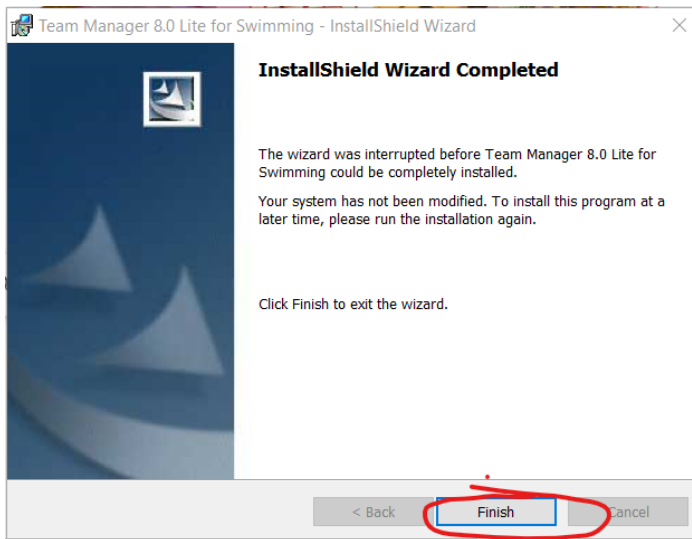
### 2. Install Team Manager 8.0 lite onto computer



Click open Download

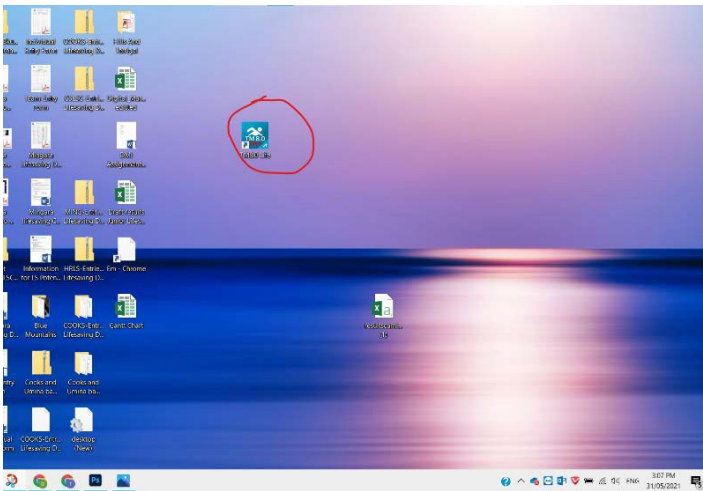


Click Next

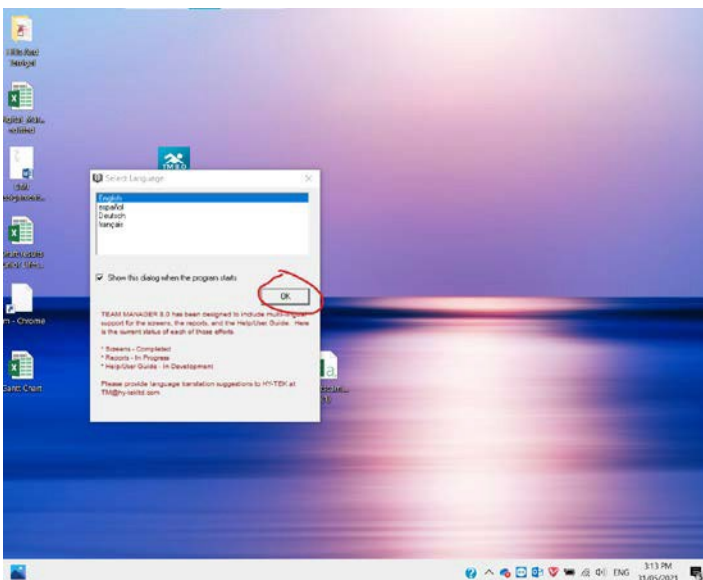


Click finish

### 3. Open Team Manager from Desktop

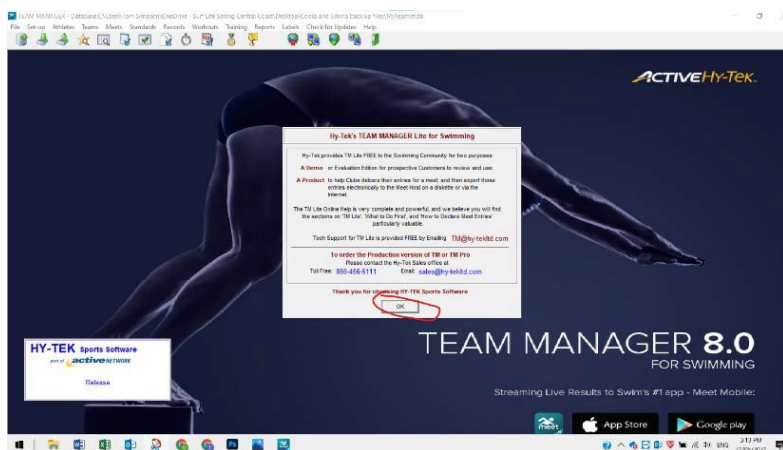


Double click your icon

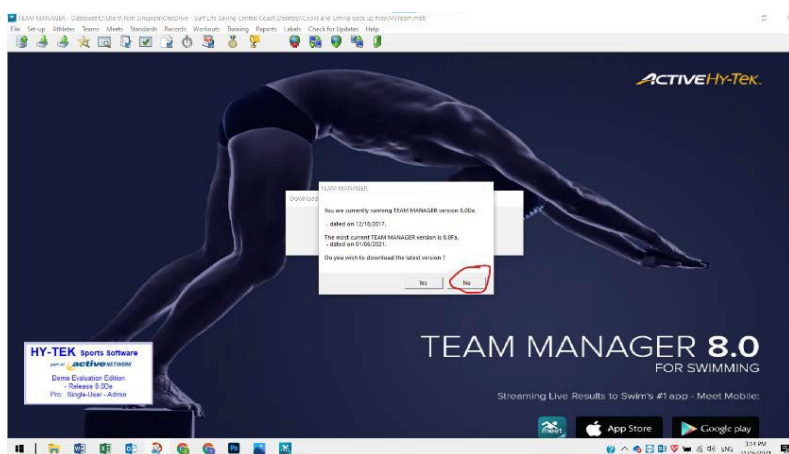


Click OK

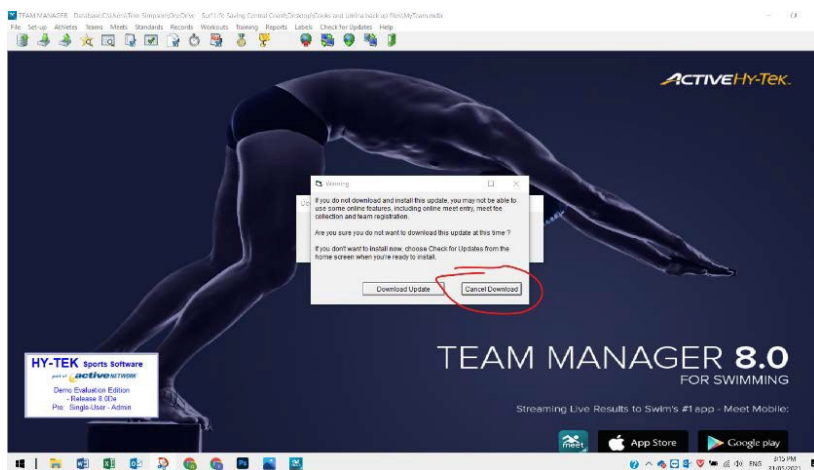




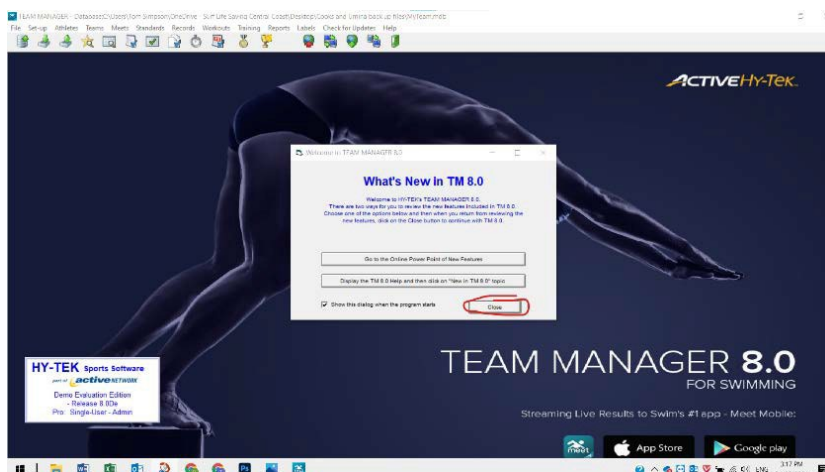
Click OK



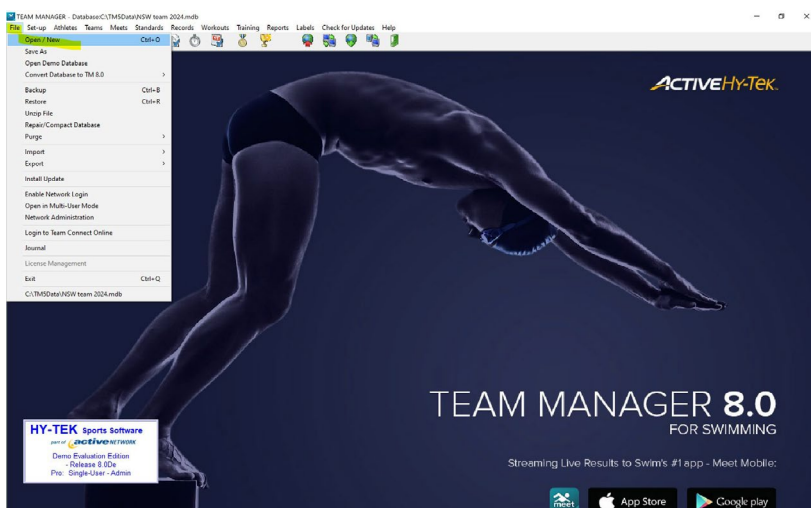
Click NO



Click Cancel Download

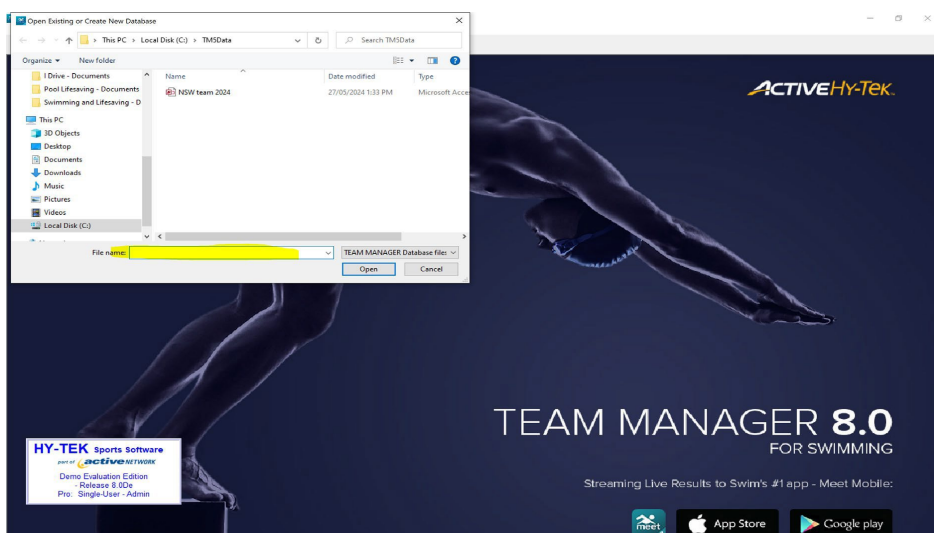


Click Close

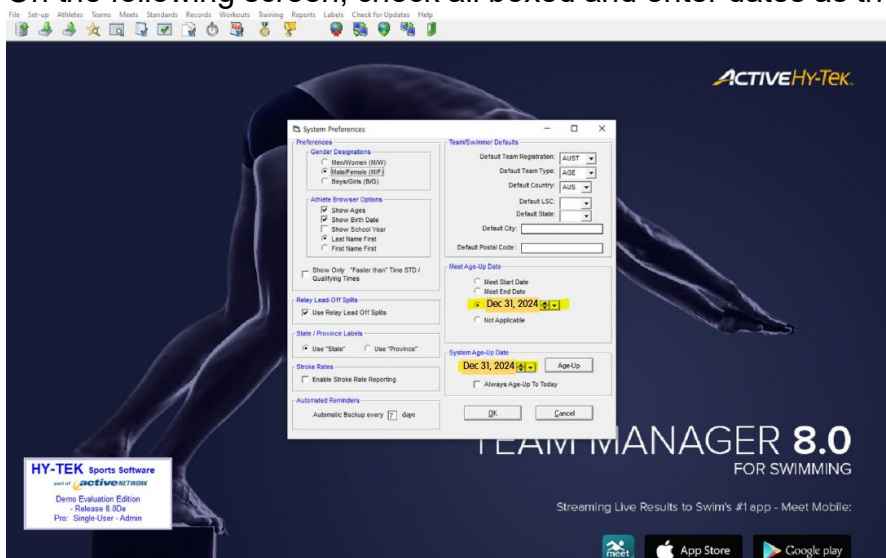


Select File and Open / New

In the File name box type your team's name and year and click 'Open'

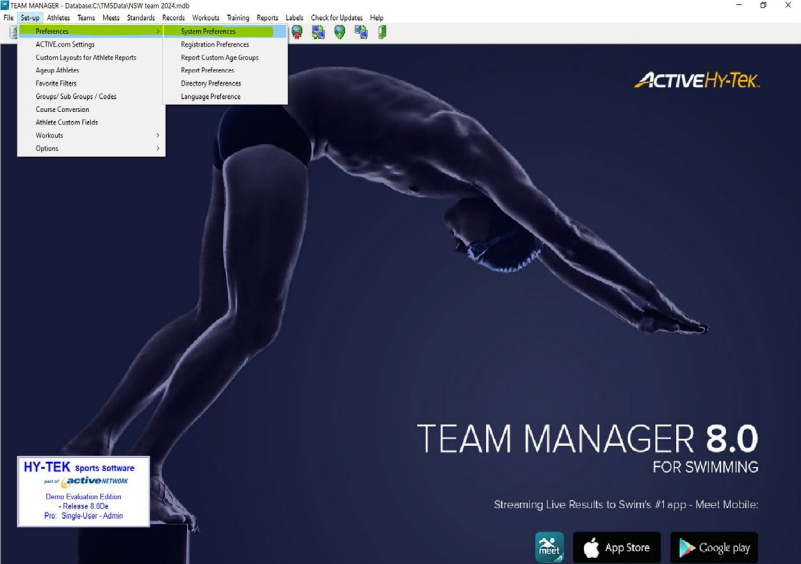


On the following screen, check all boxed and enter dates as they appear below:



Click 'Ok'

To view this screen again and double check the correct boxes have been selected and dates entered properly, go to 'Set-up' → 'Preferences' → 'System Preferences'



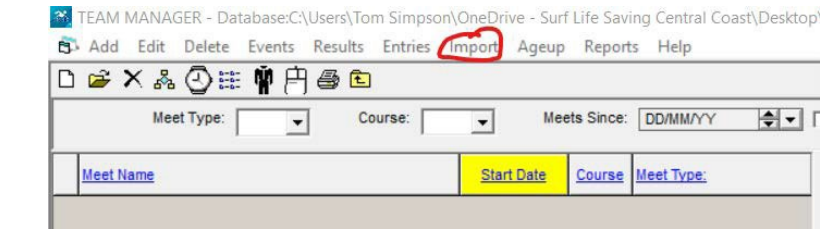
4. Download Event File

Right click Event File and select download.

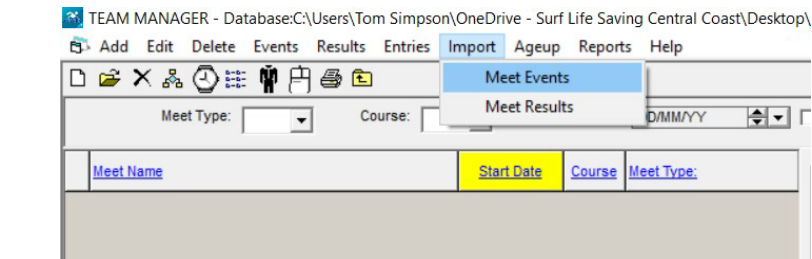
5. Import event file into Team Manager



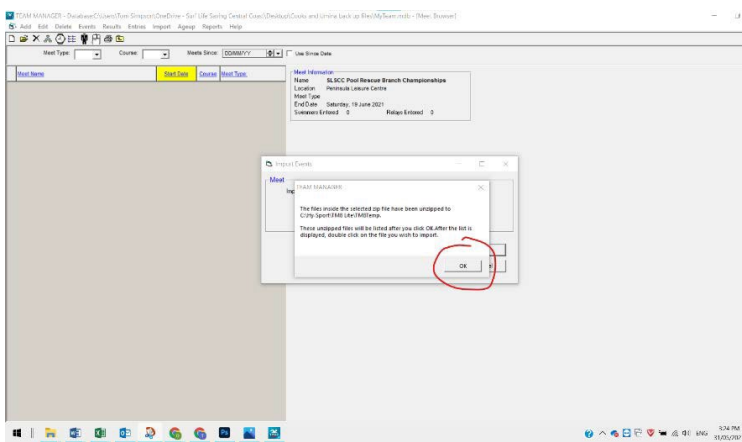
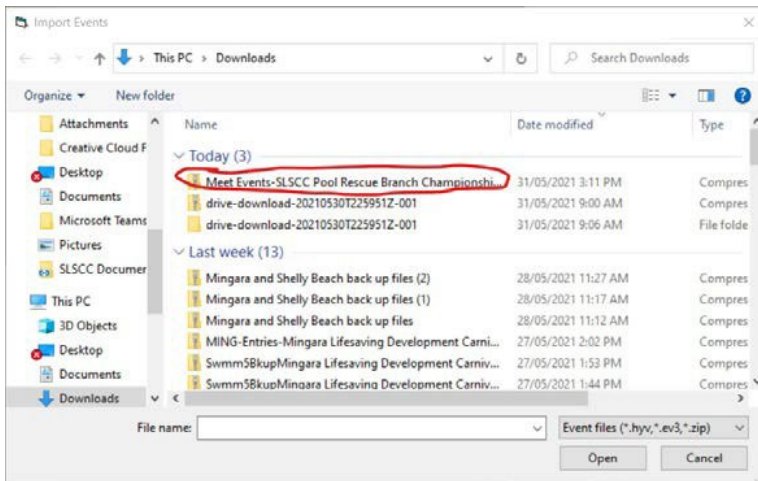
Go back to Team Manager and Select Meet



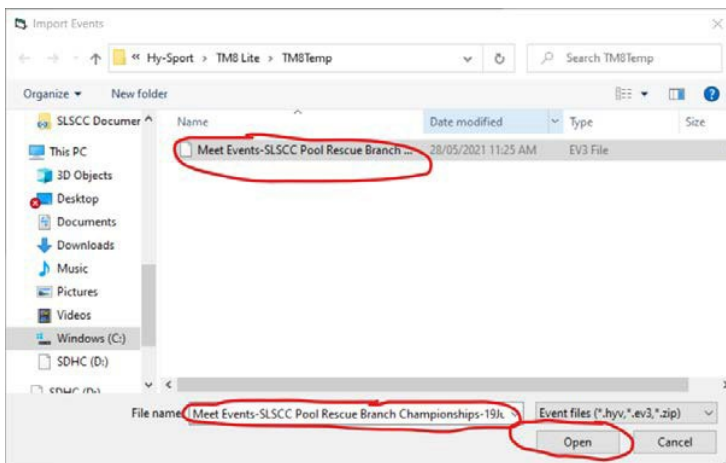
Select Import



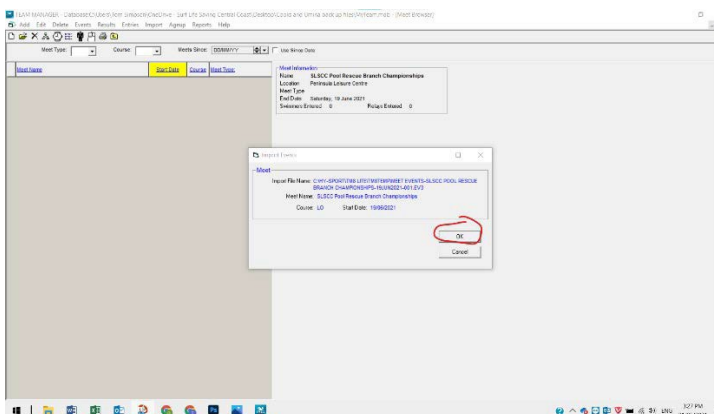
Select Meet Events



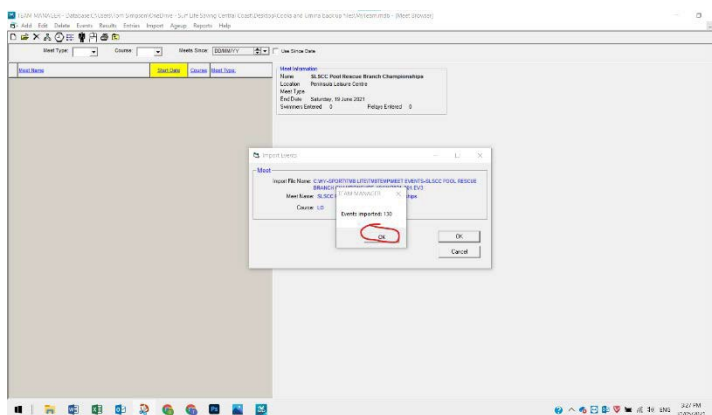
Select OK



Click on file and then select Open



Click 'Ok'



Click OK

Start Date should be Jun 21, 2025. Click

Save

There should be no Fees. Click  
Save

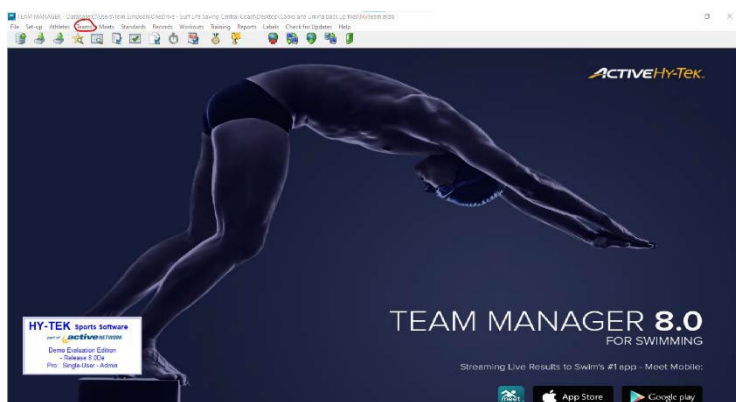


Age-up Date should be Dec 31, 2024. Click

Save

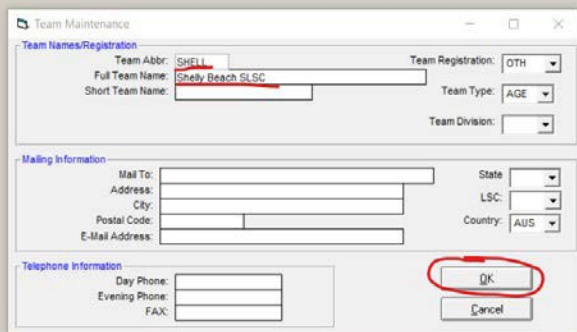
Exit screen

## 6. Create Team



Select Teams

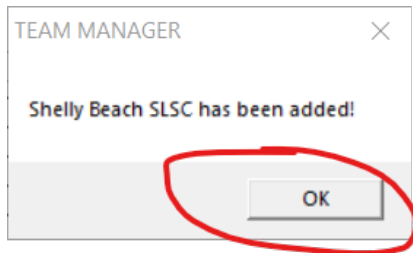
Select Add



Team Maintenance dialog box. Fields include: Team Abbr: SHELL, Full Team Name: Shelly Beach SLSC, Short Team Name: (empty), Team Registration: OTH, Team Type: AGE, Team Division: (empty). Mailing Information: Mail To: (empty), Address: (empty), City: (empty), Postal Code: (empty), E-Mail Address: (empty), State: (empty), LSC: (empty), Country: AUS. Telephone Information: Day Phone: (empty), Evening Phone: (empty), FAX: (empty). OK and Cancel buttons are at the bottom right.

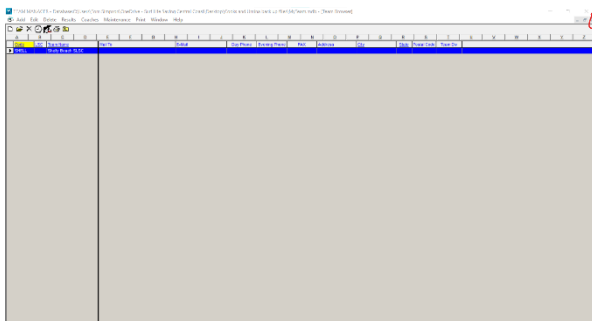
Enter Team Abbr, Full Team Name

Then select OK



TEAM MANAGER dialog box. Message: Shelly Beach SLSC has been added!. OK button is at the bottom right.

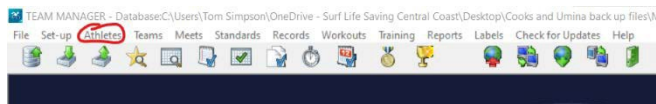
Select OK



TEAM MANAGER main window. The window is mostly empty with a menu bar at the top and a toolbar below it.

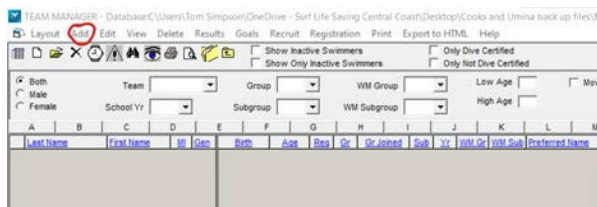
Press ESC & exit screen

## 7. Add Athletes



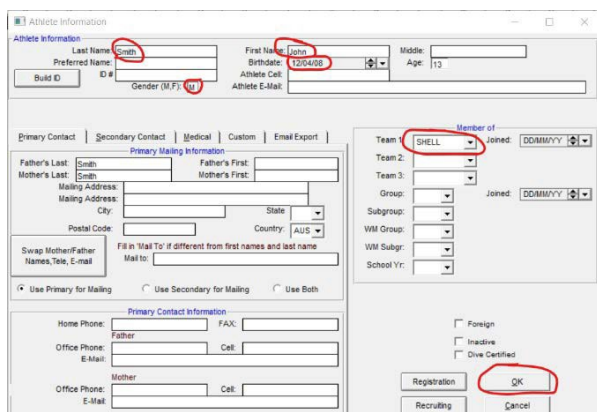
TEAM MANAGER menu bar. The 'Athlete' menu item is highlighted with a red circle.

Select Athlete



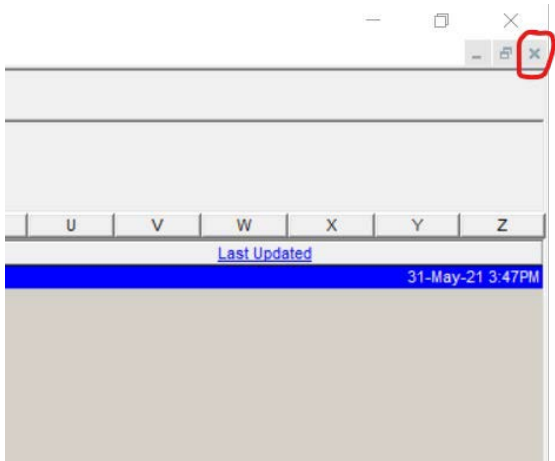
TEAM MANAGER main window. The 'Add' button in the toolbar is highlighted with a red circle.

Select Add



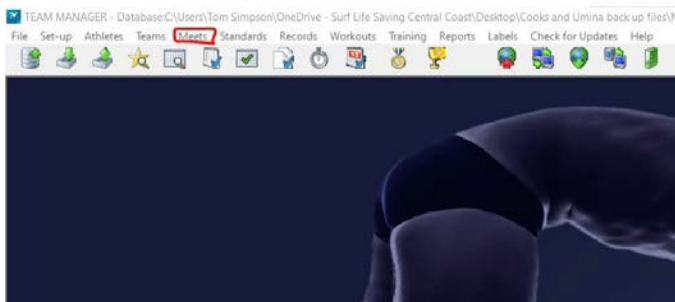
Athlete Information dialog box. Fields include: Last Name: Smith, First Name: John, Birthdate: 12/24/98, Age: 12, Gender: M, Team: SHELL, Joined: DOMYYYY. Primary Contact Information: Father's Last: Smith, Mother's Last: Smith, Mailing Address: (empty), City: (empty), Postal Code: (empty), Country: AUS. Primary Contact Information: Home Phone: (empty), Office Phone: (empty), E-Mail: (empty). OK and Cancel buttons are at the bottom right.

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

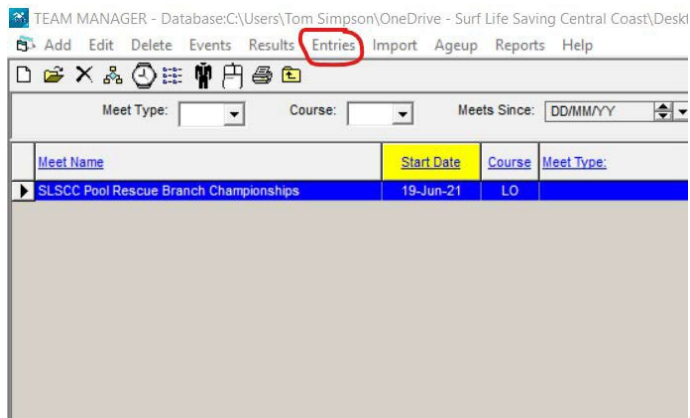


Press ESC or select x to exit screen

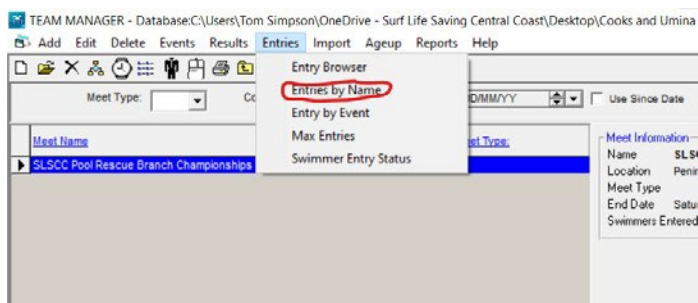
## 8. Enter Athlete into eligible events



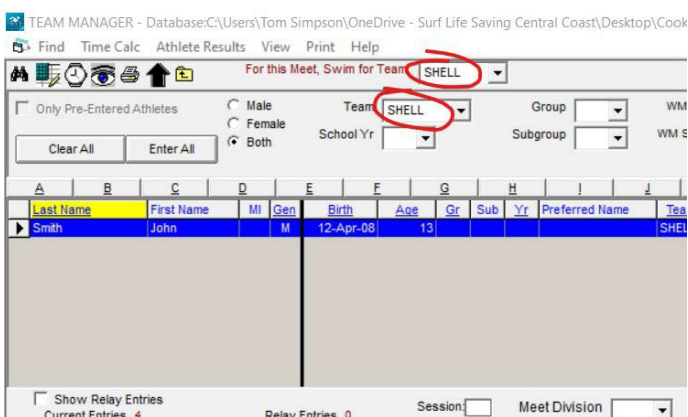
Select Meets



Select Entries



Select Entries by Name





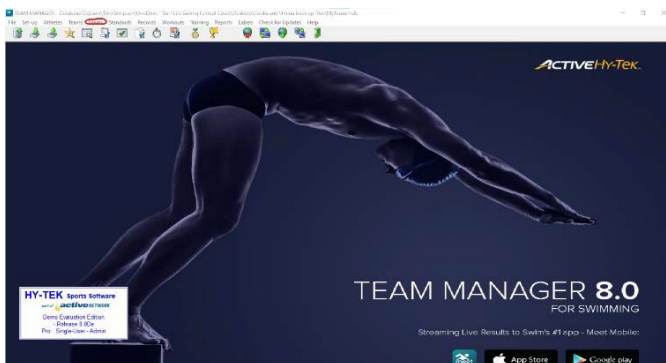
Select Team and Select Events to enter.

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

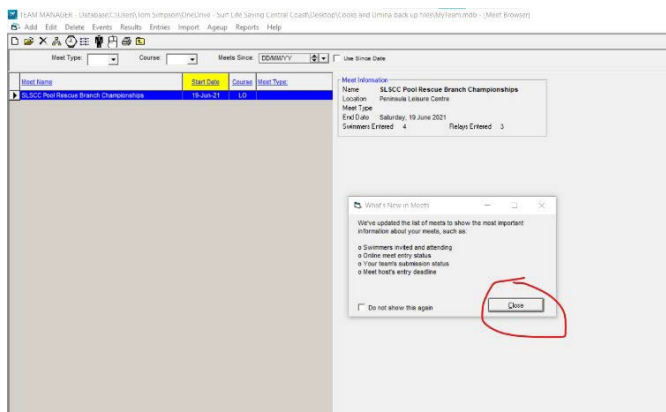
- In the custom Time field times can be submitted.
- Times must be submitted like this example - 2:06.30
- Repeat until all athletes are entered.

## 9. Enter Relays

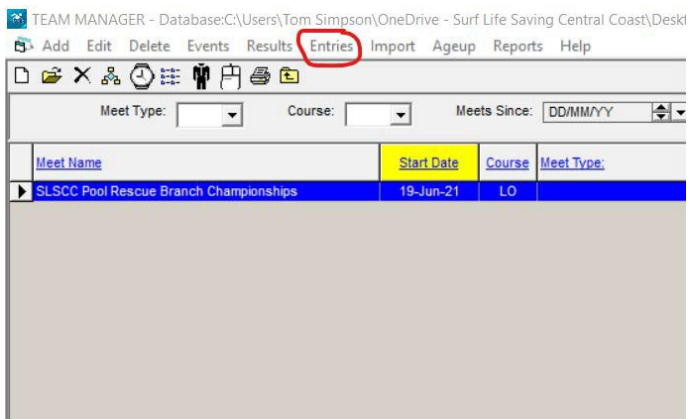
Notice for each Relay event number there may be multiple relay team age groups.



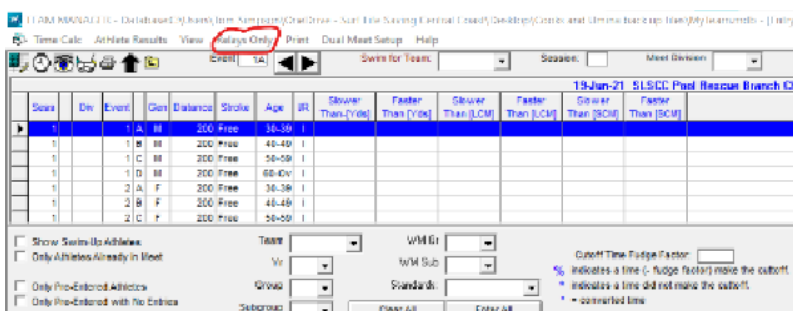
Select Meets



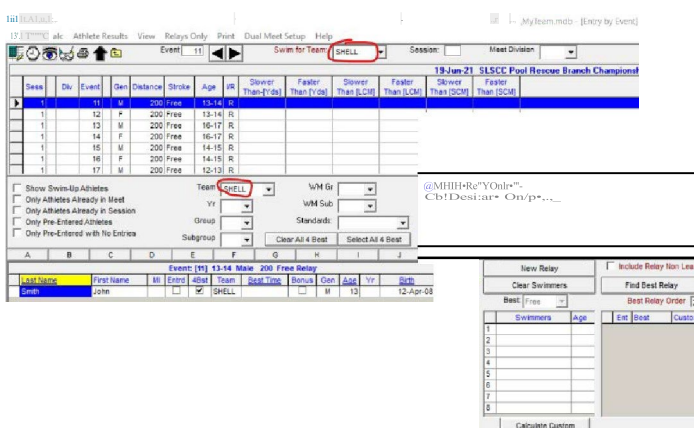
Select Close



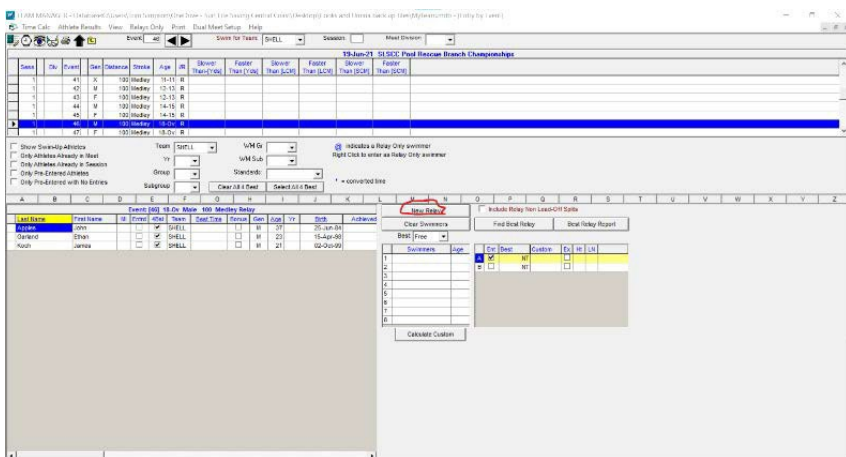
Select Entries and Entry by Event



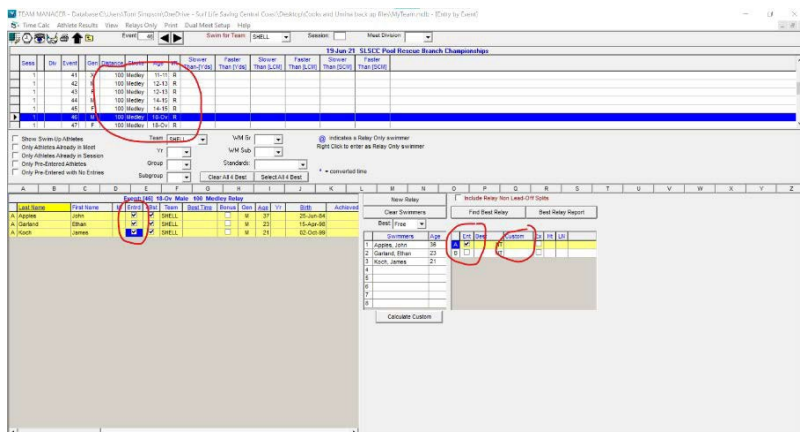
Select Relays Only



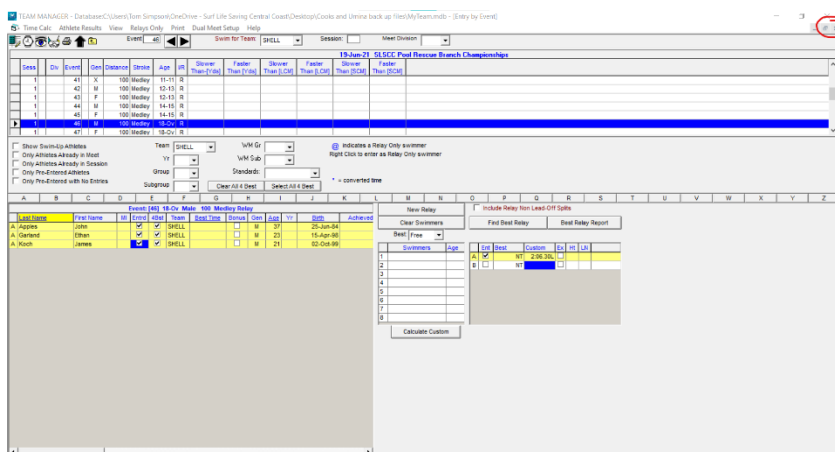
Select Team



Select New Relay

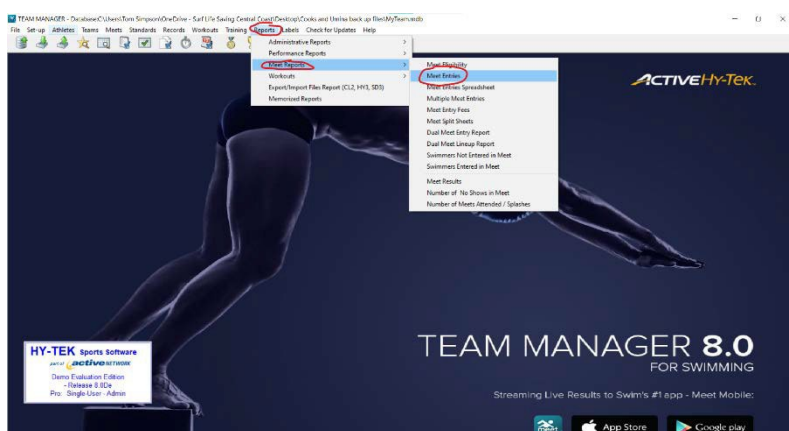


- Select event and age at the top.
- Select Team on the right and select athletes on the left to go into the team.
- In the custom field in the relay section times can be submitted.
- Times must be submitted like example below 2:06.30.
- Repeat until all teams are entered.



Exit Relays screen and return to home screen

## 10. Reporting



Click Reports, Meet reports, Meet

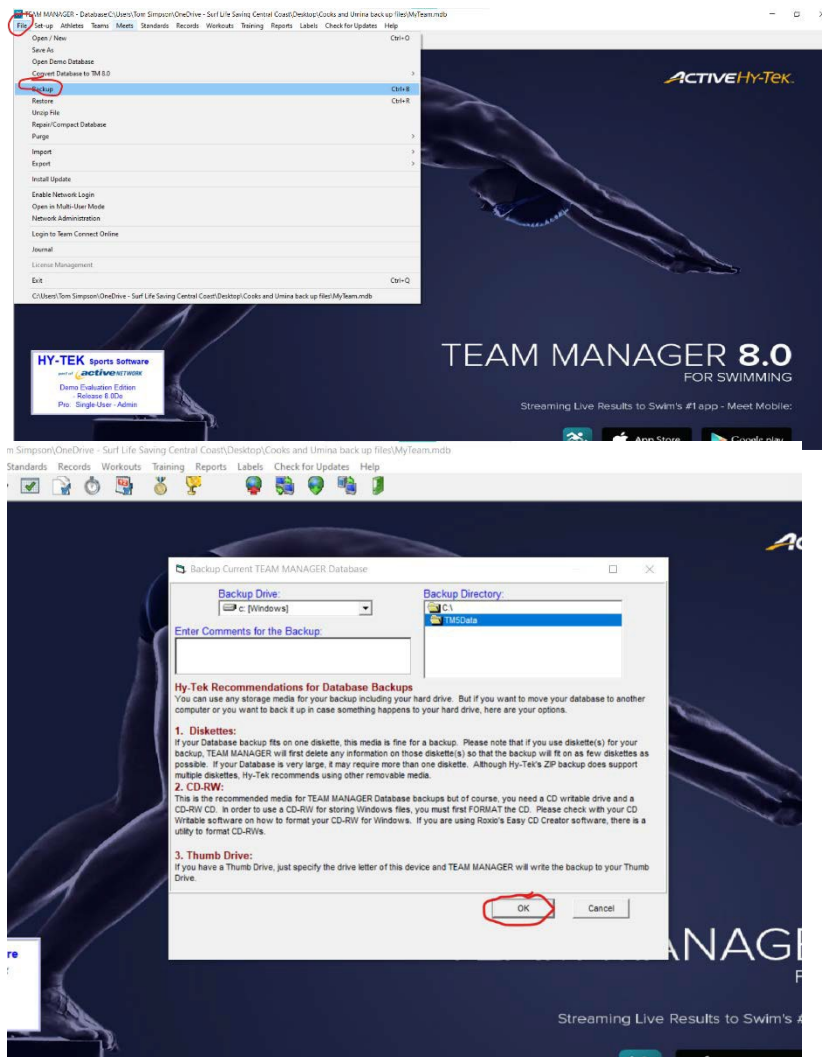
The screenshot shows the TEAM MANAGER 8.0 interface. Key elements include:

- Team Selection:** A dropdown menu for 'Team' is set to 'SHELL'.
- Event Filters:** A section with radio buttons for 'Individual and Relays' (selected), 'Individual', and 'Relay'.
- Sort by:** A section with radio buttons for 'Meet Event Number', 'Meet Event Heat/Lane', 'Name', 'Age', 'Name (1 Swimmer per Page)', and 'Stroke and Distance'.
- Create Report:** A button at the bottom right, circled in red.

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

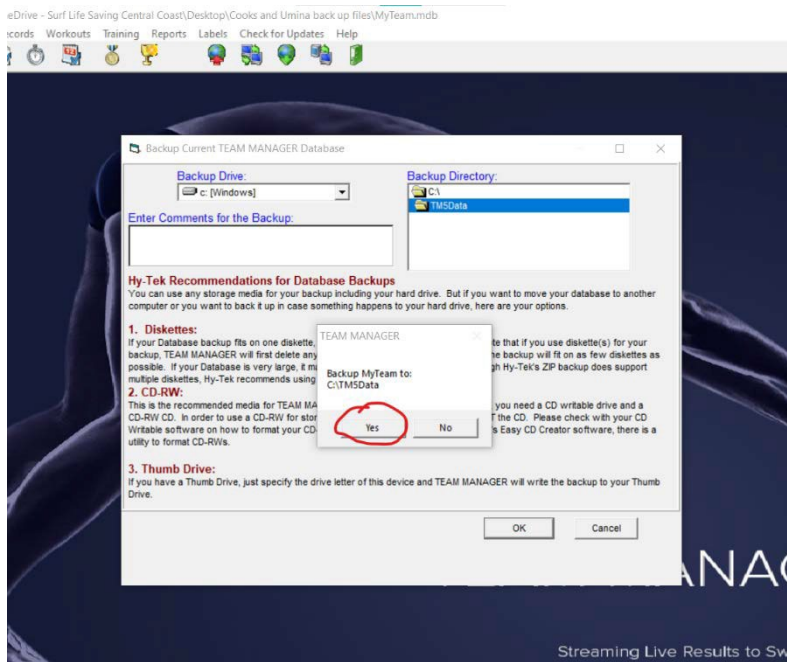
- You can also filter the report based on Name and Age ( bottom right)
- Reports are useful to check you have entered all competitors in before exporting.

## 11. Back up file



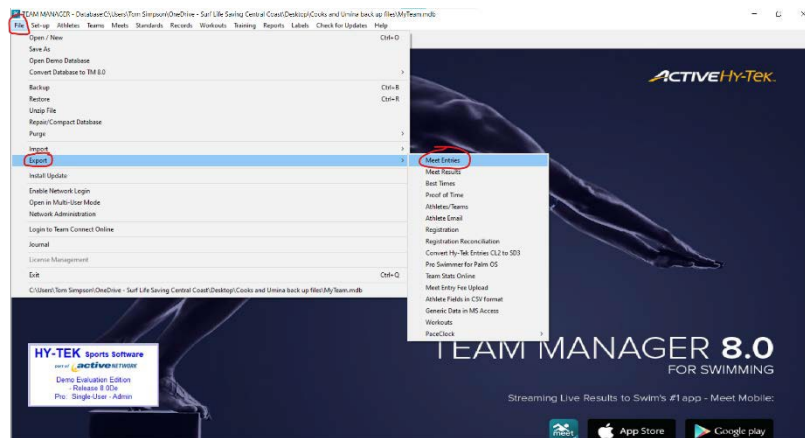
Select File, Select Backup

Select folder you want to save to

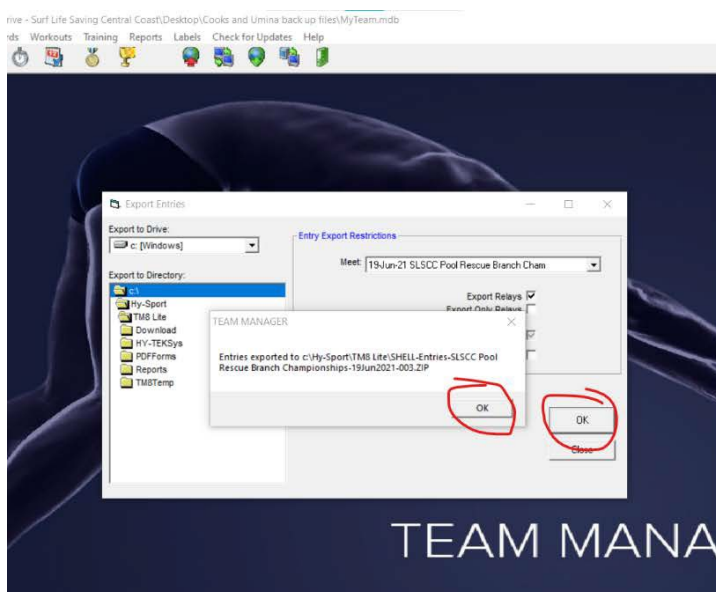


Select Yes

## 12. Export entry file to computer

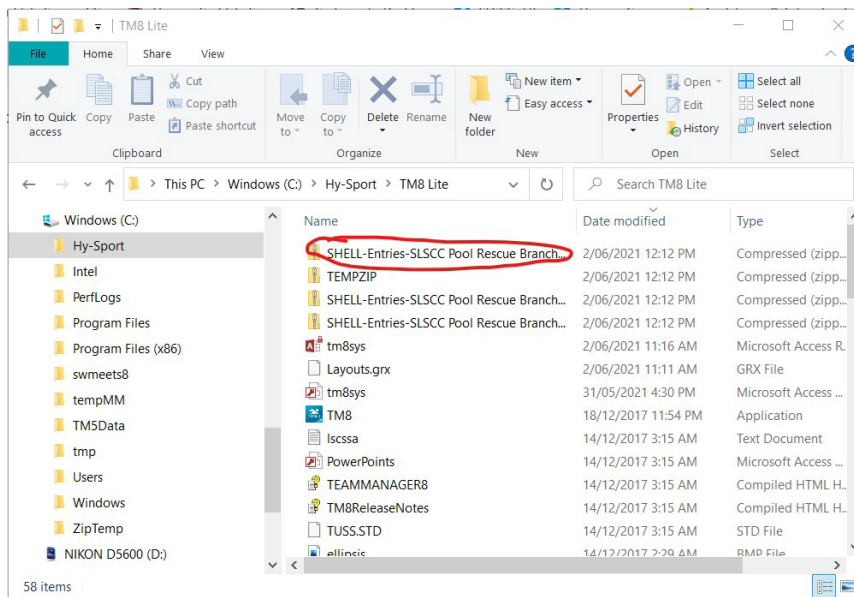


click File, Export , Meet Entries



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](mailto:hannahskuodas@royalnsw.com.au) by 5:00pm on Wednesday 11th of June 2025.