

2026 NSW Pool Lifesaving Championships

Information & Entry Details

(last updated 20/03/26)

May 9–10 2026, 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: **RLNSW**
Hannah Skuodas – Championship Organiser
9634 3700
hannahskuodas@royalnsw.com.au

SLSNSW
Surf Sports Team
9471 8000
surfsports@surflifesaving.com.au

The **2026 NSW Pool Lifesaving Championships** will be jointly hosted by **Royal Life Saving NSW** and **Surf Life Saving NSW**. Events will follow the **ILS Competition Rule Book – 2025 Edition**, with any NSW-specific modifications outlined in the NSW Pool Lifesaving Competition Manual, and any updates provided through official Bulletins or Circulars to Clubs and Team Managers. This will be an **ILS Sanctioned Event**.

Action:	<ul style="list-style-type: none"><input type="checkbox"/> Team Managers must register their team online through the registration form:<input type="checkbox"/> Entries must be completed online through the Meet Manager system. Clubs will need to download Team Manager Lite 8.0 to submit entries for the 2026 NSW Pool Lifesaving State Championships. Please note that this program is not easily compatible with iOS devices and will require a Windows device to operate.<input type="checkbox"/> The 'Team Manager Download File' will be emailed to registered Team Managers.<input type="checkbox"/> The returned exported data must be emailed to hannahskuodas@royalnsw.com.au before the entry close date.<input type="checkbox"/> Entries close at 5pm on Friday 1st May 2026. Late entries are not accepted.
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1. Event Entries

A. Entry Registrations:

1. All entries for the 2026 NSW Pool Lifesaving Championships must be submitted via email to **hannahskuodas@royalnsw.com.au** by **5:00pm, Friday 1st May 2026**.
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 \$71.42 (incl. GST) per competitor entered in the Championships.
2. Relay Teams – \$14.26 (incl. GST) per team entry
3. Spectators – Free
4. Entry fees will be invoiced to each Club based on the number of individual and relay team entries submitted 48 hours prior to the start of the first event.
5. No fees apply to relay team member substitutions.

2. Entry Conditions

A. General Entry 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 competition 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 shall be taken as at the first (1st) of January in the year the Championships are held. The minimum age for competition entry is 10 years of age. Therefore, competitors who are 9 years of age on the first of January are not permitted to compete in the Championships. 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.

B. 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.

C. Withdrawals and Substitutions:

1. All withdrawals must be submitted to the Competitor Liaison desk 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, including age group eligibility
 - c) The Withdrawal/Substitution Form must be fully completed and signed by the Team Manager.
3. Any withdrawals and team substitutions submitted on the official Withdrawal/Substitution Form will be passed on to relevant competition officials by the Competitor Liaison.

D. Entry Lists:

1. Once entries are received, a confirmation entry list will be emailed to Team Managers.
2. Team Managers must check for any errors or omissions and notify the Championship Organiser of corrections before the entry deadline.
3. After entries close, official event entry lists will be generated and emailed to Team Managers. If any changes are required within **48 hours of the event**, Team Managers must submit a **Withdrawal/Substitution Form** to the **Competitor Liaison** on the first day of competition at the earliest opportunity.
4. **Entry fees** will be invoiced to each Club based on the number of individual and relay team entries submitted **48 hours prior to the start of the first event.**
5. A final Competition Program (including heats) will be posted two days before 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 four events of each session must report to marshalling 10 minutes prior to the scheduled event start time. All other competitors must report at least four heats before their event and be ready in their assigned heat and lane.
7. Announcements are intended as a guide only; athletes are responsible for knowing their own event schedule.
8. Parents, Team Managers, and Coaches are not permitted in the marshalling area without prior approval or a valid reason.

E. Officials and Volunteer Quotas:

For Official and Volunteer nominations, please refer to the information on the Championship Event Page.

[2026 NSW Pool Lifesaving Championships: Official Nomination Form](#)

Once nominations close, 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 running of the Championships.

Please note: If clubs do not provide their allocated volunteers for timekeeping or equipment setup, the event schedule may be delayed.

Clubs are also 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 requirements, additional volunteers are needed for essential roles such as timekeeping and pool/equipment setup and pack-down (wet and dry). These roles do not count toward a club's official quota but are critical for the smooth delivery of the event.

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.

F. Visitors and Exhibition Competitors:

1. Only competitors entered through an affiliated RLSNSW or SLSNSW club are eligible for Championship titles, event medals, and for their results to contribute to their club's point score.
2. Exhibition or visitor competitors (including interstate, international, or selection teams) may participate only with prior approval from the Chief Referee, 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 competitors may include composite relay teams, Branch teams, interstate or development squads, or international representatives, provided that all team members:
 - i. Are 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

A Competitor's age shall be taken as at the first (1st) of January in the year the Championships are held. The minimum age for competition entry is 10 years of age. Therefore, competitors who are 9 years of age on the first of January are not permitted to compete in the Championships.

Outlined below are the proficiency awards required for each age group.

		Minimum Proficiency Award to Compete	
Age as of 01/01/2026	Age Group	RLNSW	SLSNSW
Individual Events			
10 years	U11	NSWSF Acquisition 6	Currently proficient in the appropriate age award for their surf age group
11 years	U12	NSWSF Acquisition 6	Currently proficient in the appropriate age award for their surf age group
12 years	U13	RLSSA Bronze Star	Currently proficient in the appropriate age award for their surf age group
13 years	U14	RLSSA Bronze Star	SLSA Surf Rescue Certificate or U13 preliminary evaluation
14 years	U15	RLSSA Bronze Star	SLSA Surf Rescue Certificate
15-16 years	U17	RLSSA Bronze Star (15) RLSSA Bronze Medallion (16)	SLSA Bronze Medallion/Certificate II
17-18 years	U19	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
19+ years	Open	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
30+ years	Masters	RLSSA Bronze Medallion	SLSA Bronze Medallion/Certificate II
Team Events			
10-11 years	U11/12	NSWSF Acquisition 6	Currently proficient in the appropriate age award for their surf age group
12-13 years	U13/14	RLSSA Bronze Star	Currently proficient in the appropriate age award for their surf age group (SLSA Surf Rescue Certificate or U13 preliminary evaluation)
14-16 years	U15/17	RLSSA Bronze Star (14, 15) RLSSA Bronze Medallion (16)	SLSA Surf Rescue Certificate (14) SLSA Bronze Medallion (15,16)
17+ years	U19/Open/ Masters	RLSSA Bronze Medallion	SLSA Bronze Medallion / Certificate II

4. Event Rules/Conditions

The 2026 NSW Pool Lifesaving Championships will be conducted under the **ILS Competition Rule Book – 2025 Edition, NSW Pool Lifesaving Competition Manual**, and any official Bulletins and Circulars sent to Team Managers. Modified junior events will be run under the rules outlined in the NSW Pool Lifesaving Competition Manual. Refer to Sections 2 and 3 of this document for full details on eligibility, age categories, substitutions, official's quota and other requirements to compete.

A. 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 the NSW Pool Lifesaving Competition 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. U14 competitors may use fibreglass fins in individual events only and must wear rubber fins in all team events to ensure fairness in combined U13/U14 relay events.
6. U15 and older competitors may use fibreglass fins for all individual and team events.
7. The Line Throw is an individual event for the competitor performing the throw. The participant acting as the "victim" is considered similar to a handler in manikin tow events and does not receive a placing.

B. Multi-Class Event Details:

The 2026 NSW Pool Lifesaving Championships will include five (5) Multi-Class events. These events will be held on Sunday 10 May only. These events are open to athletes with permanent physical, sensory, or intellectual disabilities and are based on modified junior competition formats to provide a safe, supportive, and fair competition environment. Events are open to athletes from U11 through to Masters age groups. Multi-Class events are designed for athletes with permanent impairments and are not intended for short-term injuries or competitors who have not yet met standard competition award requirements.

Eligibility

To compete, athletes must:

- Be a financial member of an RLSNSW or SLSNSW club for the 2025/26 season
 - Meet minimum age requirements (**10 years or older as at 01/01/26**)
 - Have a permanent physical, intellectual, or sensory disability
 - Provide evidence of disability, medical condition, or permanent injury
- Or:
- Hold an eligible [Swimming Australia classification](#)

Note: Multi-Class athletes are not required to hold age-specific RLS or SLS awards (e.g. Bronze Medallion, Preliminary, or Competition Skills Evaluations).

Entries and Support

- Multi-Class competitors must choose one competition stream only – they cannot enter both Multi-Class and Standard events.
- Clubs are not required to provide water safety, but may assist if additional support is needed

Competition Information

- Age groups and genders may be combined where required
- There is no limit on club entries
- Refer to the event table below for the full Multi-Class event list

C. Event Tables:

INDIVIDUAL EVENTS	U11	U12	U13	U14	U15	U17	U19	Open	30-59	60+	Multi-Class
Obstacle Swim	50m	50m	100m	100m	200m	200m	200m	200m	200m	100m	50m
Line Throw ①	8m	8m	10m	10m	12.5m	12.5m	12.5m	12.5m	12.5m	12.5m	8m
100m Manikin Carry with fins					✓	✓	✓	✓	✓	✓	
100m Brick Carry with fins			✓	✓							
100m Empty Manikin Carry with fins	✓	✓									
100m Rescue Medley ②						✓	✓	✓			
50m Rescue Medley ②					✓						
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	✓ ③	✓ ④	✓	✓	✓
8 x 50m Fin Relay				✓	

D. Individual Events:

1. Age Group Entry Rules

- 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. All competitors in **U15 and below** must be the stated age on the competition entry date and **cannot swim out of their age group** for individual events.
 - i. *Example:* A competitor is 11 years old on the competition entry dates so they may compete only in the U12 event for individual events and cannot swim in a higher age group.
- c. For a full breakdown of age group requirements and competition age up to date, refer to Section 3 – Age Group Requirements.

2. Note ❶ The Line Throw event is an individual event.

- a. Athletes may compete once only as the Thrower but may assist as a Victim in multiple heats.
- b. Victims must be registered competitors in the Championships
- c. **Victims must meet the following age and gender eligibility:**
 - i. **U11 – U14:** Victim must be U17 or younger, any gender.
 - ii. **U15, U17, U19:** Victim must be the same gender and from the same or older age group.
 - iii. **Open and Masters:** Victim must be the same gender and eligible to compete in the Open age group (U17, U19, Open, or Masters).
- d. 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.
- e. **Victim Distances by Age Group:**
 - i. U15, U17, U19, Open, Masters – 12.5 metres
 - ii. U13, U14 – 10 metres
 - iii. U11, U12 – 8 metres
- f. All 10m and 12.5m Line Throw events will use the same rope: minimum length 16.5m, maximum 17.5m (compliant with the Line Throw Lies equipment regulations for ILS standards)
- g. 8m Line Throw events will use a shorter rope: minimum 12.5m, maximum 16.5m.

3. Note ❷ Rescue Medley Safety

- a. 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.
- b. RLSNSW and SLSNSW condemn the practice of hyperventilation before participating in prolonged underwater swimming.

E. Relay Events:

1. Competitors may enter only **one relay team per age group event**. They may participate in additional relay teams only if these 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.
 - a. Clubs are limited to one team per relay event using this mixed-age allowance.
 - b. **U11/U12 competitors** may compete in **U13/U14 relay teams** (max. 50% from U11/U12).
 - c. **U13/U14 competitors** may compete in **U15/U17 relay teams** (max. 50% from U13/U14).
 - d. **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. the 4x50m relay may include two reserves)
4. **Relay Team Composition by Age Group**
 - a. **U11–U14:** Non-gender specific — teams may be all male, all female, or mixed.
 - b. **U15–Masters:** Mixed-gender teams are required.
 - i. Each team must include 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**
 - a. In this relay, the **4th swimmer does not tow the 3rd swimmer**.
6. **Note ④ U13/U14 Medley Relay**
 - a. In this relay, the **2nd and 4th swimmer must use soft fins**, regardless of their age group.

F. Competition Equipment:

1. RLSNSW and SLNSW will supply all competition equipment for all competition events, this includes rescue tubes, throw ropes, manikins and rescue bricks.
2. All equipment will comply with ILS specifications as outlined in the ILS Competition Rule Book – 2025 Edition
3. All competitors are required to supply their own fins.
 - a. 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.
 - b. All U13 and younger competitors with rubbers fins must comply with the specifications outlined below.
 - c. Competitors' fins will be subject to random scrutineering checks during the Championships.
4. For practice/warm up competitors **MUST** provide their own throw ropes.
5. **Swim Fins Specifications (Summary):**
 - a. Swim fins for competitors U14 and older must comply with the following ILS specifications:
 - i. **Length:** maximum overall length 650mm, including 'shoe' or ankle strap (ankle strap extended)
 - ii. **Width:** 300mm maximum at the widest point of the blade
 - b. Fins are measured while not worn, with the shoe or ankle strap extended but not stretched.
 - c. 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.
 - d. **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.
 - e. **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.



- f. **Note:** 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.
- g. U14 competitors may use fiberglass fins in individual events only and must wear rubber fins in all team relay events where combined with the U13 age group (i.e. U13/U14 Medley Relay).

G. Protest and Appeals:

1. The Chief Referee will consider all protests submitted to the Competitor Liaison using the official protest form.
2. The Competition Appeals Committee will consider all appeals, as well as any protests referred to it by the Chief Referee or their delegate. The protest and appeals process is outlined in the current edition of the RLSSA Pool Lifesaving Competition Manual, including any subsequent bulletins or circulars.
3. Protest and appeal forms can be obtained from the Competitor Liaison desk
4. The Competition Appeals Committee will review the protest or appeal and determine the outcome. The Committee may uphold or dismiss the protest or appeal.
5. A fee of \$110.00 (incl. GST) applies to lodge an appeal. If the appeal is upheld, the fee will be refunded in full.
6. The decision of the Competition Appeals Committee is final and not subject to further challenge.

5. Championship Organisation

A. Event Program and Daily Schedule

1. Key competitor and official reporting times will be communicated in the final event information, which will be distributed to clubs and officials prior to the Championships. It is anticipated that warm-up will commence at approximately 8:00am on both days of competition.
2. Please refer to the order of events below and note:
 - a. 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 Competition Manager
 - b. 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.
 - c. Marshalling sheets will be numbered in accordance with the circulated program.
 - d. Some events could be deleted if there is not sufficient time to conduct these events.
 - e. A final event information document will be distributed after entries close and approximately one week prior to the Championships.

B. 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) competitor is required to start.
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)

C. Pointscore

1. Respective point scores for both organisations will be individually collated, awarded, and acknowledged by the respective body.
2. Team Managers and competitors are encouraged to refer to their relevant organisations' Competition Manual for further point score information.

6. Official Championship Program

Day One – Saturday 9 May (last updated 20/03/26)

#	Event Name	Age	Gender
1	200m Obstacle Swim	Open	Male
2	200m Obstacle Swim	Open	Female
3	200m Obstacle Swim	U19	Male
4	200m Obstacle Swim	U19	Female
5	200m Obstacle Swim	U17	Male
6	200m Obstacle Swim	U17	Female
7	200m Obstacle Swim	U15	Male
8	200m Obstacle Swim	U15	Female
9	200m Obstacle Swim <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59	Male
10	200m Obstacle Swim <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59	Female
11	100m Obstacle Swim	60+	Male
12	100m Obstacle Swim	60+	Female
13	100m Obstacle Swim	U14	Male
14	100m Obstacle Swim	U14	Female
15	100m Obstacle Swim	U13	Male
16	100m Obstacle Swim	U13	Female
17	50m Obstacle Swim	U12	Male
18	50m Obstacle Swim	U12	Female
19	50m Obstacle Swim	U11	Male
20	50m Obstacle Swim	U11	Female
21	4 x 50m Obstacle Relay	Open/U19	Mixed
22	4 x 50m Obstacle Relay	U14/U13	Non-specific
23	4 x 50m Obstacle Relay	Masters 30+	Mixed
24	4 x 50m Obstacle Relay	U17/U15	Mixed
25	4 x 50m Obstacle Relay	U12/U11	Non-specific
26	Line Throw 12.5m	Open	Male
27	Line Throw 12.5m	Open	Female
28	Line Throw 12.5m	U19	Male
29	Line Throw 12.5m	U19	Female
30	Line Throw 12.5m	U17	Male
31	Line Throw 12.5m	U17	Female
32	Line Throw 12.5m	U15	Male
33	Line Throw 12.5m	U15	Female
34	Line Throw 12.5m <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Male
35	Line Throw 12.5m <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Female
36	Line Throw 10m	U14	Male
37	Line Throw 10m	U14	Female
38	Line Throw 10m	U13	Male
39	Line Throw 10m	U13	Female

40	Line Throw 8m	U12	Female
41	Line Throw 8m	U12	Male
42	Line Throw 8m	U11	Female
43	Line Throw 8m	U11	Male
Lunch Break – Approximately 1:00pm			
44	100m Rescue Medley	Open	Male
45	100m Rescue Medley	Open	Female
46	100m Rescue Medley	U19	Male
47	100m Rescue Medley	U19	Female
48	100m Rescue Medley	U17	Male
49	100m Rescue Medley	U17	Female
50	50m Rescue Medley	U15	Male
51	50m Rescue Medley	U15	Female
52	4 x 25m Manikin Relay	Open/U19	Mixed
53	4 x 25m Brick Relay	U14/U13	Non-Specific
54	4 x 25m Manikin Relay	Masters 30+	Mixed
55	4 x 25m Manikin Relay	U17/U15	Mixed
56	4 x 25m Brick Relay	U11/U12	Non-Specific
57	100m Brick Carry with Fins	U14	Male
58	100m Brick Carry with Fins	U14	Female
59	100m Brick Carry with Fins	U13	Male
60	100m Brick Carry with Fins	U13	Female
61	100m Empty Manikin Carry with Fins	U12	Male
62	100m Empty Manikin Carry with Fins	U12	Female
63	100m Empty Manikin Carry with Fins	U11	Male
64	100m Empty Manikin Carry with Fins	U11	Female
65	100m Manikin Carry with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Male
66	100m Manikin Carry with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Female
67	100m Manikin Carry with Fins	Open	Male
68	100m Manikin Carry with Fins	Open	Female
69	100m Manikin Carry with Fins	U19	Male
70	100m Manikin Carry with Fins	U19	Female
71	100m Manikin Carry with Fins	U17	Male
72	100m Manikin Carry with Fins	U17	Female
73	100m Manikin Carry with Fins	U15	Male
74	100m Manikin Carry with Fins	U15	Female

Day Two – Sunday 10 May (last updated 20/03/26)

#	Event Name	Age	Gender
75	200m Superlifesaver	Open	Male
76	200m Superlifesaver	Open	Female
77	200m Superlifesaver	U19	Male
78	200m Superlifesaver	U19	Female

79	200m Superlifesaver	U17	Male
80	200m Superlifesaver	U17	Female
81	200m Superlifesaver	U15	Male
82	200m Superlifesaver	U15	Female
83	50m Brick Carry	U13	Male
84	50m Brick Carry	U13	Female
85	50m Brick Carry	U12	Male
86	50m Brick Carry	U12	Female
87	50m Brick Carry	Open	Mixed
88	50m Brick Carry (From 35m)	U11	Male
89	50m Brick Carry (From 35m)	U11	Female
90	50m Manikin Carry <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Male
91	50m Manikin Carry <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Female
92	50m Manikin Carry	Open	Male
93	50m Manikin Carry	Open	Female
94	50m Manikin Carry	U19	Male
95	50m Manikin Carry	U19	Female
96	50m Manikin Carry	U17	Male
97	50m Manikin Carry	U17	Female
98	50m Manikin Carry	U15	Male
99	50m Manikin Carry	U15	Female
100	50m Manikin Carry (From 35m)	U14	Male
101	50m Manikin Carry (From 35m)	U14	Female
102	50m Obstacle Swim (Multi-Class Event)	Open	Mixed
103	Line Throw 8m (Multi-Class Event)	Open	Mixed
Lunch Break – Approximately 12:00pm			
104	4 x 50m Medley Relay	Open/U19	Mixed
105	4 x 50m Medley Relay	U14/U13	Non-specific
106	4 x 50m Medley Relay	Masters 30+	Mixed
107	4 x 50m Medley Relay	U17/U15	Mixed
108	4 x 50m Medley Relay	U12/U11	Non-specific
109	100m Manikin Tow with Fins	Open	Male
110	100m Manikin Tow with Fins	Open	Female
111	100m Manikin Tow with Fins	U19	Male
112	100m Manikin Tow with Fins	U19	Female
113	100m Manikin Tow with Fins	U17	Male
114	100m Manikin Tow with Fins	U17	Female
115	100m Manikin Tow with Fins	U15	Male
116	100m Manikin Tow with Fins	U15	Female
117	100m Manikin Tow with Fins	U14	Male
118	100m Manikin Tow with Fins	U14	Female
119	100m Manikin Tow with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Male
120	100m Manikin Tow with Fins <i>(Masters ages groups combined in same event no.)</i>	30–39; 40–49; 50–59; 60+	Female
121	50m Manikin Tow with Fins	U13	Male

122	50m Manikin Tow with Fins	U13	Female
123	50m Manikin Tow with Fins	U12	Male
124	50m Manikin Tow with Fins	U12	Female
125	50m Manikin Tow with Fins (Multi-Class Event)	Open	Mixed
126	50m Tube clip with Fins	U11	Female
127	50m Tube clip with Fins	U11	Male
128	50m Freestyle with Fins	Open	Male
129	50m Freestyle with Fins	Open	Female
130	50m Freestyle with Fins (Multi-Class Event)	Open	Mixed
131	50m Freestyle with Fins	U19	Male
132	50m Freestyle with Fins	U19	Female
133	50m Freestyle with Fins	U17	Male
134	50m Freestyle with Fins	U17	Female
135	50m Freestyle with Fins	U15	Male
136	50m Freestyle with Fins	U15	Female
137	50m Freestyle with Fins (Masters ages groups combined in same event no.)	30–39; 40–49; 50–59; 60+	Male
138	50m Freestyle with Fins (Masters ages groups combined in same event no.)	30–39; 40–49; 50–59; 60+	Female
139	50m Freestyle with Fins	U14	Male
140	50m Freestyle with Fins	U14	Female
141	50m Freestyle with Fins	U13	Male
142	50m Freestyle with Fins	U13	Female
142	50m Freestyle with Fins	U12	Male
144	50m Freestyle with Fins	U12	Female
145	50m Freestyle with Fins	U11	Male
146	50m Freestyle with Fins	U11	Female
147	8 x 50m Freestyle Fin Relay	Open	Mixed

7. Other Information

A. First Aid:

- The facility has First Aid and emergency evacuations procedures. First Aid will be available on site for the duration of the event.

B. 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 from 8:00am to 11:00am at the entrance to pool for each day of competition
- Please not there is NO Kiosk/Vending Machines on site

C. 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.

D. Anti-Doping Policy

- 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:
 - a. SLSA Anti-Doping Policy (refer SLSA Policy 5.02)
 - b. RLSSA Drug Policy (found online at [RLSSA Sport Policies](#))
 - c. RLSNSW Competition Handbook Section 2 *Member Protection Policies RLSSA Anti-Doping Policy 2.12*
- 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.

E. Behaviour/Misconduct

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

8. Appendix 1. Swimwear

1. In all swimming events competitions must wear approved competition dress as detailed in Section 8 Rule 4.12 of the [ILS 2025 Competition Rulebook Final 08-10-25](#).
2. Swimwear for competition events and swim leg of events generally follow World Aquatics (WA) (previously known as FINA) standards for pool swimming events (i.e. not open water, water polo, etc.) and must comply with the following:
 - a. Swimwear worn by men shall not extend above the navel or below the knee.
 - b. Swimwear worn by women shall not cover the neck, shoulders or arms nor extend below the knees. Two-piece swimsuits that conform to this standard may also be worn.

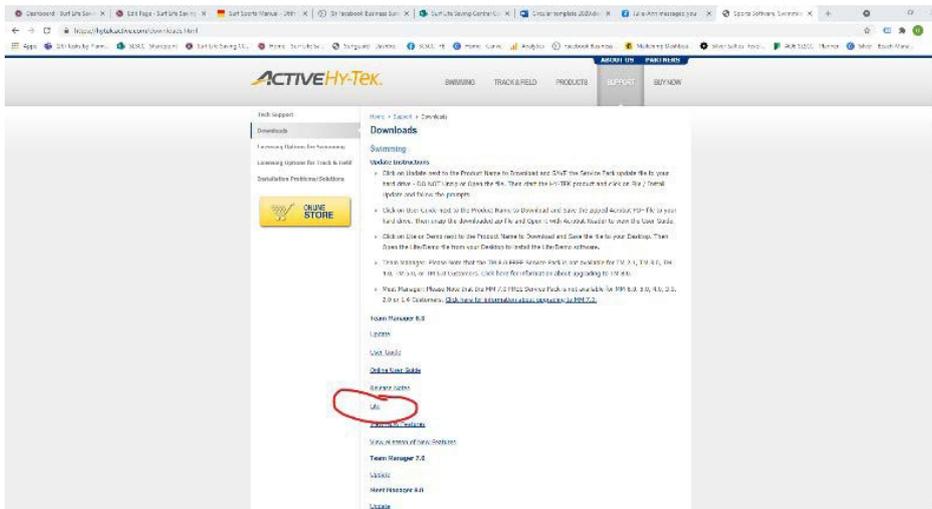
Men's Swimsuits					
Full Length	Long	Long Legs	Knee length	Square Leg	Short
Not Allowed	Not Allowed	Not Allowed	Allowed	Allowed	Allowed
					

Women's 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. The material and construction of swimwear to be worn in all ILS pool and ocean events are: • Only textile woven fabric(s) shall be permitted.
 - b. The fabric shall be flexible and soft folding.
 - c. Non-woven and/or non-permeable (e.g., synthetic/rubber, wetsuit type) materials shall not be permitted except as a joining seam, an edge, a waistband, or as straps (as per WA standards).
 - d. The material used shall have maximum thickness of 0.8mm.
 - e. Dual layer material is permitted provided the overall maximum thickness is 0.8mm (as per WA standards not including seams, edges, and straps).
 - f. Other than string ties for the tops of men's swimwear, the bottom and top parts of women's two piece swimwear, and the back of women's one-piece open back swimsuits, no zippers or other fastening systems shall be permitted.
 - g. The swimsuit worn by competitors shall not aid in their buoyancy.
 - h. No outside application on the material shall be permitted. (Note: manufacturer brandings, club names or similar are permitted).
 - i. In addition, swimwear must not:
 - i. Offend morality and good taste outside of contemporary fashion (in particular, but not exclusively, because of the transparency of the material and/or the cut of the suit).
 - ii. Carry any symbol which may be considered offensive.
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.

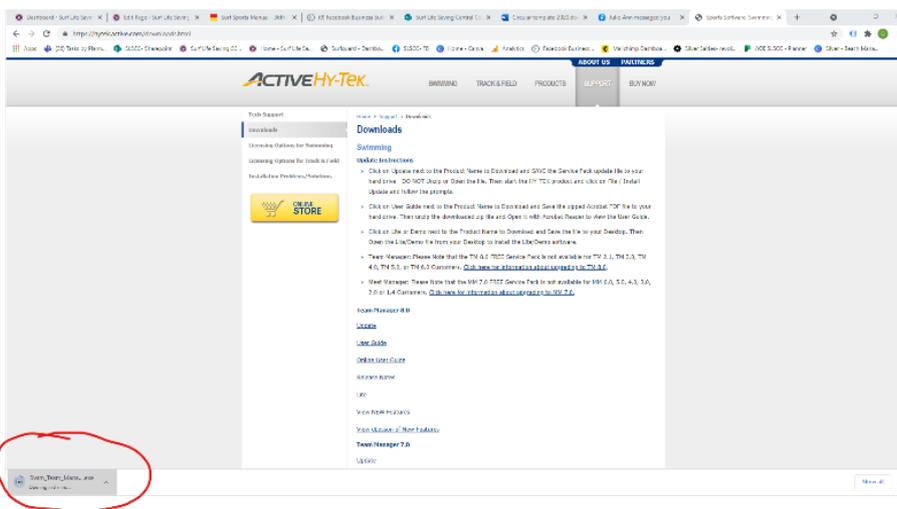
9. Appendix 2. Team Manager Entry Process

1. Download Team Manager 8.0 Lite

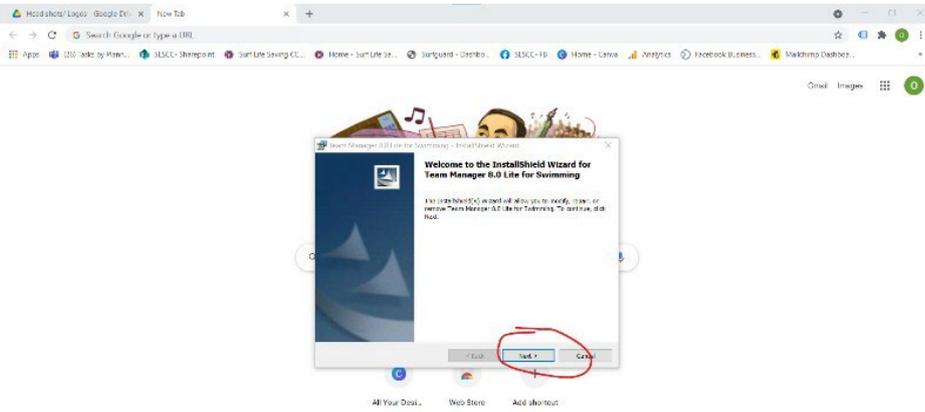


Select Lite version

2. Install Team Manager 8.0 lite onto computer



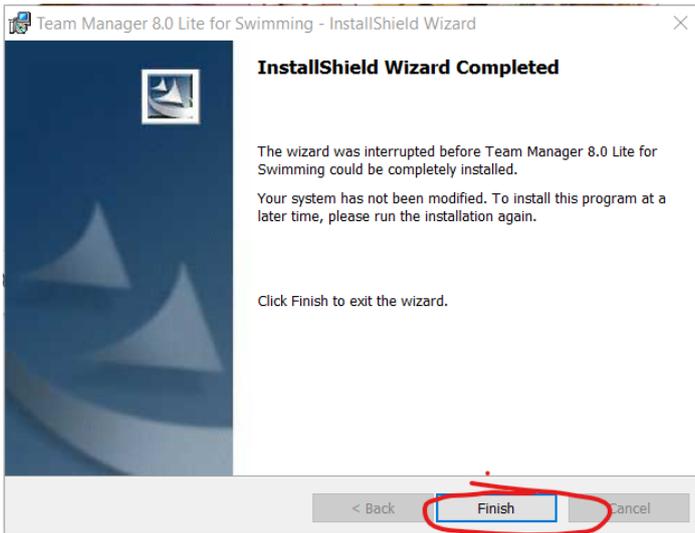
Click open Download



[Customize](#)

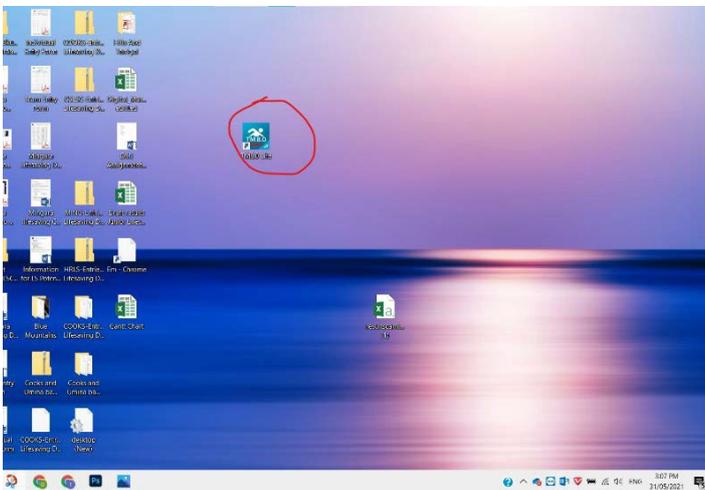
[Show all](#) X

Click Next

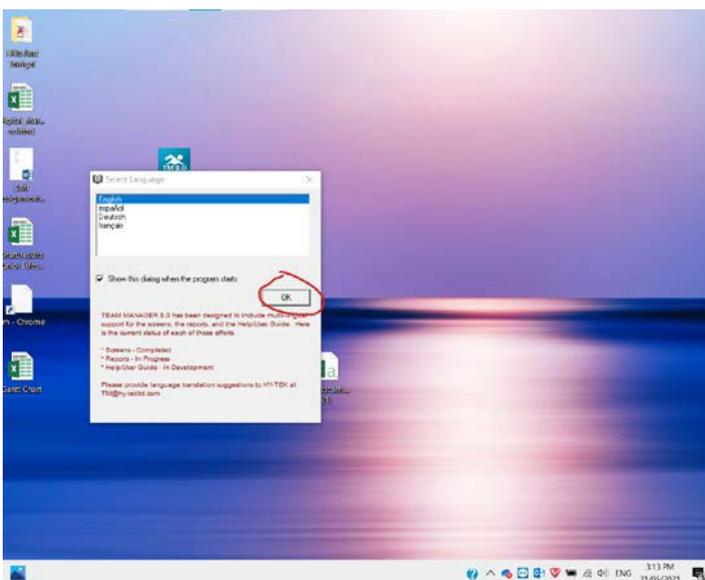


Click finish

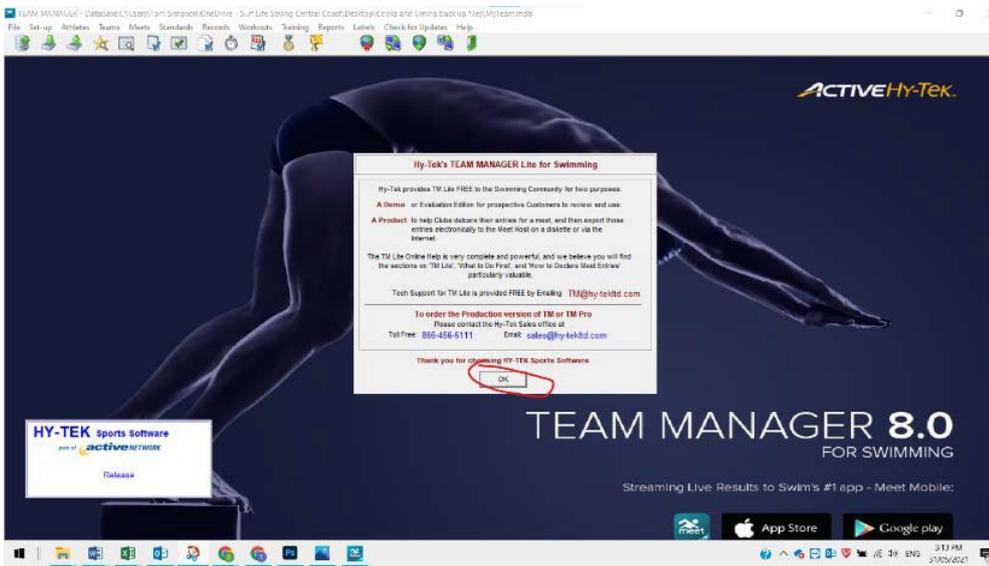
3. Open Team Manager from Desktop



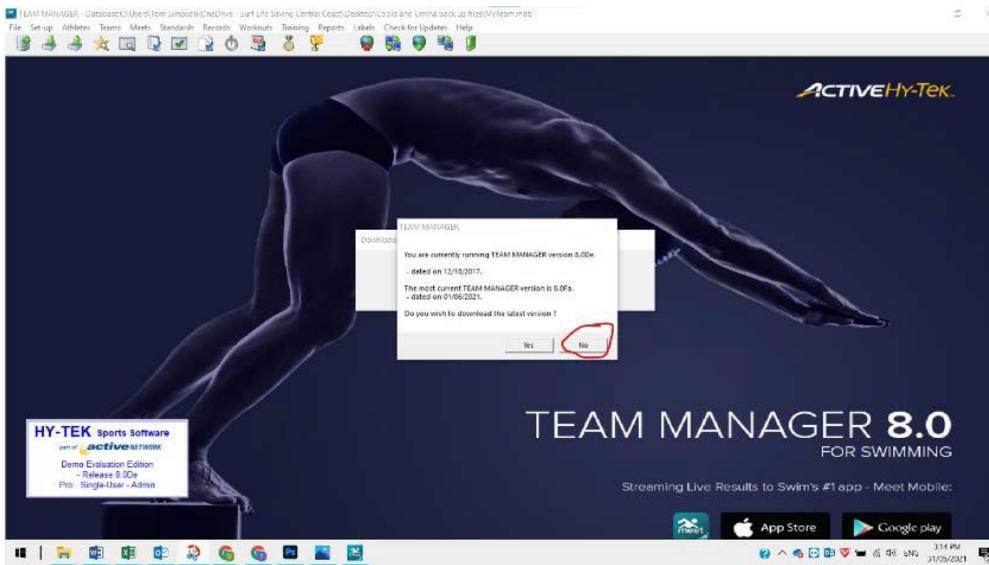
Double click your icon



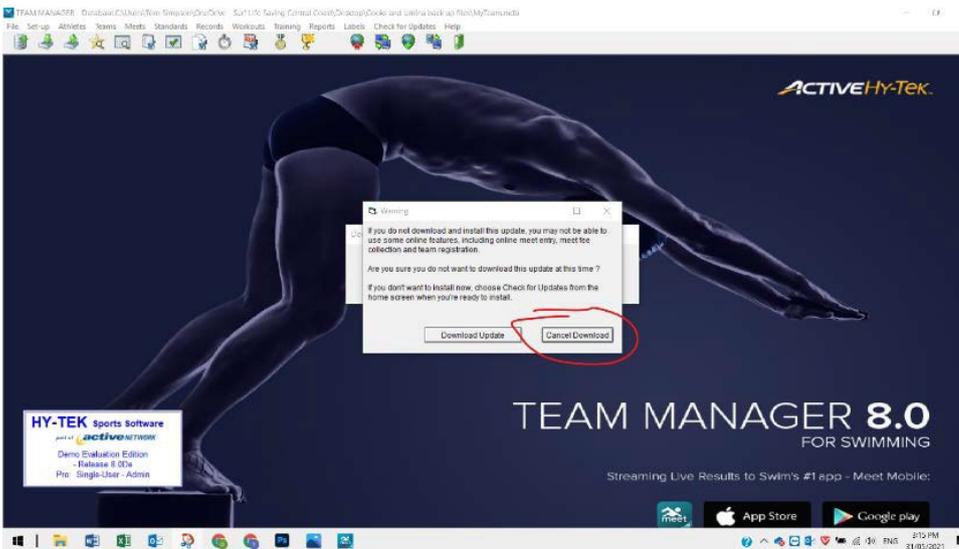
Click OK



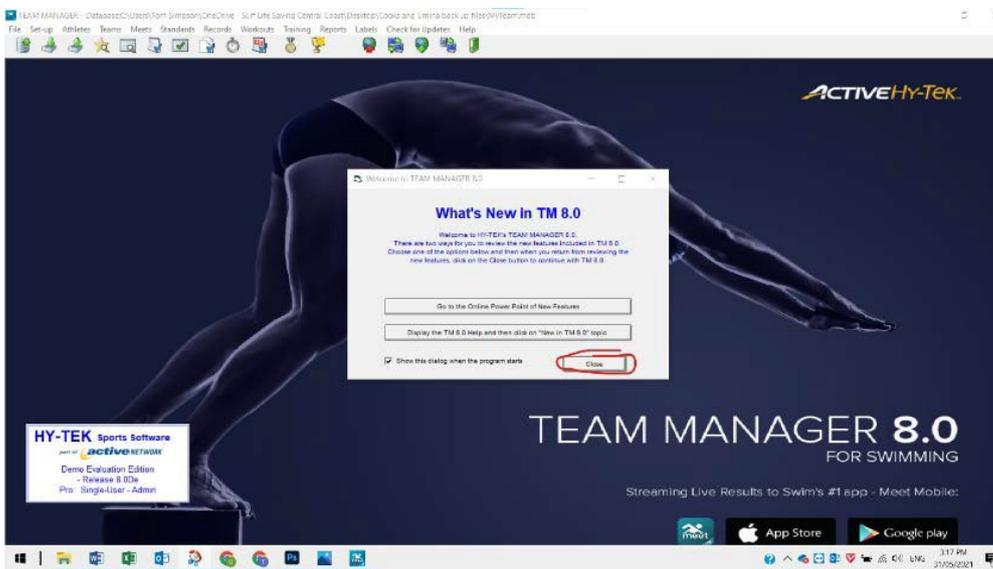
click OK



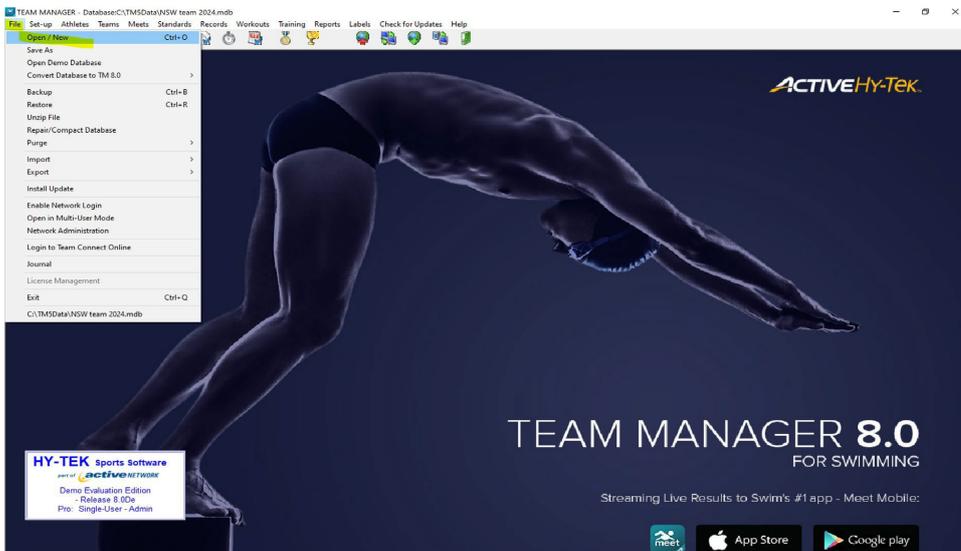
click NO



Cancel Download

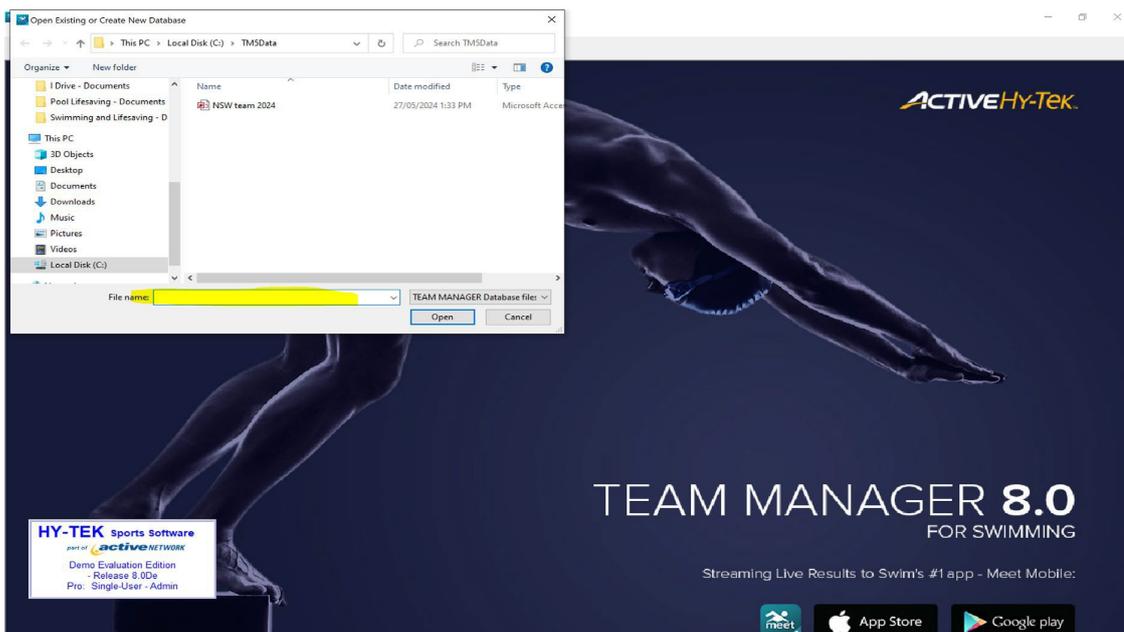


Click Close

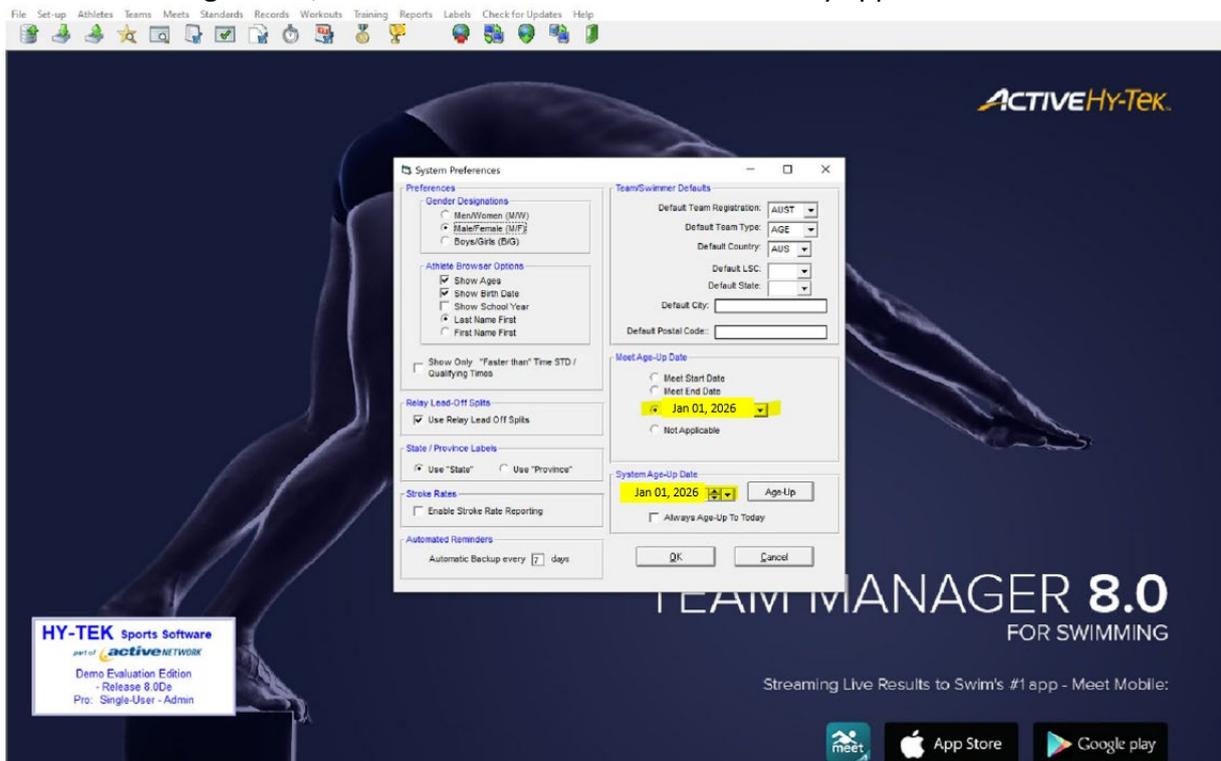


Select File and Open / New

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

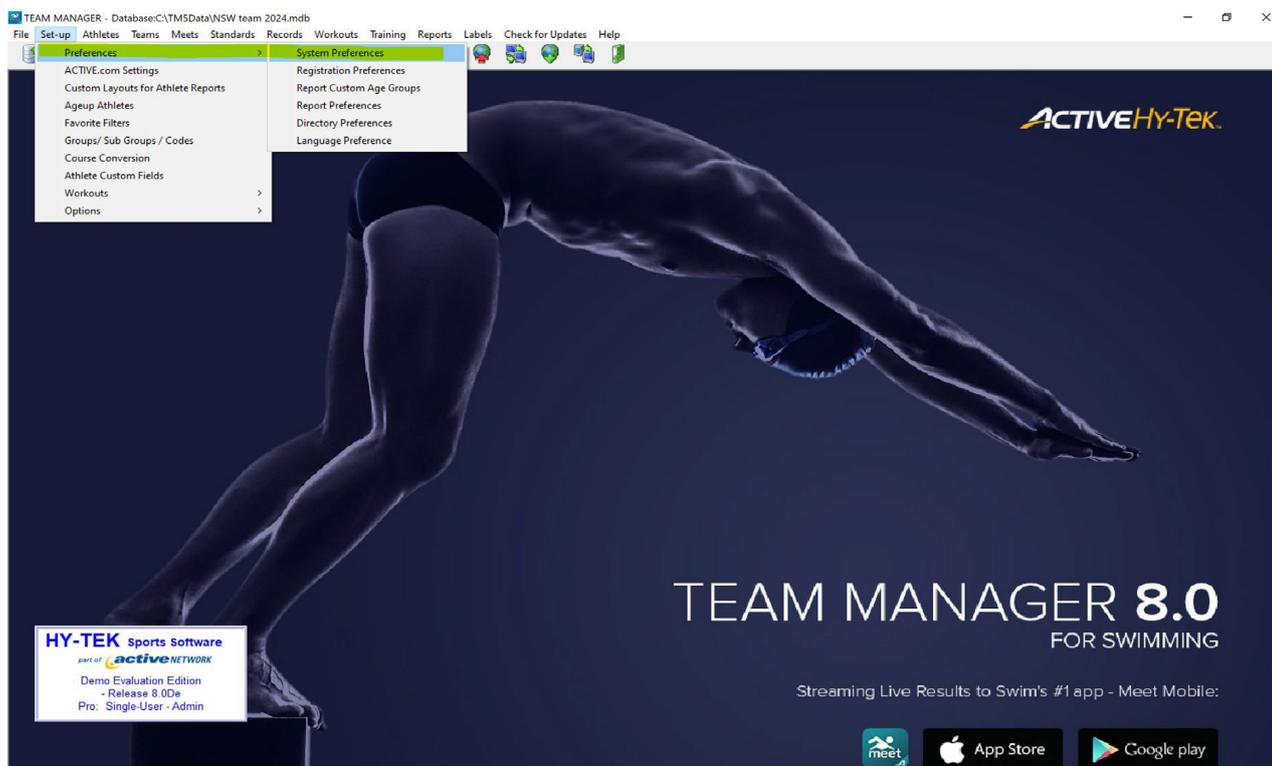


On the following screen, check all boxed and enter dates as they appear below:



Click 'OK'

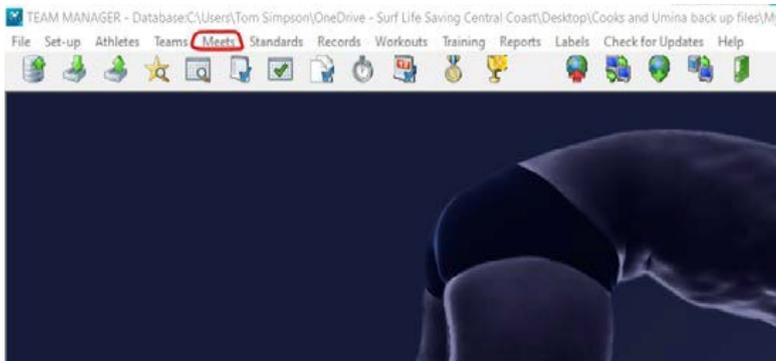
To view this screen again and double check the correct boxes have been selected and dates entered properly, go to 'Set-up' → 'Preferences' → 'System Preferences'



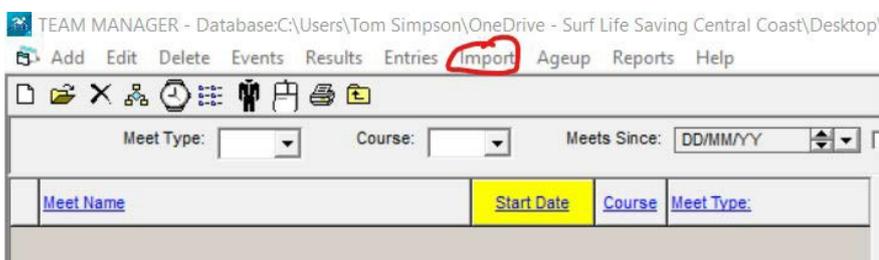
4. Download Event File

Right click Event File sent through to your club's Team Manager via email and select download.

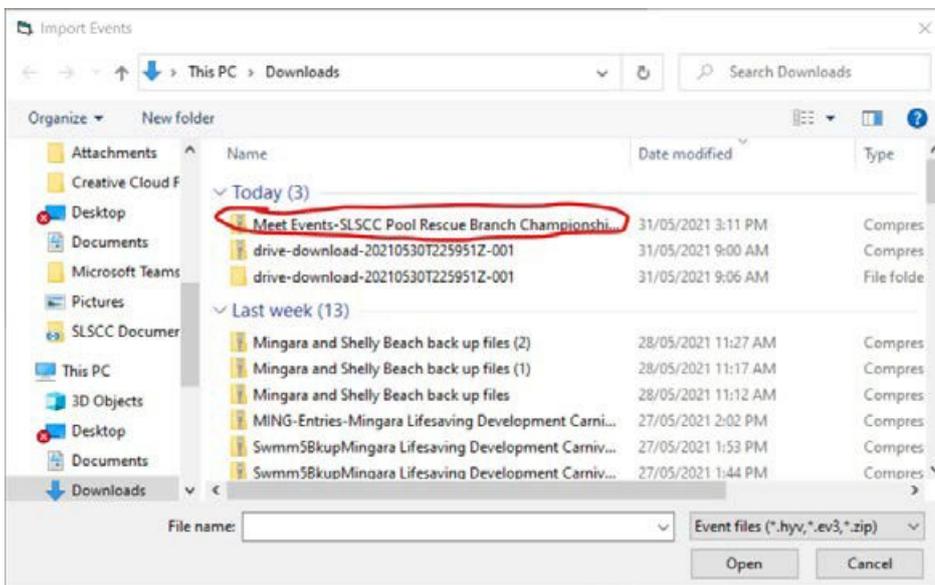
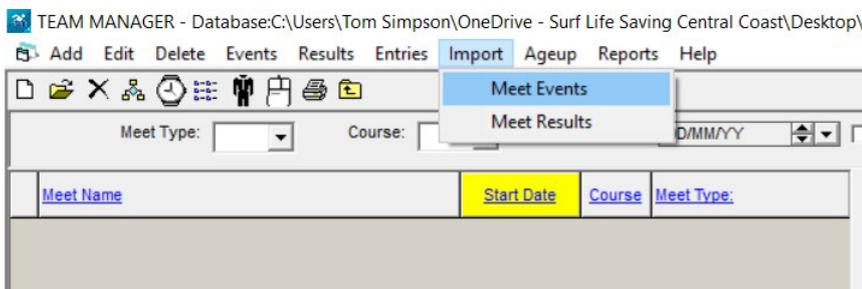
5. Import event file into Team Manager



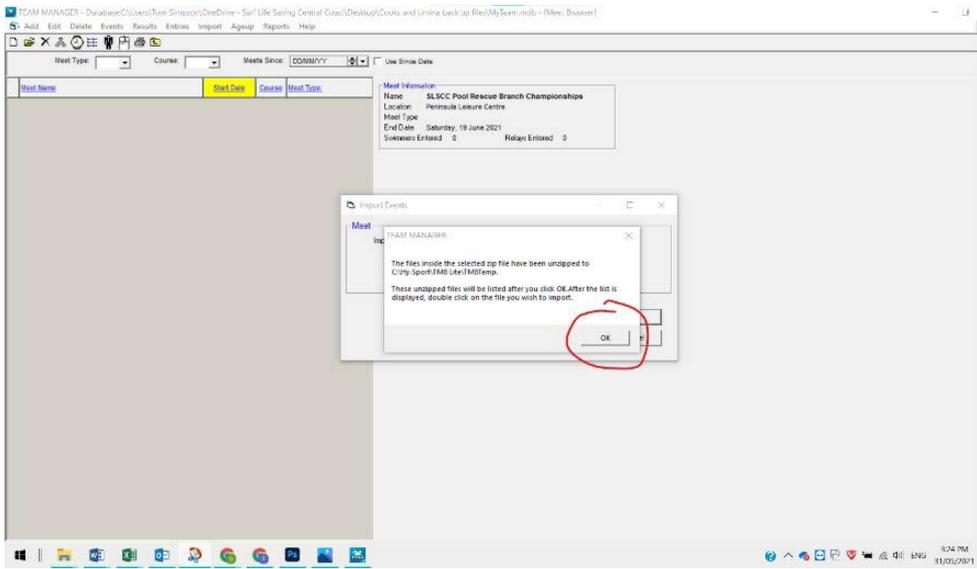
Go back to Team Manager and Select Meets



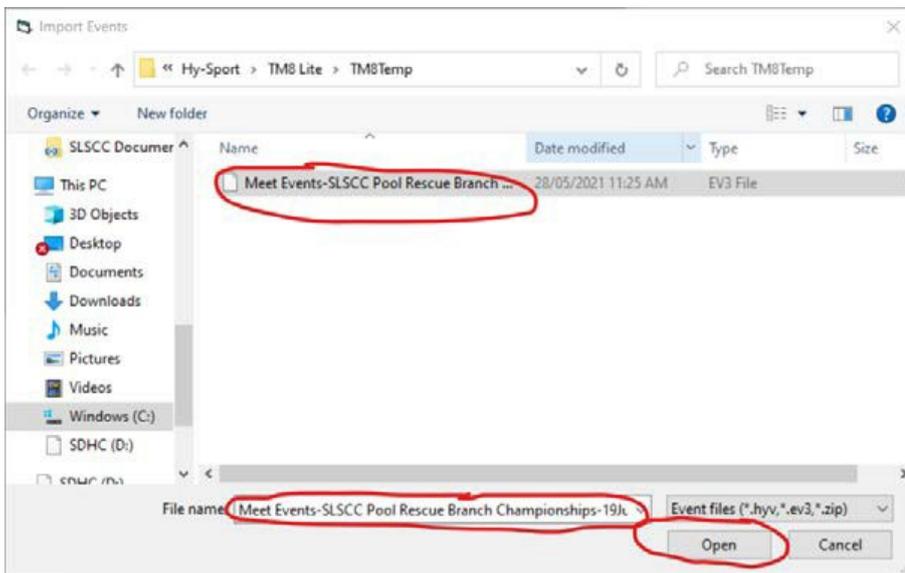
Select Import → Meet Events



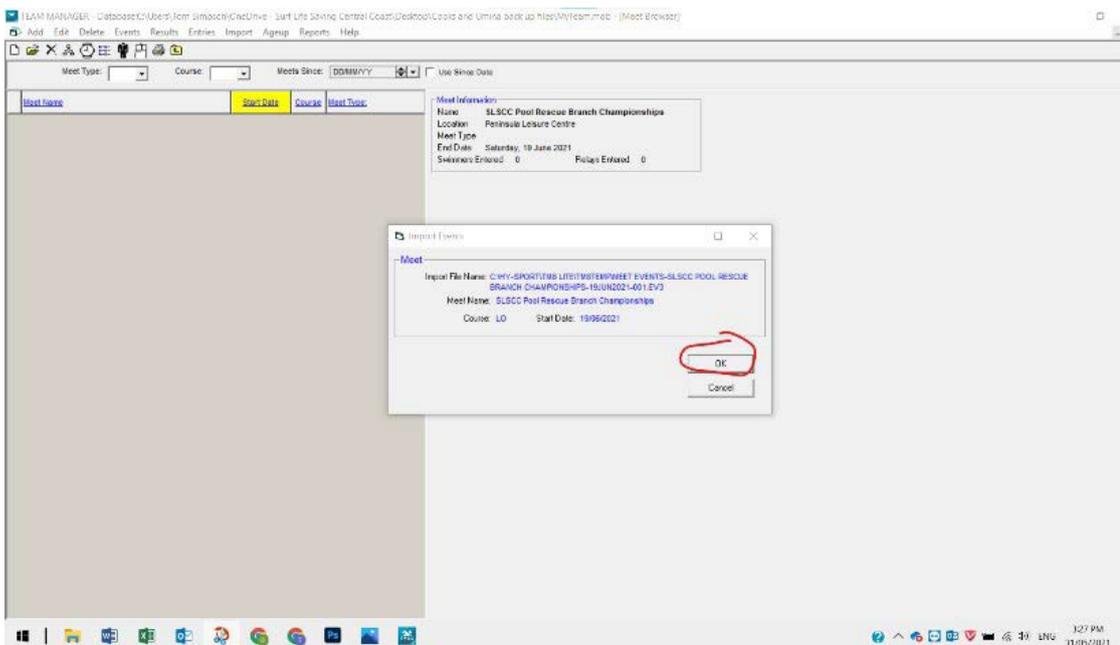
Select recent file in downloads



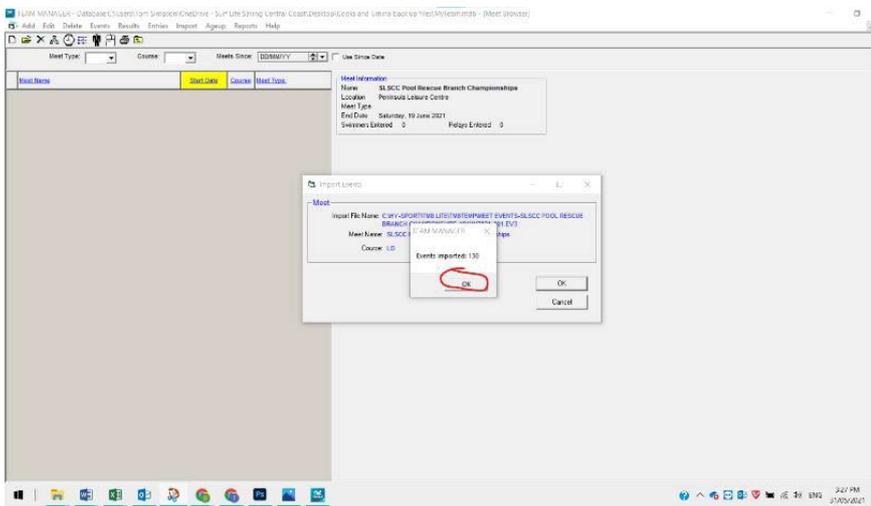
Select OK



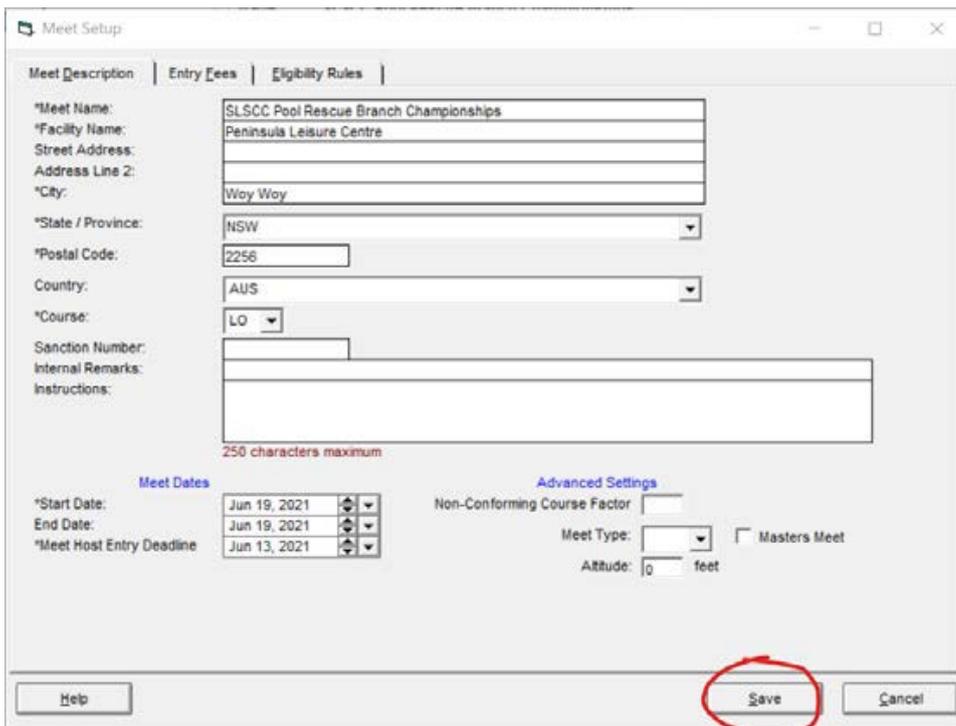
Click on file and then select Open



Click 'OK'

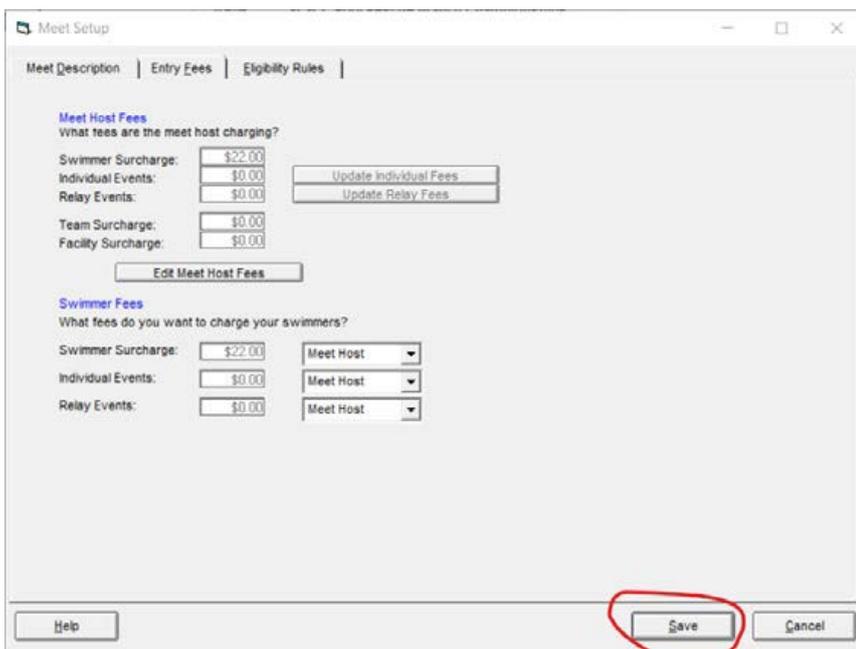


Click 'OK' again

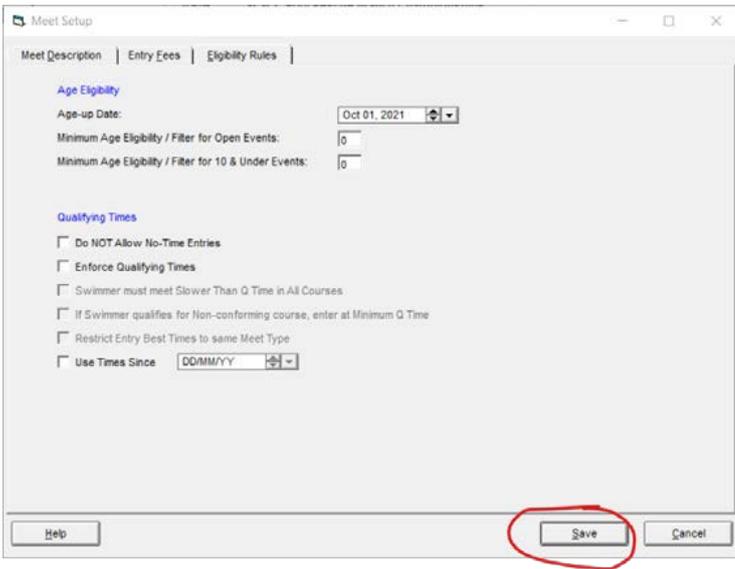


Please note: this information is just for example purposes. The actual TM file should have the correct information for the current Meet Event.

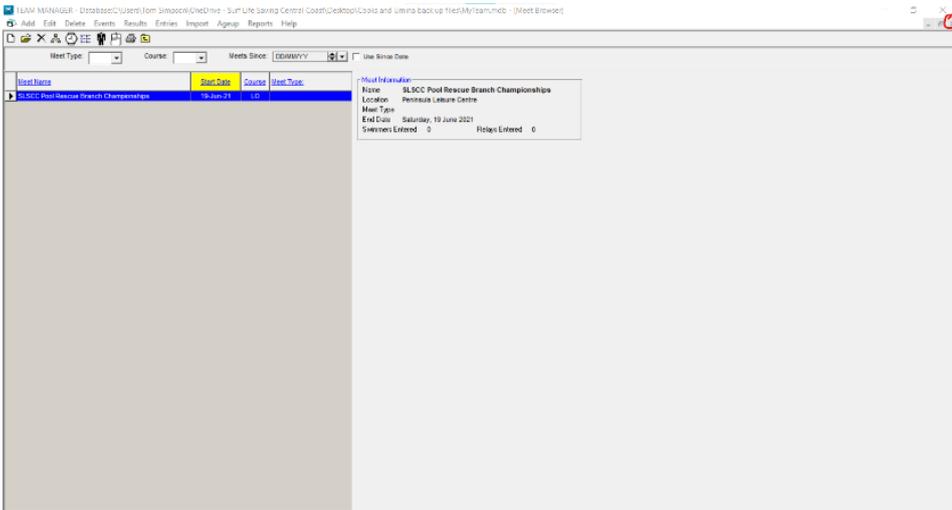
Click Save



There should be no fees. Click Save



Age-up Date should be Jan 01, 2026. Click Save

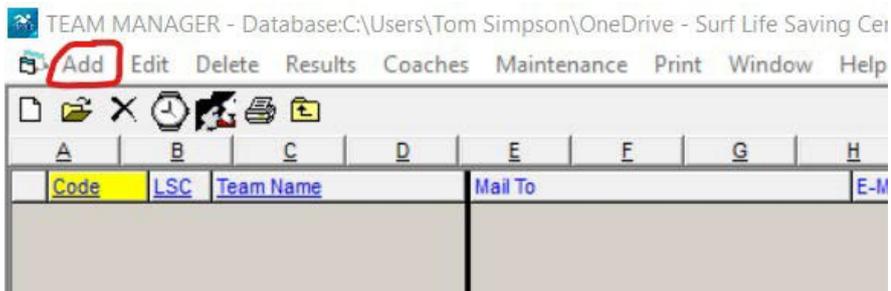


Exit screen (top right corner)

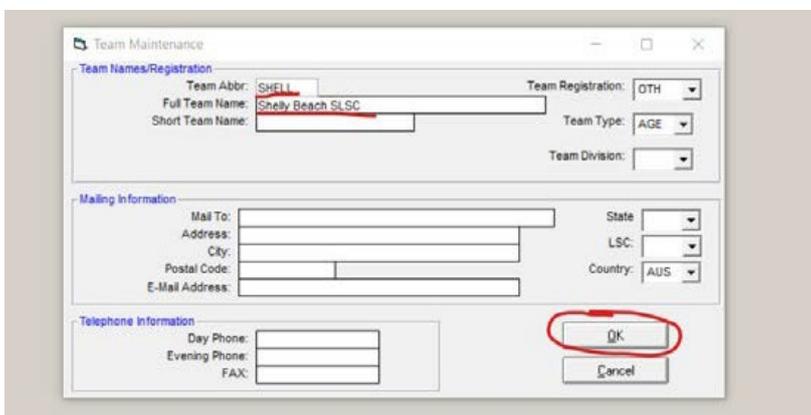
6. Create Your Team



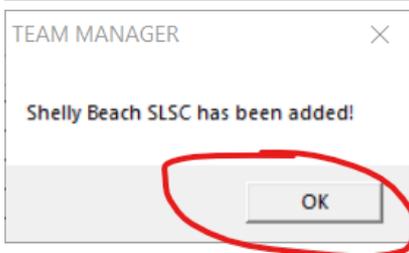
Select Teams



Select Add



Enter Team Abbr, Full Team Name then OK



Select OK

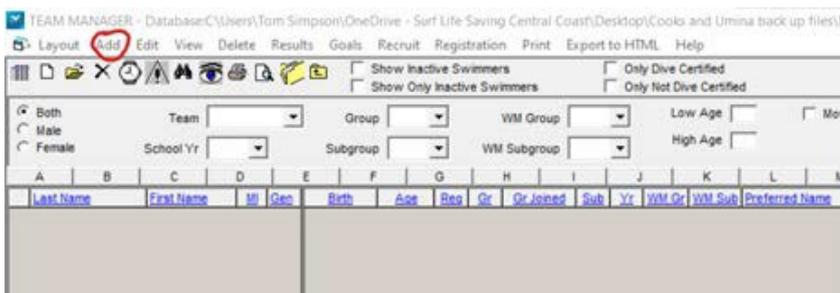


Click ESC & exit screen (top right corner)

7. Add Athletes



Select Athlete



Select Add

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

Athlete Information

Primary Contact | Secondary Contact | Medical | Custom | Email Export

Primary Mailing Information

Primary Contact Information

Member of

Registration OK Recruiting Cancel

U	V	W	X	Y	Z
Last Updated					
31-May-21 3:47PM					

Press ESC or select X to exit screen

8. Enter Athlete into eligible events



Select Meets

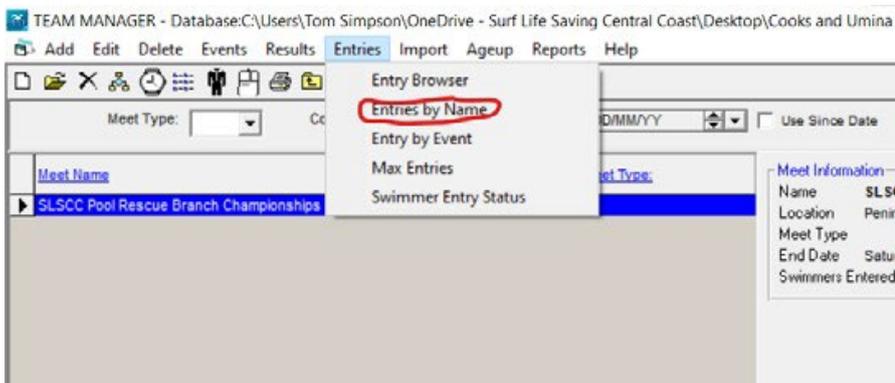
TEAM MANAGER - Database:C:\Users\Tom Simpson\OneDrive - Surf Life Saving Central Coast\Desktop

Add Edit Delete Events Results Entries Import Ageup Reports Help

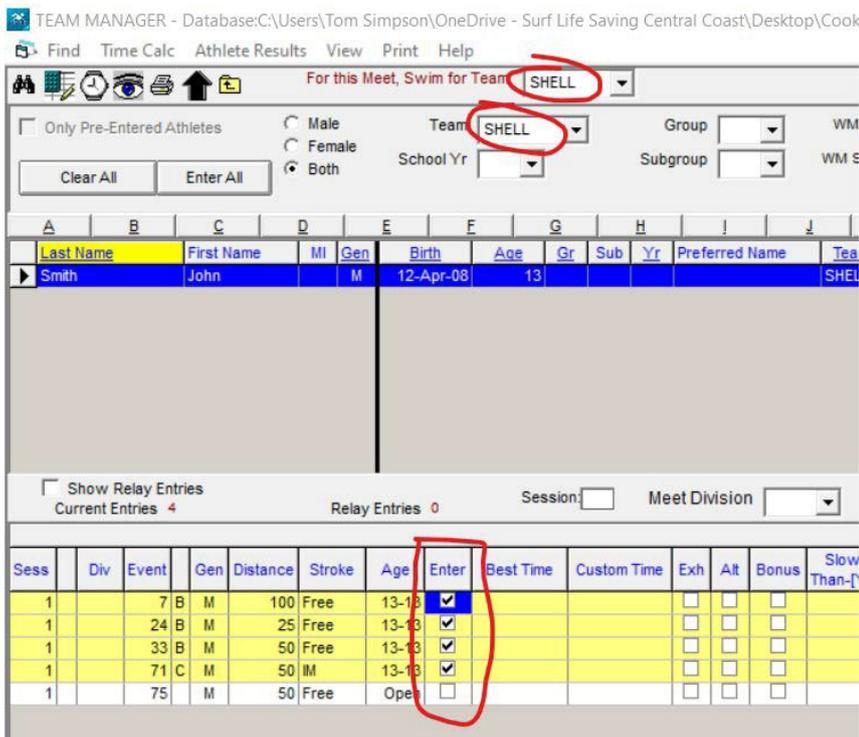
Meet Type: Course: Meets Since: DD/MM/YY

Meet Name	Start Date	Course	Meet Type:
SLSCC Pool Rescue Branch Championships	19-Jun-21	LO	

Select Entries



Select Entries by Name



Select Team and Select Events to enter.

- 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**.
- All competitors in **U15 and below** must be the stated age on the competition entry date and **cannot swim out of their age group** for individual events.
 - Example:* A competitor is 11 years old on the competition entry dates so they may compete only in the U12 event for individual events and cannot swim in a higher age group.
- For a full breakdown of age group requirements and competition age up to date, refer to Section 3 – Age Group Requirements of State Championship Information and Entry Details.

Enter athlete entry times in the Custom Time field.

- Times must be submitted like:
 - Less than 1 min – 54.30 (i.e. 54 seconds, 30 milliseconds)
 - Greater than 1 min – 2:06.30 (i.e. 2 minutes, 6 seconds and 30 milliseconds)

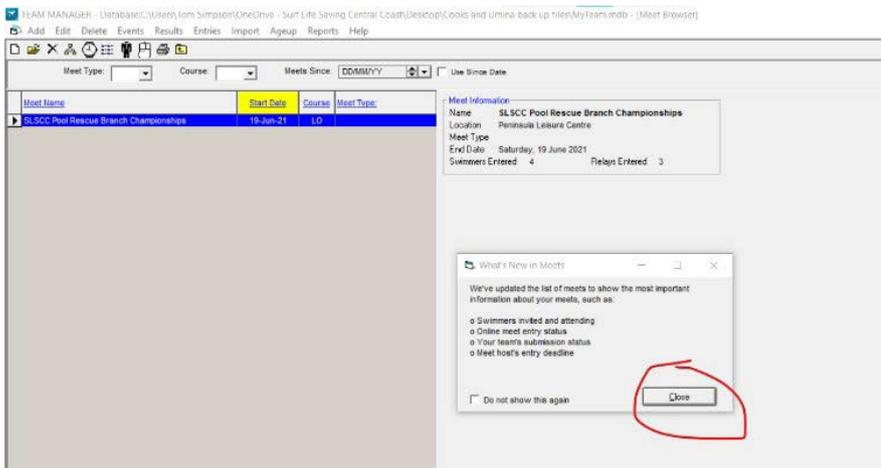
Repeat until all athletes are entered.

9. Enter Relays

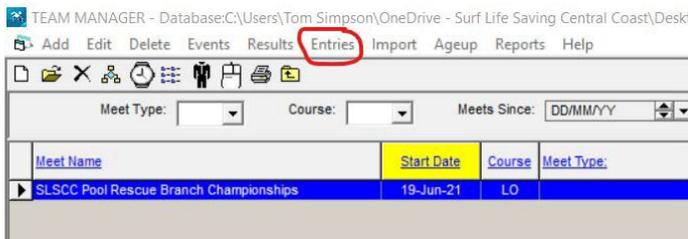
Note: for each relay event number, there may be multiple relay team age groups.



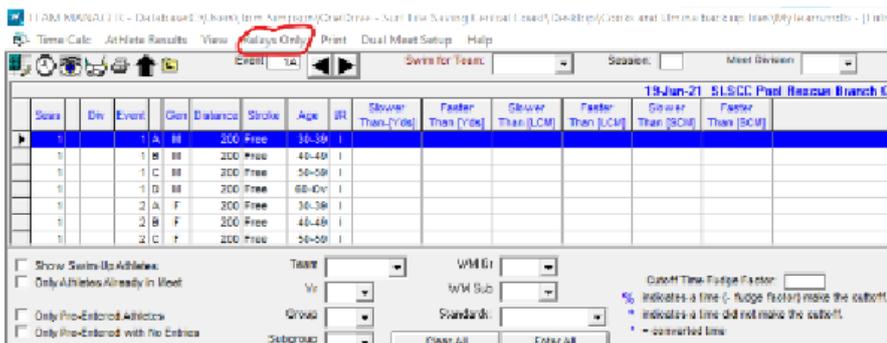
From home page, select Meets



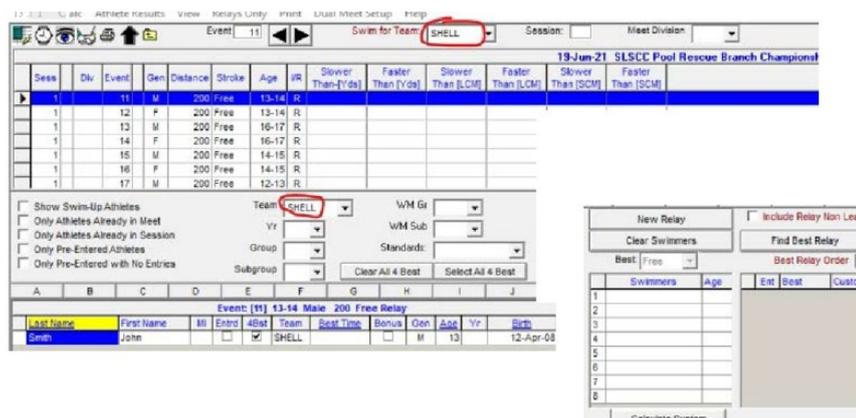
Select Close



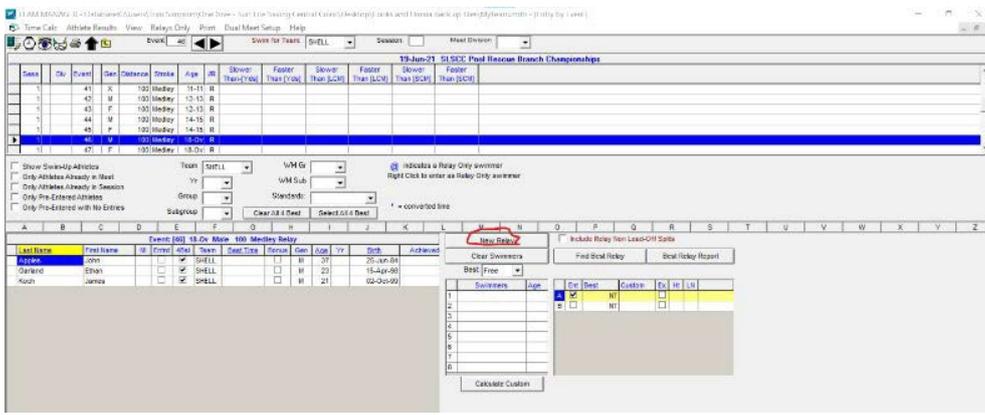
Select Entries and Entry by Event



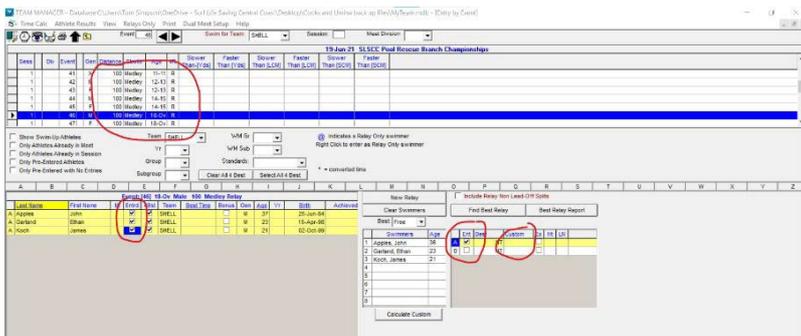
Select Relays Only



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.

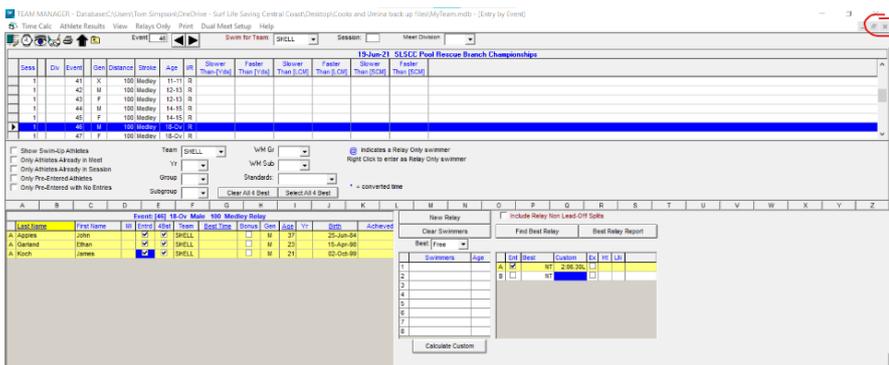
Relay Team Compositions

- a. Competitors may enter only **one relay team per age group event**. They may participate in additional relay teams only if these are in different age group events.
- b. 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.
 - i. Clubs are limited to one team per relay event using this mixed-age allowance.
 - ii. **U11/U12 competitors** may compete in **U13/U14 relay teams** (max. 50% from U11/U12).
 - iii. **U13/U14 competitors** may compete in **U15/U17 relay teams** (max. 50% from U13/U14).
 - iv. **U15/U17 and Masters competitors** may compete in **Open relay teams** (max. 50% from younger or Masters categories).
- c. 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. the 4x50m relay may include two reserves)

Enter athlete entry times in the Best Time field.

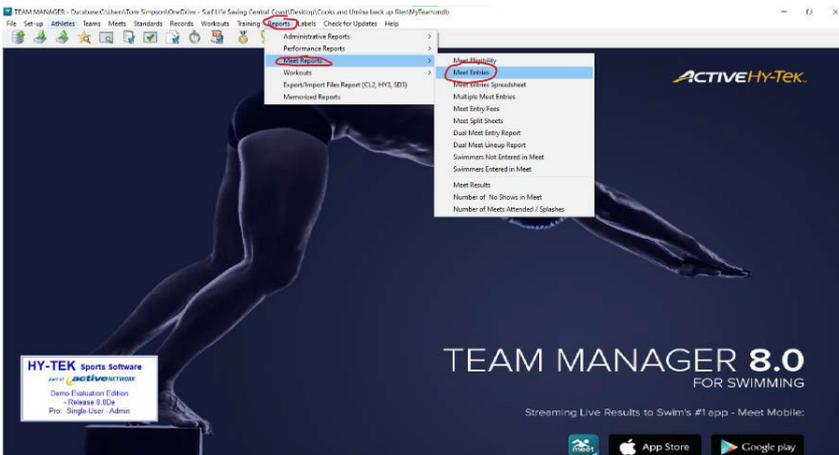
- a. Times must be submitted like:
 - i. Less than 1 min – 54.30 (i.e. 54 seconds, 30 milliseconds)
 - ii. Greater than 1 min – 2:06.30 (i.e. 2 minutes, 6 seconds and 30 milliseconds)

Repeat until all teams are entered.

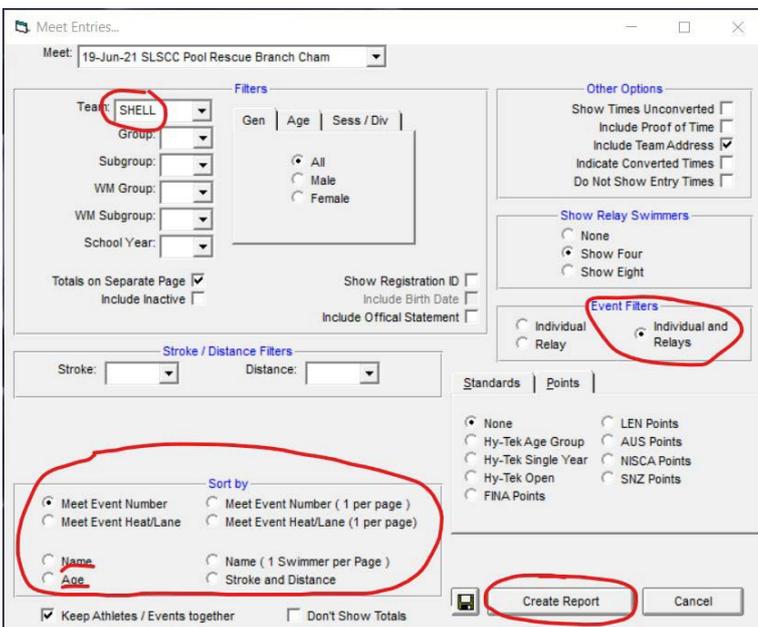


Exit Relays screen and return to home

10. Reporting



Click Reports, Meet reports, Meet Entries

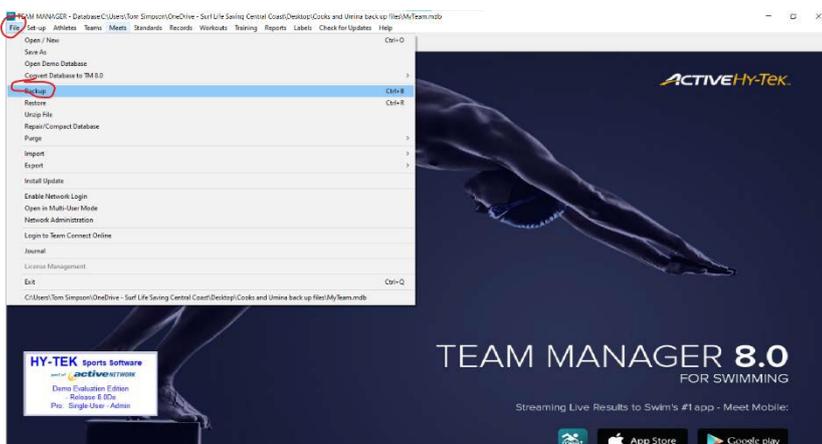


Check Team at the top, Change Event Filter to Individual and Relays and click create Report.

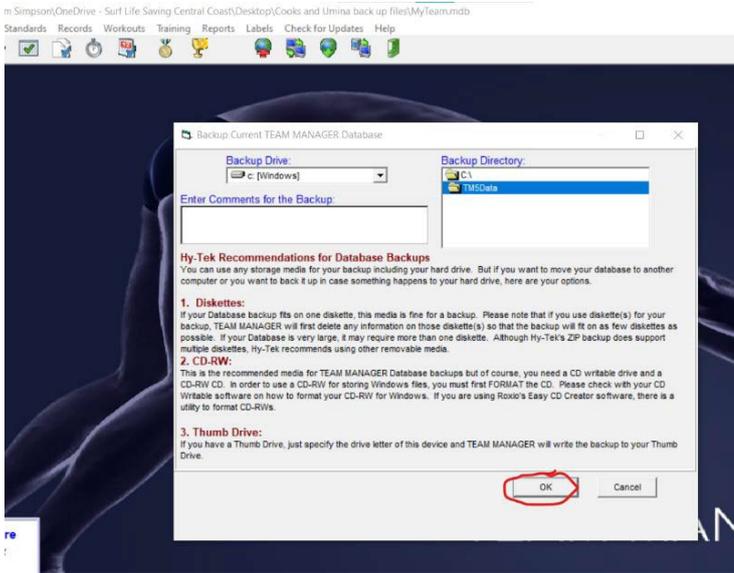
You can also filter the report based on Name and Age (bottom right)

Reports are useful to check you have entered all competitors in before exporting.

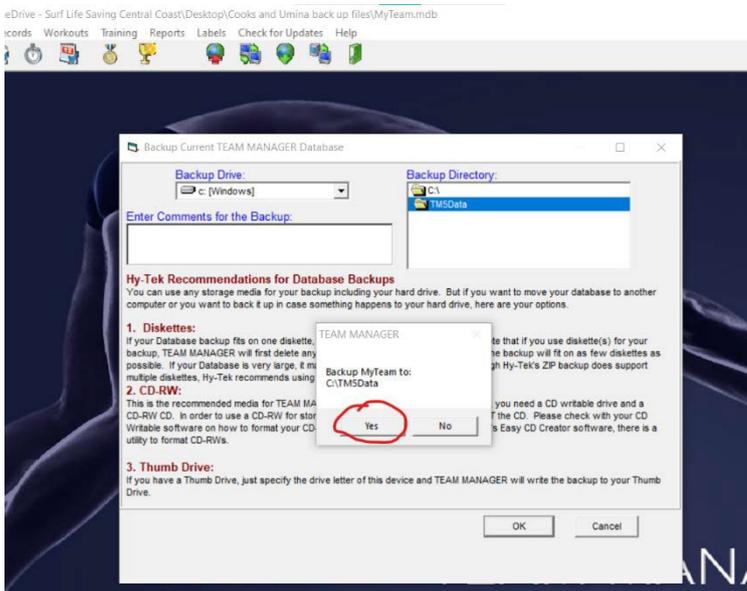
11. Back up file



Select File, Select Backup

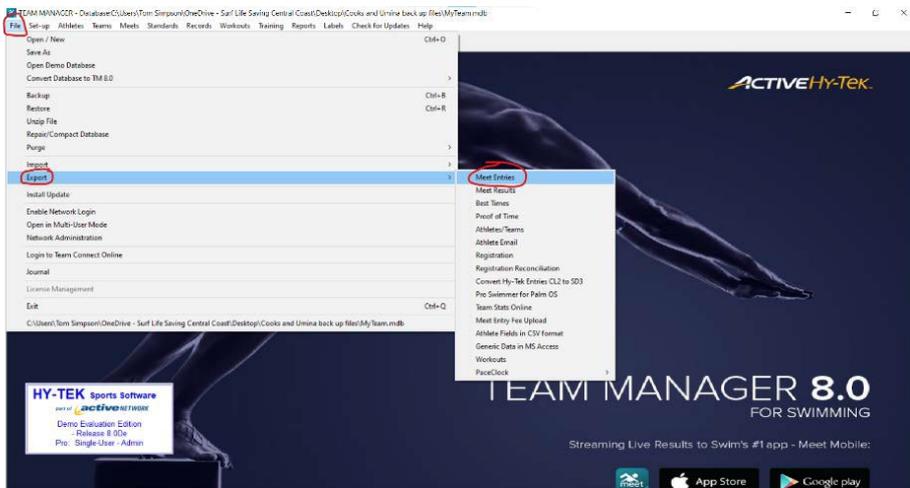


Select your chosen folder on your computer

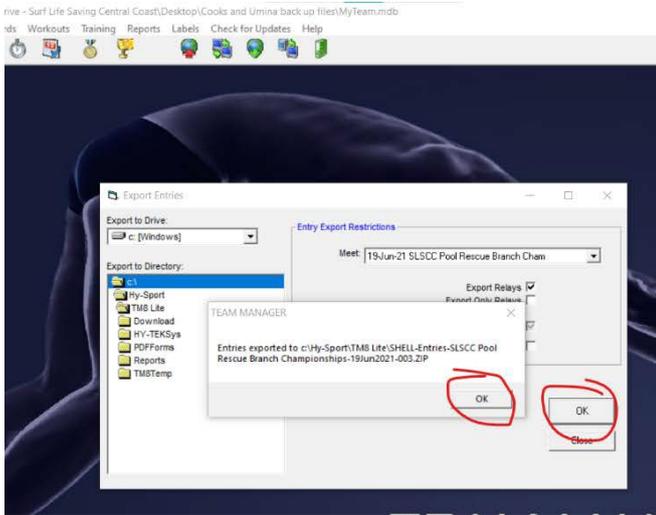


Select Yes

12. Export entry file to computer

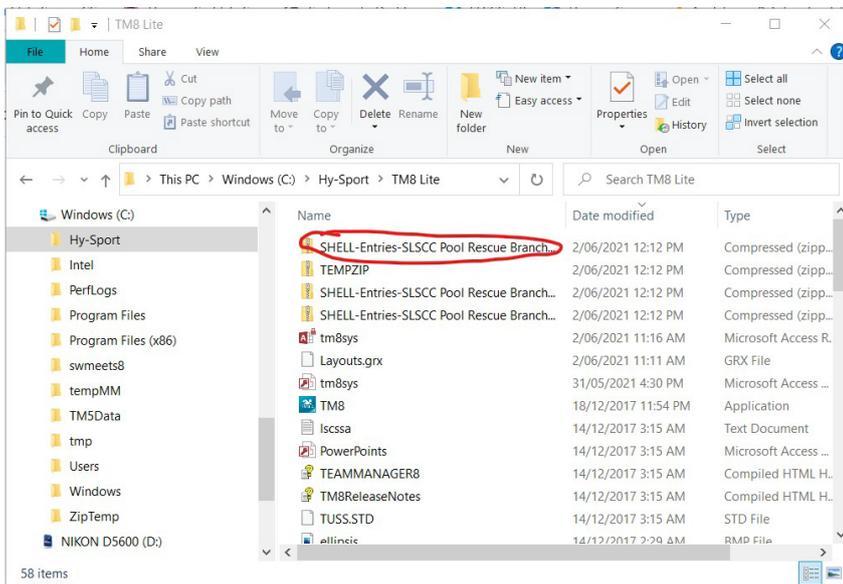


Click File, Export, Meet Entries



Click OK and OK

13. Email entry file for submission



Select export file from saved location and send as attachment via email to hannahskuodas@royalnsw.com.au no later than 5pm on Friday 1st May 2026.

Late entries will not be accepted.