AUT MILLENNIUM 5 2-3 SEPTEMBER

> Open to age groups U11 - Masters

DOBRESCUE

CHAMPIONSHIPS





Event Timings:

NAC, AUT Millennium

Saturday 2 and Sunday 3 September 2023.

Event Times and Proposed Programme:

- U15 Masters competitors will race in combined events (male and female separately) and will be seeded by entry times.
 - Please ensure competitors have times included when completing entries. This will allow competitors of similar times to race together and allow for fairer heats and ability based racing
 - \circ $\;$ Results will automatically separate out to the age groups after each race.
- In the 100m tube swim with patient and fins events the 'patients' may not be the tube swimmer in the same age group.

Day Saturday 2 S		Saturday 2 Sept	Sunday 4 Sept		
Session	Junior Session	Senior Session	Senior Session		
Admin Open	8.00am	8.00am	7.00am		
In-Water Guards	8.30am	4.30pm	7.30am		
Team Managers Meeting	8.30am	3.30pm	7.30am		
Surf Officials Meeting	9.00am	4.00pm	8.00am		
Warm-up	9.00 – 9.45am	4.00 – 4.45pm	8.00-8.45am		
Timekeepers Meeting	9.45am	4.45pm	8.45am		
Marshalling	9.45am	4.45pm	8.45am		
Session Starts	10.00am	5.00pm	9.00am		

- As per the recent pool update from National the following four-person junior (U11 – U14) and senior (U15-U19) and masters (30+) team events will be mixed only (2 x male + 2 x female):
 - 4x25m Brick Relay
 - \circ 4x25m Manikin Relay
 - \circ 4x50m Medley Relay
 - 4x50m Obstacle Relay
 - 4x50m Pool Lifesaver Relay (Open Only)

The Open Division will have Mixed, Male & Female divisions offered across all relays (except Pool Lifesaver as it is a mixed event)



Composite Teams:

- We encourage clubs working to provide an opportunity for all members. In the event a club cannot meet the teams requirements, clubs are within their rights to enter composite teams. Composite Teams include:
 - Teams with 3 of the same gender
 - Teams with members from different clubs

These teams will not be eligible for points/medals however. No composite teams will be created on the day/s of the event. Composite requests need to be made by Wednesday 30 August.

- Competitors can only swim in 1 team per event. i.e:
 - U12 swimmer <u>cannot</u> swim in the U11/U12 Brick relay and the U13/U14 Brick relay.
 - A U19 male <u>cannot</u> swim in the Male Medley relay and Mixed medley relay
- In the event a swimmer has to swim twice, this team will be deemed a 'Composite Team' and will not be eligible for points/placing. Club must contact Event Manager prior to the event.
- Swim With Obstacles distances:
 - o U11/U12 50m
 - o U13/U14, U15, Masters 100m
 - U17, U19, Open 200m

Event Programme:

See appendix 1 at the bottom of the information for the programme

Cancellation Policy:

If an event is cancelled clubs will not be invoiced for entries.

Eligibility of competitors:

- Open to any SLSNZ affiliated club.
- Age group is determined by the competitor's age as at midnight on 30th September 2023.
- All competitors must be aged 10 years or older before midnight 30th September 2023 to compete in Northern Region Pool events.
- Masters must be aged 30 years or older before midnight 30th September 2023 to be eligible to compete in that age group.
- Competitors can only into 1 age group per event. i.e. An U19 competitor can either race as an U19 or Open but not both.



Please Note:

It is not a requirement of the event that competitors hold the Surf Lifeguard Award.

All competitors are to have met all of the eligibility criteria outlined above by the close of entries.

Rules:

- The SLSNR Pool Championships will be conducted under the rules as published in the SLSNZ Pool Competition 50m Pool Manual (view it here)
- Please note that there have been updates to rules and regulations for pool events so please ensure competitors are aware of these changes. See Appendix 2 and 3 for rule clarification and updates.

Competition Uniform:

- Competitors must wear a swim cap that identifies the surf club they are competing for in all events.
- Handlers must wear a club cap when handling rescue mannequins pool side

Event Equipment:

- All competitors are required to supply their own rescue tube and fins.
- All equipment must comply with the SLSNZ equipment specifications as specified within the Equipment Specification Manual
- Competition equipment will be subject to random scrutineering checks during the event.

Masters Events:

• Individual Masters events will have entries available in 5 year age increments (30-34, 35-39, 40-44, 45-49 etc.) and they will be recognised accordingly. Masters Team events will be run as a single age category. Please note that depending on entry numbers age groups may be combined for races.

Briefings:

- It is important that all surf officials, managers and competitors attend their required briefings
- Updated event Information will be posted up on Facebook on the NR Pool Rescue Champs event page. We will also be using TeamReach for marshalling, manager calls etc. Code to join the TeamReach pool group is SLSNRPC.



Event Photography:

- If you are wishing to take photos at our competition then please fill in the Media Agreement Form and send to entries@lifesaving.org.nz
- Please note Use of Cameras and Video devices rules are covered under 2.25 in the Surf Sports Competition Manual.
- Only applications from Surf Life Saving Members and Media Agencies will be accepted for consideration
- If access is gained then a Vest will be issued and must be worn at all times
- There will be no filming from the pool deck for coaching purposes.

Surf Officials:

- All Clubs are required to provide at least 1 surf official for every 7 competitors (or part thereof).
- Clubs may be requested to provide more, should the need arise.
- Please ensure that you have adequate numbers of Surf Officials available to meet the numbers of competitors entered.
- If you are struggling to provide officials please contact entries@lifesaving.org.nz as there may be other ways for the club to help on the day.
- Surf Officials need to wear their Blue Officials Shirt and should come prepared with a
 water bottle and a whistle. The pool deck can be warm so ensure you are prepared for
 warm and cold climates.
- If you need a blue official's shirt please contact Donal before the day.

Timekeepers:

- This event requires a large volume of timekeepers for it to succeed. As such, each competing club will be required to supply timekeepers during some if not all of the sessions. To add timekeepers to the roster see here
- Athletes will not be eligible to race if the club does not provide the required number of time keepers for the duration of each session.

Venue Information:

• The venue provides 90 minutes free parking and charges \$2 per hour thereafter until 6.00pm. There is also limited free parking on the surrounding streets.



Seating & Pool Access:

- Clubs will be allocated seating for this events and a seating plan will be sent once entries close.
- During sessions access to the Pool Deck will be limited to swimmers.
- Swimmers will need to use the external staircases to access pool deck / upstairs.
- No swimmers are to go via the internal staircase. This area is for spectators only.
- Only Coaches/Team Managers with approved passes will have access to the pool deck and will be limited to where they can go – Coaches cannot stand pool side and film.
- Coaches and Team Managers can access the pool deck to speak to Event Management at the Administration desk next to First Aid via the main pool entrance.

Point System:

• Juniors, Seniors and Masters Points are awarded as outlined on the table below. The Cosgrove Trophy is awarded to the overall Northern Region Club point's winner and points count towards the Junior, Senior and Masters Competition Club of the Year.

• There will be two point's tables running, one for just Northern Region Clubs and one for all Clubs participating.

- Out of Region athletes/teams are eligible to win titles at this event.
- Composite teams are not eligible for points.

	Individual Events	Team Events		
Placing	Points	Points		
1 st	3	5		
2 nd	2	3		
3 rd	1	1		

Competition Safety Plan:

This event will abide by the facility safety measures put in place and will adhere by the rules instructed by the facility management and lifeguard team.

Parent, Guardian, Coach, Team Manager and Club Obligations

It is the responsibility of clubs, through their coaches and manager, to ensure that each individual competitor is competent to safely compete in the conditions that prevail on any given day.

It is therefore the clubs' responsibility to ensure that competitors who are not yet competent to compete in the prevailing conditions are withdrawn from an event rather than expose them to unnecessary risk or potential harm by encouraging or coercing competitors to compete, particularly against their will. Please refer to statement (e) of the Agreement to be bound by the Manual section of the Surf Sports Competition Manual. The Manual can be found here.

It is the expectation of the organisers that all clubs will only permit competent competitors to compete in an event.

Key Contact:

If you have any queries or concerns, please feel free to contact Donal.

Donal Dray-Hogg Events and Participation Development Officer donal.drayhogg@lifesaving.org.nz entries@lifesaving.org.nz 021 813 090

Health & Safety:

- A Competition Safety Plan is completed for every SLSNR event and is available for viewing at the event.
- **Pre-Existing Medical Conditions:** All participants and officials with a pre-existing medical condition must complete and submit a 'Pre-Existing Medical Conditions Declaration' form prior to the close of entries. These forms are to be submitted to the Event Manager by email to entries@lifesacing.org.nz. However, participants are encouraged to submit these as early as possible. Once submitted, the forms will be reviewed by SLSNR and a decision will be made on whether a 'Competitor Waiver' form is required to be completed.
 - It is important to note that that a pre-existing medical condition includes a concussion event that has occurred prior to this event. These forms are available through the website here.

Concussion Protocol

- Any person diagnosed with concussion within the 23 days (21 days for over 19 yrs) preceding a SLSNZ event or activity, who is not able to provide evidence of a Graduated Return to Play (GRTP), and provide a medical diagnosis and SLSNZ Medical Clearance, will not be permitted to compete in a SLSNZ event.
- Any person observed or reported to have been unconscious during a SLS event is not permitted to participate in any further SLS event or activity, pending participation in a 23 day GRTP (21 days for over 19 yrs), and provide a SLSNZ Medical Clearance before further competition is permitted.
- Any person suspected of a concussion during a SLSNZ competition may not participate in any further races for at least 24 hours, and must provide SLSNZ with the required SLSNZ Medical Clearance before further participation is permitted.
- Any person suspected or diagnosed with concussion who wishes to return to a SLSNZ competition must provide SLSNZ with a copy of a SLSNZ Medical Clearance, which is to be completed by a medical practitioner, prior to returning to competition.
- All competitors and managers are reminded we as a management group have a need to be informed prior to the start of the event if any competitor who is under medical treatment or has suffered an injury that may impede their ability to perform. This requirement requires the competitor (or parent in competitor is under 18) to complete a waiver to enable participation. We have a need to understand who may be at additional risk during an event so that additional resources can be focused on the competitor while competing and ensure their safety.
 - Under 18 competitor waivers found here.
 - 18 and over competitor waivers found here.
- Covid-19: Stay home if you're sick and do not take part in the event. You must not
 participate in any gatherings if you have COVID-19 symptoms or if you need to be in
 isolation for any reason.

Appendix 1 - Programme

	SLSNR Pool Rescue Champs						
	Saturday 2nd September 2023		Sunday 3rd September 2023				
	Session 1 - Junior		Session 2 - Senior		Session 3 - Senior		
	EVENT		EVENT		EVENT		
	Warm up 09:00 to 09:45		Warm up 16:00 to 16:45		Warm up 08:00 to 08:45		
	NOTE: 8 lanes used in all events		NOTE: 8 lanes used in all events				
1	U14 F - Swim w/fins - 50m	43	U15 F - Swim with Obstacles - 100m	85	Open (U15-Open) F - Manikin Carry w/fins - 100m		
2	U14 M - Swim w/fins - 50m	44	U15 M - Swim with Obstacles - 100m	89	Open (U15-Open) M - Manikin Carry w/fins - 100m		
3	U13 F - Swim w/fins - 50m	47	Open (U17-Open) F - Swim with Obstacles - 200m	93	Masters F - Manikin Carry w/fins - 100m		
4	U13 M - Swim w/fins - 50m		Open (U17-Open) M - Swim with Obstacles - 200m	103	Masters M - Manikin Carry w/fins - 100m		
	U12 F - Swim w/fins - 50m		Masters F - Swim with Obstacles - 100m				
	U12 M - Swim w/fins - 50m	61	Masters M - Swim with Obstacles - 100m		Open (U15-Open) F - Swim w/fins - 50m		
	U11 F - Swim w/fins - 50m				Open (U15-Open) M - Swim w/fins - 50m		
8	U11 M - Swim w/fins - 50m		Open Mixed - Obstacle Relay - 4 x 50m		Masters F - Swim w/fins - 50m		
_		_	Open F - Obstacle Relay - 4 x 50m	131	Masters M - Swim w/fins - 50m		
	U14 - F - Rescue Medley - 50m		Open M - Obstacle Relay - 4 x 50m	4 4 4			
	U14 - M - Rescue Medley - 50m		U19 Mixed - Obstacle Relay - 4 x 50m		Open (U15-Open) F - Manikin Carry - 50m		
	U13 - F - Rescue Medley - 50m		U17 Mixed - Obstacle Relay - 4 x 50m		Open (U15-Open) M - Manikin Carry - 50m		
	U13 - M - Rescue Medley - 50m	16	Masters Mixed - Obstacle Relay - 4 x 50m	-	Masters F - Manikin Carry - 50m		
	U12 - F - Rescue Medley - 50m	77		159	Masters M - Manikin Carry - 50m		
	U12 - M - Rescue Medley - 50m U11 - F - Rescue Medley - 50m		Open (U17-Open) F - Line Throw	168	Open Miyed Menikin Belev, 4 x 25m		
	U11 - M - Rescue Medley - 50m		Open (U17-Open) M - Line Throw Masters F Line Throw		Open Mixed - Manikin Relay - 4 x 25m Open F - Manikin Relay - 4 x 25m		
10	OTT - M - Rescue Medley - Som		Masters M Line Throw		Open M - Manikin Relay - 4 x 25m		
17	U14 F - Brick Carry - 50m	04			U19 Mixed - Manikin Relay - 4 x 25m		
_	U14 M - Brick Carry - 50m				U17 Mixed - Manikin Relay - 4 x 25m		
_	U13 F - Brick Carry - 50m				Masters Mixed - Manikin Relay - 4 x 25m		
	U13 M - Brick Carry - 50m			170	Masters Wixed - Manikin Keldy - 4 x 25m		
	U12 F - Brick Carry - 50m			174	U15 F - Rescue Medley - 50m		
	U12 M - Brick Carry - 50m			-	U15 M - Rescue Medley - 50m		
	U11 F - Brick Carry - 50m			-	Open (U17-Open) F - Rescue Medley -100m		
	U11 M - Brick Carry - 50m				Open (U17-Open) M - Rescue Medley -100m		
25	U14 Mixed - Brick Relay - 4 x 25m			182	Open - Mixed - Pool Lifesaver Relay - 4 x 50m		
	U12 Mixed - Brick Relay - 4 x 25m						
				183	Open (U19-Open) F - Super Lifesaver - 200m		
27	U14 - Mixed - Medley Relay - 4 x 50m				Open (U19-Open) M - Super Lifesaver - 200m		
	U12 - Mixed - Medley Relay - 4 x 50m						
				187	Open (U15-Open) F - Manikin Tow -100m		
29	U14 F - Patient Tow w/fins - 150m			_	Open (U15-Open) M - Manikin Tow -100m		
30	U14 M - Patient Tow w/fins - 150m				Masters F - Manikin Tow -100m		
31	U12 F - Patient Tow w/fins - 100m			205	Masters M - Manikin Tow -100m		
32	U12 M - Patient Tow w/fins - 100m						
				215	Open Mixed - Medley Relay - 4 x 50m		
33	U14 F - Obstacle Swim - 100m			216	Open F - Medley Relay - 4 x 50m		
34	U14 M - Obstacle Swim - 100m			217	Open M - Medley Relay - 4 x 50m		
35	U13 F - Obstacle Swim - 100m				U19 Mixed - Medley Relay - 4 x 50m		
36	U13 M - Obstacle Swim - 100m			219	U17 Mixed - Medley Relay - 4 x 50m		
	U12 F - Obstacle Swim - 50m			220	Masters Mixed - Medley Relay - 4 x 50m		
38	U12 M - Obstacle Swim - 50m						
39	U11 F - Obstacle Swim - 50m						
40	U11 M - Obstacle Swim - 50m						
41	U14 Mixed - Obstacle Relay - 4 x 50m						
42	U12 Mixed - Obstacle Relay - 4 x 50m						

Appendix 2 – Rule book clarifications

3.8 Patient Tow with Fins

- 3.8.4 (e) should read within 10m not 5m (DQ32)
- 3.8.4 (i) should read DQ20
- DQ40 will be used for U14 event if swimmer leaves before patient signals

3.9 Rescue Medley (Brick)

• 3.9.3 (a) should read "Surfacing after turning and before surfacing with the brick (DQ22)"

3.12 Manikin Relay

• 3.12.3 (j) remove reference to DQ50

3.13 Obstacle Relay

- 3.13.3 (g) should read DQ49
- 3.13.3 (h) should read DQ39

3.15 Brick Relay Disqualifications

- 3.15.3 (a) Using incorrect brick carry technique as described in 2.7 Manikins and Bricks (DQ19)
- 3.15.3 (b) Taking assistance from any pool fitting etc (DQ17)
- 3.15.3 (c) The 3rd competitor releasing contact with the turning wall/edge before the 2nd competitor has touched the wall/edge (DQ40)
- 3.15.3 (d) The brick changing hands before or beyond the designated changeover zone (DQ41)
- 3.15.3 (e) Assistance from a 3rd competitor during the exchange between the incoming and outgoing competitors (DQ38)
- 3.15.3 (f) Releasing the brick before the next competitor has grasped it (DQ42)
- 3.15.3 (g) Not having the brick in the correct carrying position before the top of the competitor's head passes the 5m line (DQ18)
- 3.15.3 (h) Releasing the brick before touching the turning wall/edge or finish wall/edge (DQ21)
- 3.15.3 (i) Failure to touch the finish wall/edge (DQ15)
- 3.15.3 (j) A competitor leaving the water after completing their leg of the relay and before the all clear signal is given (DQ60)
- 3.15.3 (k) One competitor completing two or more legs of the event (DQ39)

3.16 Mega Relay Disqualifications

- 3.16.3 (a) The 3rd competitor releasing contact with the turning wall/edge before the 2nd competitor has touched the wall/edge (DQ40)
- 3.16.3 (b) A competitor re-entering the water after completing their leg of the relay (DQ49)
- 3.16.3 (c) Failure to touch the finish wall/edge (DQ15)
- 3.16.3 (d) One competitor completing two or more legs of the event (DQ39)

Appendix 3 – SLSNZ Pool Rescue Circular

Title: Pool Rescue Update

Document ID: 23-SC01

Department: Sport

Audience: Club Sport Managers, Club Coaches, Club Directors, Club Secretaries, Officials, Members and competitors.

Summary: This circular outlines the updates to Pool Rescue competition for 2023-24 season

OVERVIEW

In September 2022 SLSNZ engaged a group of experienced coaches, athletes, officials and managers to form Pool Rescue Working Group to review all aspects of Pool Rescue.

The group identified a number of areas for improvement, new initiatives and recommendations, which were considered by the SLSNZ sport team, alongside member feedback from Pool Rescue competition surveys.

The information below outlines the initial changes for 2023 Pool Rescue events based on this member feedback.

The Pool Rescue Manual is currently being updated to reflect these changes and will be available as soon as possible.

Please note: local/regional competitions may differ slightly from the information below due to a variety of factors, such as competition purpose, pool size, entry numbers etc. Any variations will be outlined in each event's Competition Circular.

GENERAL UPDATES

New Zealand Pool Rescue Championships Programme:

Junior events will be held on Friday & Saturday with Senior & Masters events on Saturday & Sunday.

Competing Divisions:

Competitors in the U15 division are now able to 'race up' into any higher age division (consistent with U17 & U19 competitors). All competitors in any age group will still only be able to enter and compete in one race once e.g. an U15 competitor can only enter in one of either the U15, U17, U19 or Open division in a particular event.

Composite Teams:

Composite Relay Teams (4 person) will again be encouraged to support the development and participation of clubs with smaller numbers. These teams will be eligible for medals at the New Zealand Pool Rescue Championships as they were in 2022.

Team Events:

The following four-person junior (U11 – U14) and senior (U15-U19) and masters (30+) team events will be mixed only (2 x male + 2 x female). The Open Division will have Mixed, Male & Female divisions offered.

- o 4x25m Brick Relay
- o 4x25m Manikin Relay
- 4x50m Medley Relay
- 4x50m Obstacle Relay
- 4x50m Pool Lifesaver Relay

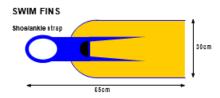
Fins:

Competitors aged under 15 years (as per SLSNZ eligibility) may not use 'Rocket' Fins, regardless of which divisions they are swimming in.

All fins must meet ILS requirements and may be constructed of rubber, composite or other materials in the style depicted below:

Senior fins shall comply with the following below dimensions:

- a) Maximum 65cm overall length including "shoe" or ankle strap (ankle strap extended).
- b) Maximum 30cm width at the widest point of the blade.
- c) Swim fins are to be measured with the shoe or ankle strap extended but not stretched.



Junior fins (U11-U14) are restricted to soft/flexible rubber style fins used for swimming training similar to the styles depicted below. Please note that fins that do not meet this general profile and/or with stiff and/or elongated blades, will not be permitted for use in junior events.

Junior fins shall comply with the following dimensions:

- a) Maximum 50cm overall length including the shoe.
- b) Maximum 25cm width at the widest point of the blade.

Fins Style	Example	Age
Rocket Fin: Blade made of fibre glass / carbon fibre reinforced plastic (angled ankle).	SUG	Allowed: U17, U19, Open, Masters Not Allowed: All junior divisions + U15
Saver Fin: Fin blade made of fibreglass / carbon fibre reinforced plastic rubber fins. Dive Fins: Heel band plastic/rubber or closed foot plastic/rubber fins.		Allowed: U15, U17, U19, Open, Masters Not Allowed: All junior divisions
Pool or Ocean Fins: Closed foot or heel band rubber fins		Allowed: All ages

SPECIFIC EVENT UPDATES

50m Rescue Medley (Brick)

- U11 & U12 Division changes from 17.5m underwater start to 10m
- U13 Division no change
- U14 Division Changes from with fins to without fins

100m Tube with Patient & Fins

- U12 Division no change (patient starts in water waiting for swimmer with tube)
- U14 Division The patient will swim 50m freestyle and upon touching the turn wall and raising their hand, the 'rescuer' will swim 50 m freestyle with fins and rescue tube to pick up the patient and return to the start.

Junior Mega Relay

• The Junior mega relay will be an official event at the New Zealand Pool Rescue Championships (many local/regional competitions were doing this already). Teams will generally consist of 3 Males and 3 Females of any age for Junior Divisions, however, Competition Circulars will specify conditions.

50m Rescue Medley (Manikin)

• New event for U15 Division. From a dive start, the competitor swims underwater to a submerged manikin located at 17.5m. The competitor surfaces the manikin within the 5m pick-up line, and then carries it the remaining distance to touch the finish wall. Competitors may push off the bottom when surfacing with the manikin.

4x50m Pool Lifesaver Relay

• U19 Division removed. Only available in the Open Division.

Swim with Obstacles

• The U15 division decreases from 200m to 100m

FEEDBACK/RECOMMENDATIONS NOT IMPLEMENTED FOR 2023

- 1. Composite Teams for Senior & Masters Divisions at New Zealand Pool Rescue Championships
- 2. Junior events spread across all three days of New Zealand Pool Rescue Championships
- 3. Separate Junior & Senior National Pool Rescue Championships
- 4. No Junior National Event (stop at Regional Level)
- 5. Competing by time/seeding regardless of division at New Zealand Pool Rescue Championships



- 6. Separate Trophies for Junior, Senior & Masters Divisions + Overall Trophy for New Zealand Pool Rescue Championships
- 7. Introduce 200m Super Lifesaver for U17 division
- 8. Introduce Line Throw for U15 division

PROGRAMME OVERVIEW

The following table indicates the events available for each age division.

JUNIOR EVENTS	U11	U12	U13	U14	
50m Swim With Obstacles		Y			
100m Swim with Obstacles			Y	Y	
50m Swim with Fins	Y	Y	Y	Y	
50m Rescue Medley	Y	Y	Y	Y	
50m Brick Carry	Y	Y	Y	Y	
100m Patient Tow with Fins	Ý Ý		ſ		
4 x 50m Obstacle Relay	Y		\ \	Y	
4 x 25m Brick Relay		Y		Y	
4 x 50m Medley Relay		Y		Y	
6+ x 50m Mega Relay	ega Relay Y		Y		

SENIOR EVENTS	U15	U17	U19	Open	Masters
100m Swim with Obstacles	Y				Y
200m Swim with Obstacles		Y	Y	Y	
100m Manikin Tow with Fins	Y	Y	Y	Y	Y
50m Swim with Fins	Y	Y	Y	Y	Y
50m Rescue Medley	Y				
100m Rescue Medley		Y	Y	Y	
50m Manikin Carry	Y	Y	Y	Y	Y
100m Manikin Carry with Fins	Y	Y	Y	Y	Y
200m Super Lifesaver			Y	Y	
Line Throw	Ň	Ý	Y	Y	Y
4 x 50m Obstacle Relay	,	Y	Y	Y	Y
4 x 25m Manikin Relay	Ň	Y		Y	Y
4 x 50m Medley Relay	Y		Y	Y	Y
4 x 50m Pool Lifesaver Relay				Y	
6+ x 50m Mega Relay			Y		

If you have any questions please contact:



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