



2026 NSW Country Championships Final Event Information

INTRODUCTION

The 2026 NSW Country Championships will be held at South West Rocks SLSC. With approximately 1,100 competitors, 150 officials and 2,000 spectators, the event is shaping up to showcase three (3) days of competition along Main Beach, South West Rocks.

CRITICAL EVENT INFORMATION

- SLSNSW will be using Live Heats for the duration of the championship. Athletes must bring their allocated Live Heats wristband. No Band, No Race.
- Replacement wristbands can be purchased from the Admin Centre on the lower level of South West Rocks SLSC for \$7.00.
- All team changes to be made by Team Managers via Live Heats.
- Adding athletes to additional events must be made at the Admin Centre. There is a fee of \$23.50 per additional event. Officials WILL NOT add athletes at marshalling.
- Trailer parking will open at 8am on Thursday 22 January 2026. No access to Brighton Park prior to this time.
- Club tents are permitted to be installed from 8am on Thursday 22 January 2026.
 - *Tents MUST be positioned on the sand dunes, not on the lower sand level.*
 - *Please ensure you keep clear of the work party completing event set up.*
- SAFETY – We are requesting all Team Managers and Coaches ensure their competitors keep clear of the large boulders in the water at the northern end of the water areas.

ENTRY CIRCULARS AND CARNIVAL INFORMATION

a) NSW Country Championships Event Page

The below resources can be found on the [2026 NSW Country Championships](#) event page and on Team App

- [Program](#)
- [Entry Circular](#)
- [RWC Roster](#)
- [Powercraft Roster](#)
- [Water Safety Roster](#)
- [Officials Appointments](#)



b) Cameron Relay and Iron Person Order (U11-U14s only)

The order for all Cameron and Iron Person Races will be a set **Swim-Board**.

c) Distance Runs

Competitors may choose not to wear their pink lycra vest whilst competing in the distance runs.

Competitors must wear their lycra vest for presentation at the completion of the event.

d) As per the Entry Circular, no individual late entries will be accepted.

e) SLSNSW will be using LiveHeats to record all results. Competitors and Team Managers must ensure that wristbands are correctly assigned. It is the competitor's responsibility to ensure they are recorded correctly by the LiveHeats recorders.

f) Once marshalling for an event has closed, late arriving competitors will not be accepted.

g) SLSNSW as the event organiser, reserves the right to add or delete, or change any events on the day of competition if safety, weather conditions, programming or other conditions warrant doing so.

OFFICIAL EVENT MERCHANDISE



Fine Designs is the Official Merchandise Partner for the Country Championships. Make sure you pick up your official event merchandise from the Fine Designs stall or through the online merchandise stall.

The Fine Designs stall will be in the Vendors area outside South West Rocks SLSC. The [online store](#) is now LIVE!

For further details, please see the [event webpage](#).

STACK TEAM APP

Stack Team App will be used throughout the Championship as a platform to communicate important information and timetable changes to Officials, Team Managers and Competitors.

To register for these live event updates please follow the below instructions:

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 "2026 NSW Country Championships"
4. Click the "Become a member of this team app" icon at the top of the screen then select the appropriate group; "Competitors", "Officials", "Team Managers".
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 essential information.

PLEASE DO NOT RELY ON TEAM APP AS YOUR ONLY MEANS OF COMMUNICATION! It is an individual's obligation as per the SLSA Surf Sport Manual ([SSM 2.17](#)) to ensure they listen for announcements and marshalling. Not receiving a Team App update is not an excuse for missing events.

TEAM MANAGERS MEETING

A **compulsory** Team Managers meeting will be held onsite at South West Rocks SLSC, at **4:30pm** on **Thursday 22 January**. It is vitally important that Team Managers and/or dedicated Club personnel are in attendance to

receive vital event specific information. Team Managers will be required to sign on before the commencement of the meeting.

LYCRA VEST COLLECTION

All competitors entered into the 2026 NSW Country Championships will be issued an official high visibility pink competition lycra vest. It is a requirement for all competitors to wear the supplied lycra vest in competition at the 2026 NSW Country Championships. See [SSM 2.5.1](#).

Clubs must ensure that competitors wear the approved lycra vest in competition, no other branded vests may be worn. Competitors may be requested to wear the approved lycra vest as part of medal presentations. Lycra Vests will be available for collection by **Team Managers ONLY** on the lower level of the South West Rocks SLSC between 3pm – 5pm on Thursday 22nd January 2026.

WARM UPS

The water warm up times for these Championships will be as follows:

Friday 23 rd	Saturday 24 th	Sunday 25 th
6:30am to 6:45am – swim	6:40am to 6:55am – swim	8:00 to 8:15am – swim
6:50am to 7:10am – craft	7:00am to 7:20am – craft	8:20am to 8:40am – craft

All Age Board Relay competitors can warm up between 6:45am and 7:00am

All team management need to ensure that this is followed. Clubs are responsible for their own water safety during warm up.

All competitors warming up **MUST** wear the Pink High-Vis Rash Vest.

No warmups permitted prior to 6:30am.

Warm up location will be advised during the Team Managers Meeting on Thursday.

VENDOR AREA

Surf Life Saving NSW will be selling official merchandise during the Championships. Fine Designs is the Official Event Merchandise Partner of Surf Life Saving NSW.

There are also a number of stallholders attending the event including Engine, Sharkskin, Fashion Fish and food and beverage vendors

South West Rocks SLSC will have a BBQ and coffee van set up on the beach and running throughout the duration of the Championships.

PARKING

Parking can be found in the local streets surrounding South West Rocks SLSC and Brighton Park.

Pedestrian access from Brighton Park to the beach is via the pedestrian bridge at the end of Mitchell St.

TRAILER PARKING





Trailer Parking will be in the defined area within Brighton Park. Entry and exit will be via the driveway on Mitchell St at the direction of South West Rocks SLSC personnel.

Trailer Parking available from 8am Thursday 22nd January 2026.



**2026 NSW Country Championships
23-25 January 2026**

Key

-  First Aid
-  Trailer Parking
-  SLSC
-  Road closure



Roving security will be onsite from Thursday evening until Sunday morning. Please be aware that this location is a public area, without security fencing. All trailers, including gear left on trailers, are the responsibility and care of the individual Clubs. Surf Life Saving NSW and South West Rocks SLSC take no responsibility for gear and equipment if left on the beach or trailers. Gear is left at your own risk.

POWERCRAFT ROSTER

IRB

The 2026 NSW Country Championships Powercraft roster can be accessed [here](#).

What to do:

1. Powercraft personnel are to sign on one (1) hour prior to the start of each shift at the gear shed of the Surf Club.
2. You will be provided with a briefing.
3. Proceed to your assigned area.

All IRB Drivers and Crew personnel must bring with them a personal compliant PFD, and appropriate clothing.

Clubs that fail to meet their rostered requirements: SLSNSW will stand down all athletes from that club from competition until such time as the required powercraft personnel are present AND undertaking their required shift.

For clubs that are providing an IRB, please deliver IRB with paperwork to the Gear Compound at Brighton Park on Mitchell St between 12 – 3pm on Thursday 22 January.

RWC

The 2026 NSW Country Championships RWC roster can be accessed [here](#).



WATER SAFETY

Clubs on the Water Safety Roster are required to provide a minimum of 2 water safety personnel per shift to monitor the Ages (U8 to U14). Water safety personnel will need to supply their own lunch/food, orange high vis rash vest, cap, fins and rescue tube. All water safety personnel must have a minimum current proficient Surf Rescue Certificate (CPR endorsed) and be a current financial SLS member (2025/26).

What to do:

1. Water safety personnel are to sign on 30 minutes prior to the start of each shift at the Surf Club.
2. You will be provided with a briefing.
3. Proceed to your assigned area and inform the Sectional Referees of your presence.

Any issues from competitors, team managers or officials regarding water safety must be raised with the Water Safety Coordinator. Water Safety Roster can be accessed [here](#).

FAILURE TO FULFILL POWERCRAFT or WATER SAFETY REQUIREMENTS.

Provision of personnel to fulfill powercraft or water safety requirements are essential to ensuring the safety of competition participants. The following will occur if clubs do not report for duty at the specific time.

1. The clubs Team Manager will be notified and will report to the Powercraft and/or Water Safety Coordinator immediately.
2. The Team Manager will be given 30 minutes to rectify the indiscretion.
3. Failure to rectify will result in Club athletes being stood down from all competition, until the indiscretion is rectified.
4. Discussions will be minuted in the presence of the Championship Committee.
5. If the indiscretion is not remedied by the Club and/or Team Manager.
 - a. Club athletes will not participate in ANY areas during the allotted club powercraft/water safety shift.

OFFICIALS

Clubs are reminded that there is a quota system for clubs to provide accredited officials based upon the number of competitors entered.

If clubs do not provide sufficient officials according to the provided quotas, SLSNSW will stand down all athletes from that club from competition until such time as the required officials are present.

OFFICIALS DRESS CODE

All Surf Sports Officials will be provided with one (1) 2026 NSW Country Championships officials shirt. All Surf Sports Officials must wear their red accreditation name badges.

It is imperative that **NO** Surf Sports Official enters the competition arena with any:

- a. Club identification
- b. Branch identification
- c. Sponsors identification (except any recognised event sponsor)

Official's shirts can be collected from the Officials Coordinator, upstairs within South West Rocks SLSC during the following times:

Thursday 22 January	3:00pm - 5:00pm
Friday 23 January	6:00am - 7:00am



Saturday 24 January

6:00am - 7:00am

BREAKFAST & BRIEFINGS

The Officials breakfast will be held from 6:00am each morning upstairs in South West Rocks SLSC with briefings to be held by 6.30am. Sectional Referee's will conduct briefings in each area as required.

PARKING

Limited Officials parking will be available within Mitchell St until capacity is reached. You must be on the appointments list for that day to be given access. Additional parking can be found in the local streets surrounding South West Rocks SLSC and Brighton Park. Please consider walking or carpooling where possible.

CATERING

Officials are to collect their morning tea from the clubhouse during the morning breakfast/briefing. No morning tea will be delivered onto the beach. SWRSLSC members will deliver lunch to officials in each area. Officials who have requested a special order due to dietary restrictions will have their lunch pack labelled with their name.

Water Stations will be available on the beach in each area. Please ensure you bring a refillable water bottle with you and any other snacks or requirements you may have.

MEDAL PRESENTATION

Medal Presentations will be conducted on beach immediately after each final. There will be a podium set up near the Surf Club should competitors wish to take photos on the podium.

All medals must be collected at the Championships; they will not be posted or available for collection after the Championships.

COMPETITORS

Requirement for all events: ALL COMPETITORS must have their age group on their arm e.g. 30-39, U14. They will not be able to start unless this happens.

HANDLERS

Only one handler per competitor (ironman, etc.) will be permitted in the competition arena during competition in progress.

All competitors and handlers must leave the arena with all equipment at the conclusion of their events. High visibility vests/bibs and club caps are required for handlers.

CLASHING OF EVENTS

While the Event Referees will make every effort to avoid clashes in the timetable, athletes may have to decide to contest one event or the other.

Competitor Liaison Officers have been appointed in most areas to assist competitors. Clashing of events is not anticipated in the finals, however, some clashes may be experienced during the heats. Any competitor who finds that their event clashes with another event should consult their Team Manager, who in turn should consult the Competitor Liaison Officer in the relevant area.

Competitor Liaison Officers will liaise with the various Sectional Referees to arrange deferments of heats, if possible, to enable competitors to obtain the maximum possible opportunity to compete.

These arrangements will only apply between areas and not between events in the one area. Events will not be held up for competitors competing outside their age group.

COMPETITION AREA ACCESS

Entry to the competition arena will be via the marshalling areas. No member, Coach, or Team Manager will be permitted to enter the competition arena unless escorted by a Competition Official.

SPECTATOR AREA

The spectator area where possible will be directly behind the competition arenas together with a pedestrian walkway. The competition arena will be "out of bounds" for everyone except the competitors in the events being conducted.

PROTESTS

All protests shall be lodged with the appropriate Liaison Officer in each Area in accordance with the procedures set down in the current edition of the SLSA Surf Sports Manual and any subsequent bulletins and shall identify the specific sections/clauses in the Competition Manual and or event rules upon which the protest is based.

Protest Forms are available from the Liaison Officer. An "Appeals Fee" of \$150.00 must accompany all documentation when the process is officially submitted to the Appeals Committee for adjudication. Payment via EFTPOS.

CONTINGENCY LOCATIONS

The contingency locations for this event will be at the southern end of Main Beach, Trial Bay. As per usual the Competition Safety and Emergency Committee (SEC) will communicate any change or update via Club Team Managers.

Aim and Principles of Relocation:

The aim of relocating part or all of an event is to attempt to ensure that the competition is safely conducted within the set timeframe.

Assessment of Conditions and Investigation of Alternative Venues:

The Competition Safety Committee is responsible for assessing the situation and making recommendations to the Championships Competition Committee as to whether part or the entire event is relocated.

Relocation Timings:

The decision to relocate part or all an event will be made as early as possible.

If the event is to be relocated, a decision must be made as to the following:

- The events to be moved.
- The timings to commence the relocated events.
- The alternative location to be use.



FOLLOW THE EVENT

SLSNSW will be posting selected results, updates and uploading pictures from the event on our Social Media accounts and Live Heats.

Follow us on Stack Team App - [2026 NSW Country Championships](#)

Follow us on Facebook – <https://www.facebook.com/surflifesavingnsw>

Follow us on Twitter – [www.twitter.com/SLSNSW](https://twitter.com/SLSNSW)

Follow us on Instagram - <https://www.instagram.com/slsnsw/>

PHOTOGRAPHY & MEDIA

PHOTOGRAPHY

As a condition of entry, all competitors agree to have photos and video taken during the Championships used for promotional material by SLSNSW.

SLSNSW will not be issuing media/photography accreditation to team members or Clubs. Professional photographers will be in attendance and material will be available via social media and to Clubs on request. Clubs are welcome to take photographs from outside the competition area.

Go Pro's may only be used within the competition area on approved fittings and fixtures as set out in relevant SLSC bulletins.

MEDIA

No competitor, team manager, official or spokesperson for a club shall make media statements which could bring the State Championships, its sponsors, or officials into controversy or disrepute. Such statements will be a breach of policy and could potentially result in sanctions against members involved. Please note that statements to the media regarding the State Championships will be made by authorised spokespeople.

DRONES

For the safety of competitors, officials, and spectators SLSNSW prohibits the use of drones or Unmanned Aerial Vehicles (UAV) at these Championships by members and/or public. SLSNSW and its telecast production contractors will be operating UAVs for both surveillance and capturing of event footage.

SECURITY

There will be security on site for Thursday, Friday and Saturday evenings. Although security is present, any valuables should not be left in Club tents and should be taken with you at the end of the day.

Any person/s found stealing signage or any equipment owned by SLSNSW, or its sponsors will immediately be brought before a Carnival Disciplinary Committee or a SLSNSW Judiciary for further action.

Please note that automatic disqualification of the team/club from the championship may occur if any member is found guilty of theft.

Surf Life Saving NSW and/or South West Rocks SLSC takes no responsibility for gear and equipment if left on the beach and it is at your own risk.

ANTI DOPING & MATCH FIXING

It is strongly recommended that all Team Managers complete both the [Sport Integrity Australia](#) Level 1 Anti-Doping and Match Fixing e-learning courses. Both courses are free of charge and provide an opportunity to develop a knowledge and understanding of anti-doping and match fixing in sport. Moving forward, SLSNSW

strongly believe this is a great addition to the structure of any touring team and/or squad and is vital for elite competition and athlete development.

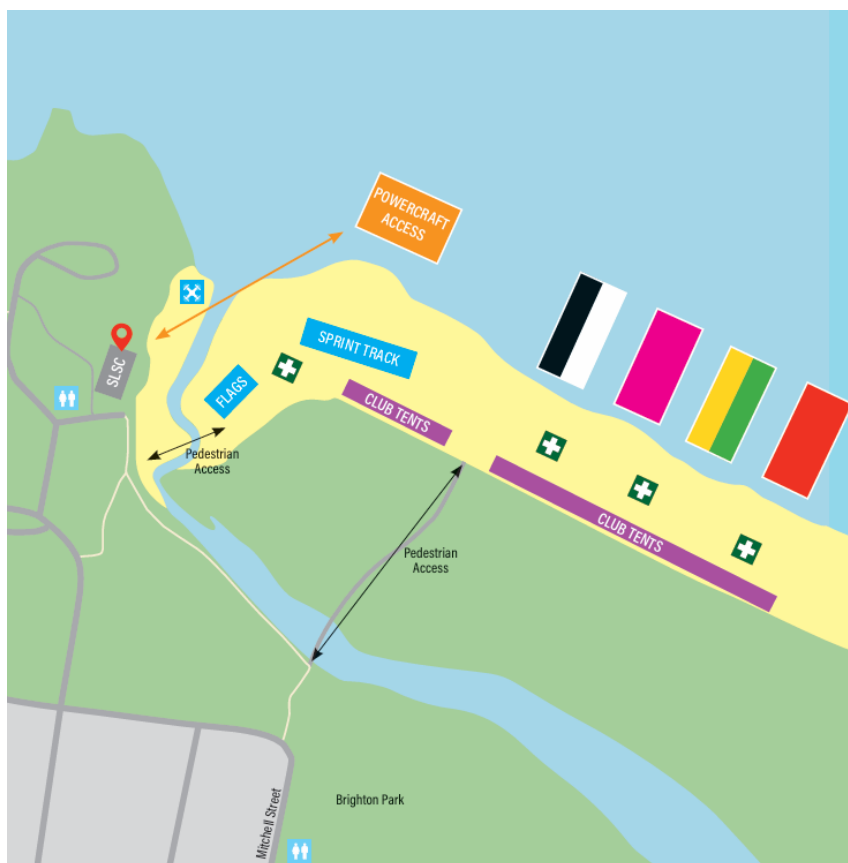
SLSNSW fully supports the new SLSA Anti-Doping and Match Fixing policies (SLSA Members Area > Library > Governance > SLSA > Policy 5.1.1 & 5.02). Following the completion of each course, a completion certificate/email must be forwarded to Surf Sports surfsports@surflifesaving.com.au. SLSNSW have organised with SLSA to have these courses uploaded on to SurfGuard as an award. Once completed, the courses do not have to be completed again, unless there is an update in information from the organisations. If anyone has previously completed either course, proof must be sent through to Surf Sports in order to be recognised.

CODE OF CONDUCT

SLSNSW expects that all members involved in competition will co-operate to ensure a positive public image and to participate in a spirit of goodwill and sportsmanship.





Any incidents or behavior likely to cause embarrassment or damage to the reputation and/or image of surf sports competition will be managed as described in the current edition of the SLSA Surf Sports Manual and any subsequent Bulletins.

COMPETITION ARENA



2026 NSW Country Championships 23-25 January 2026

Key

-  First Aid
-  Club Tents
-  UAVs
-  SLSC





Timetable

Thursday 22 January 2026	
Time	Description
8:00am	Trailer Parking Opens
3:00pm – 5.00pm	Administration Centre Open (Lower level of South West Rocks SLSC)
3:00pm – 5.00pm	Collection of lycra vests (Lower level of South West Rocks SLSC) Collection of Officials Shirts (Upstairs in South West Rocks SLSC)
4:30pm	Team Managers Meeting (Upstairs in South West Rocks SLSC)
Friday 23 January 2026	
Time	Description
6:00am	Administration Centre Opens
6:00am	Officials Breakfast & Briefing
7:00am	Welcome to Country & Competitor and Officials Oaths
7:15am	All Water Areas report for 7:30am start
7:30am	U8 Beach Events report for 8:00am start
9:45am	U15-Masters Beach Events report
4:00pm	Individual distance runs report for 4:30pm start
5:30pm	Estimated day finish
Saturday 24 January 2026	
Time	Description
5:45am	Distance Relays report for a 6:00am start
5:45am	Administration Centre Opens
6:00am	Officials Breakfast & Briefing
7:00am	All Age Beach Relay report for a 7:15am start
7:00am	Water Areas report for 7:30am start (areas staggered start – see program)
7:15am	Beach Sprints report for start after All Age Beach Relay
8:00am	Beach Flags competitors report for 8:30am start
4:00pm	Estimated day finish
Sunday 25 January 2026	
Time	Description
6:00am	Administration Centre Opens
6:00am	Officials Breakfast & Briefing
7:00am	All Age Board Relay report for 7:30am start
8:00am	March Past report for 8:30am start
8:30am	Water Areas report for 9:00am start
1:00pm	Estimated day finish

Note: SLSNSW as the event organiser, reserves the right to add, delete or amend any events on the day of competition if safety, weather conditions, programming or other conditions warrant.