

# 2026 NSW Pool Lifesaving State Championships

## Final Event Information

*Murray Rose Fitness & Aquatic Centre*

*Saturday 09th – Sunday 10th May 2026*

### Contents:

|  |   |
|--|---|
| 1. Critical Announcements.....                           | 2 |
| 2. General Event Information .....                       | 2 |
| 3. Championship Schedule .....                           | 3 |
| 4. Managers Briefing .....                               | 3 |
| 5. Officials Briefing .....                              | 3 |
| a. Officials Room .....                                  | 3 |
| b. Officials Catering.....                               | 4 |
| c. Officials Clothing.....                               | 4 |
| 6. Club Timekeeper and Equipment Assistant Rosters ..... | 4 |
| 7. Meet Program .....                                    | 4 |
| 8. Competition Forms.....                                | 4 |
| a. Withdrawal and Substitution Forms.....                | 5 |
| b. Protests and Appeals Forms .....                      | 5 |
| 9. Pool Set Up.....                                      | 5 |
| a. Start / Finish End.....                               | 5 |
| b. Pool depth.....                                       | 5 |
| c. Grandstand .....                                      | 5 |
| d. Venue Map.....  | 5 |
| 10. Marshalling Instructions / Expectations .....        | 6 |
| 11. Warm Up / Cool Down .....                            | 6 |
| a. Lane Availability .....                               | 6 |
| b. Equipment .....                                       | 6 |
| 12. Presentation of Medals .....                         | 6 |
| 13. Venue Information .....                              | 7 |
| a. Parking .....   | 7 |
| b. Carnival Entry.....                                   | 7 |
| c. Food and Beverage .....                               | 8 |
| d. Change Rooms .....                                    | 8 |
| e. First aid .....                                       | 8 |
| f. Other.....  | 8 |
| 14. Photography.....                                     | 8 |
| 15. Stack Team App .....                                 | 8 |
| 16. Venue Map .....                                      | 9 |



## 1. Critical Announcements

- The most up-to-date version of the **Heat Sheets will be distributed 2 days prior** to the commencement of competition. Please note that heat sheets are a **guide only**, as event amalgamations on the day may result in changes to heats and estimated timings.
- **Pool deck access is restricted.** Only competitors may enter when racing, and Coaches and Team Managers may access the deck solely for Competitor Liaison purposes. **Competitors must enter the marshalling area via the rear of the pool**, using the corridor near the staircase.
- **The marshalling area is strictly for event preparation only.** Athletes must not play games or congregate in this space. Any athlete not adhering to this requirement may be removed by Competition Managers, and penalties may be applied to clubs.
- Hard copies of the Meet Program will not be provided at the Competitor Liaison desk. Team Managers and Coaches are responsible for bringing their own copies to the event.
- To ensure consistency across events – particularly the Line Throw – **timekeepers should not be changed mid-session.** All timekeepers will receive a specific briefing for their session, and any changes must occur before or after the session, not during.
- Lanes 1–8 will be used for racing from Event 1 to Event 43. From Event 44 onwards, Lanes 1–7 will be used for racing, with Lane 8 designated for equipment.

## 2. General Event Information

- The competition will be conducted in accordance with the updated ILS rules (2025 edition).
  - ILS 2025 Competition Rulebook Final 081025 accessible here:  
<https://www.ilsf.org/lifesaving-sport/rules/>
- These updates are outlined in the current Competition Manual, with key changes highlighted in yellow for ease of reference.
  - NSW Pool Lifesaving Competition Manual (2026 Edition) accessible here:  
<https://www.drowningprevention.org.au/event-details/2026-nsw-pool-lifesaving-state-championships>

### Competition Notes (from previous years)

- 10–11 Years Medley Relay: The 4th swimmer is not required to tow the 3rd swimmer in this event.
- **Fins Requirements:**
  - Competitors aged 12 years and under must use soft, flexible rubber fins in all individual and relay events where fins are required.
  - 13-year-old competitors may use either fibreglass or rubber fins in individual events only but must wear rubber fins in all relay events where combined with 12-year-old competitors.  
*For Example:* In the 12–13 Years Medley Relay, the 2nd and 4th swimmers must use soft rubber fins, regardless of age.
  - Competitors aged 14 years and older may use either fibreglass or rubber fins in both individual and relay events.

### 3. Championship Schedule

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

|   | Activity   | Time               |
|---|--|--------------------|
| <b>Day One</b><br><br><b>Saturday 9th May</b> | Competitors, managers, spectators, officials arrive.   | <b>From 7:00am</b> |
|   | Warm up commences.                                     | <b>8:00am</b>      |
|   | Team Managers briefing. Held in marshalling area.      | <b>8:00am</b>      |
|   | Officials briefing. Held in marshalling area.          | <b>8:20am</b>      |
|   | Marshal events 1-4 (Open & 17-18 Yrs 200m Obstacles)   | <b>8:45am</b>      |
|   | First event commences.                                 | <b>9:00am</b>      |
|   | Lunch Break  | <b>1:00pm</b>      |
|   | Final event concludes (approx.)                        | <b>5:00pm</b>      |
| <b>Day Two</b><br><br><b>Sunday 10th May</b>  | Competitors, managers, spectators, officials arrive.   | <b>From 7:00am</b> |
|   | Warm up commences.                                     | <b>8:00am</b>      |
|   | Team Managers briefing. Held in marshalling area.      | <b>8:00am</b>      |
|   | Officials briefing. Held in marshalling area.          | <b>8:20am</b>      |
|   | Marshal events 75-78 (Open & 17-18 Yrs Superlifesaver) | <b>8:45am</b>      |
|   | First event commences.                                 | <b>9:00am</b>      |
|   | Lunch Break  | <b>12:00pm</b>     |
|   | Final event concludes (approx.)                        | <b>4:00pm</b>      |

### 4. Managers Briefing

A Team Managers' Briefing will be held in the marshalling area 60 minutes prior to the first event of each day. All teams are required to have either a coach or manager attend the meeting.

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

### 5. Officials Briefing

An Officials' Briefing will be held in the marshalling area following the Team Managers' Briefing each day. Please ensure that you arrive with enough time to attend the briefing.

#### a. Officials Room

- The meeting room at the recording end of the pool will be available for officials to store their belongings throughout the duration of the competition.
- Upon arrival each day, all officials are required to sign the attendance sheet located in this room.

## b. Officials Catering

- Appointed officials will be provided with a BBQ breakfast, lunch and snack options throughout the two days of competition. Officials are asked to collect their voucher for the BBQ when they sign on each morning and present this at the BBQ between 7:45am and 8:15am.
- There will be a coffee van parked at the pool entrance for the purchase of hot beverages. Instant tea and coffee will be available in the meeting room as well as additional bottles of water.

## c. Officials Clothing

- Those who have officiated at the previous RLS x SLS Combined State Championships, please wear the same black polo shirt again this year.
- All other appointed officials, please wear a plain black polo shirt. There will be some spare shirts available for you to collect on the Saturday morning.

## 6. Club Timekeeper and Equipment Assistant Rosters

Timekeeper and Equipment Assistant Rosters must be adhered to by all competing clubs. Please ensure you have volunteers available and ready for each allocated time slot. If you encounter any issues or if your volunteers are unable to fulfill their assigned roles, notify the Competitor Liaison Desk at least 60 minutes before your club's scheduled time.

**Please note:** To maintain consistency during events, particularly the Line Throw, do not change timekeepers during the middle of the event. All timekeepers will receive a briefing specific to the Line Throw, so any changes must occur before or after the event — not during.

## 7. Meet Program

The most up to date version of the Meet Program will be sent out 2 days prior to the start of competition. Any withdrawals or substitutions within 24 hours of the first event will need to be lodged on Saturday morning at the Competitor Liaison desk by completing the Withdrawal and Substitution Form.

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

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

## 8. Competition Forms

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

#### a. Withdrawal and Substitution Forms

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

#### b. Protests and Appeals Forms

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

### 9. Pool Set Up

#### a. Start / Finish End

- Competitors must be aware that there will be two (2) sets of starting blocks will be at the starting end due to the placement of the Boom. This includes for the Line Throw events.

#### b. Pool depth

- Under ILS Standards, manikins must be placed at a depth between 1.8m and 3m.
- The competition pool at the Murray Rose Aquatic Centre ranges from **1.35m to 2.2m** in depth. Therefore, manikins will be placed at a depth of 2.2m.
- All competitors should be aware of the depth of the pool and how this will affect their performance in each event.

#### c. Grandstand

- Due to the volume of competitors, spectators will need to be wary of this and make room where possible in the grandstand.
- There is additional seating upstairs in the Mezzanine area where spectators may watch the events.

#### d. Venue Map

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

## 10. Marshalling Instructions / Expectations

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

## 11. Warm Up / Cool Down

### a. Lane Availability

- Warm up will commence in the Competition Pool from 8:00am each day.
- All competitors must vacate the Competition Pool no later than 8:45am each day.
- The Learn to Swim Pool will be available for warm up or cool down from 12:30pm onwards on Sunday 10th May only.

### b. Equipment

- Each team is required to bring their own equipment for warm up.
- Due to limited space on pool deck and in the grandstand, we request that clubs return the bulk of their equipment to their cars when not in use to save space for competitors and/or spectators

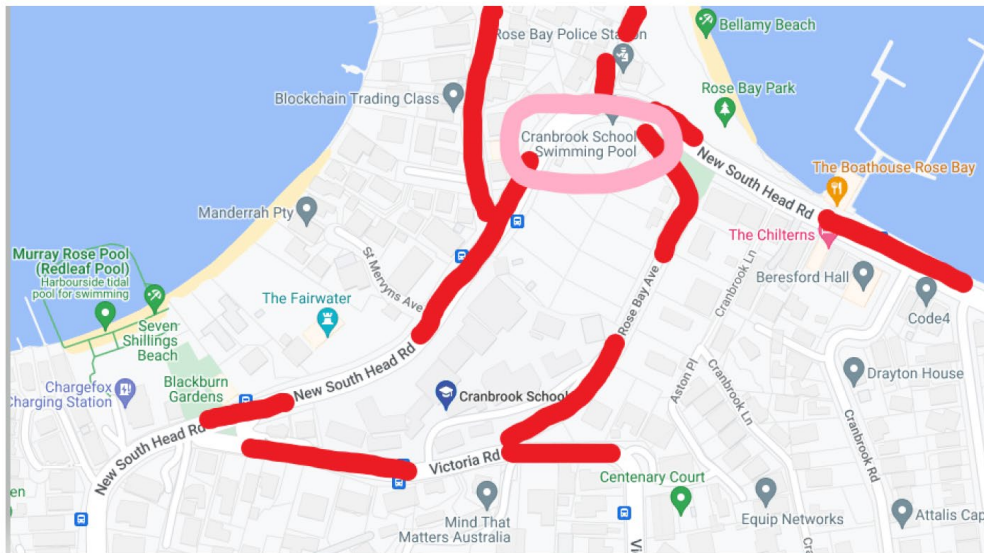
## 12. Presentation of Medals

- The presentation of medals will be performed throughout the competition, on a rolling basis. There will be no specific breaks in the program for medal presentations.
- Athletes are encouraged to collect their Championship medals at the presentation desk when their name is announced. If a competitor is marshalling when their name is announced, they must remain in the marshalling area and collect their medal after their next event.
- Medals that are not collected will be bundled together in a bag for each club to take home with them at the end of the day. Please send a club representative to collect unclaimed medals from the Presentation Desk at the end of the day.
- There will be a presentation area for medal winners to take photographs. It is important that this area does not become crowded. Once competitors receive their medal and have their photo taken, they are expected to return to the grandstand or marshal for their next event.

### 13. Venue Information

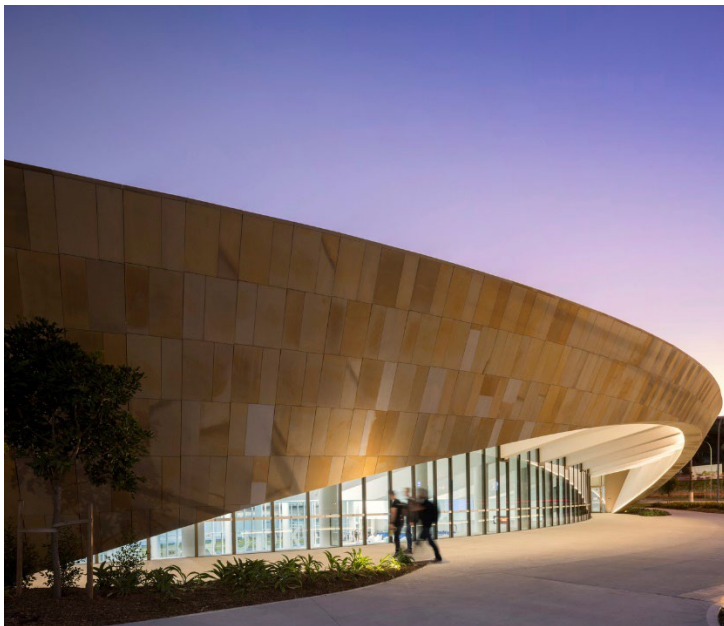
#### a. Parking

- Officials and Event Staff parking will be available from 7:00am, underneath the Pool (entry to the car park at the bottom of Rose Bay Avenue).
- This carpark will then be available for competitors from 7:45am onwards.
- Free parking can be found on streets surrounding the Pool (please see red on below map).



#### b. Carnival Entry

- Entry to the championships will be off New South Head Road (opposite Rose Bay Police Station).
- Once inside the venue, walk down the stairs to the left of the reception desk to the Pool and Grandstand area.
- There will be no charge for carnival admission.



### c. Food and Beverage

- From 8:00am each day, A BBQ selling food and drink will be available at the entrance to pool for each day of Competition. Breakfast and lunch items will be available.
- A Coffee Van will also be available at the entrance to the pool from 7am onwards.
- Please note there is NO Kiosk/Vending Machines on site.

### d. Change Rooms

- All competitors are encouraged to use the competitors' change rooms & toilets at the end of the Competition Pool. Where possible, please avoid using the bathrooms located near the Learn to Swim Pool as these will also be open for public use.

### e. First aid

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

### f. Other

- Smoking is strictly prohibited within the venue perimeter

## 14. Photography

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

## 15. Stack Team App

- Stack Team App will be used throughout the Championships as a platform to communicate important information and timetable changes to team managers, officials, competitors and spectators.
- To register for the event updates, please follow the instructions below:
  - (1) Download the "Stack Team App" application from the App Store or Google Play  
iOS: <https://www.teamapp.com/ios-app>  
Android: <https://www.teamapp.com/android-app>
  - (2) Log in / Sign up to receive live event notifications.
  - (3) Once logged in, search for "2026 State Pool LS Champs" → "Become a member of this Team App" icon at the top of the screen.
  - (4) Once joined, 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 notifications as they are posted, ensuring you never miss any important information.
- Announcements and marshalling calls will be made over the Public Address System. **Please do not rely solely on Team App for event communications.**
- It is an individual's obligation to ensure they listen for announcements and marshalling. Not receiving a Team App update is not an excuse for missing an event.

## 16. Venue Map

