



POOL RESCUE
CHAMPIONSHIPS

AUT MILLENNIUM
7-8 September

Open to age groups
U11 - Masters



SURF LIFE SAVING
NORTHERN REGION



EVENT INFORMATION

Event Timings:

NAC, AUT Millennium

Saturday 7 and Sunday 8 September 2024.

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**
 - 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.
- Under 12 and Under 14 Competitors may not compete in any Manikin Carry events or the Line Throw.

Day	Saturday 2 Sept	Sunday 4 Sept
Session	Junior Session	Senior Session
Team Managers Meeting	8.15am	8.15am
Officials meeting	8.30am	8.30am
Warm Up Begins	9.00am	9.00am
Warm Up ends	9.45am	9.45am
Marshalling Begins	9.45am	9.45am
Session Begins	10.00am	10.00am
Session	Senior Session	
Team Managers Meeting	4.00pm	
Warm Up Begins	4.00pm	
Warm Up ends	4.45pm	
Marshalling Begins	4.45pm	
Session Begins	5.00pm	

EVENT INFORMATION

Individual Events:	Age Group:	Gender:	Team Events:	Age Group:	Gender:
100m Manikin Tow with Fins	U15, U17, U19, Open, Masters	Male, Female	100m Patient Tow with Fins	U11-12, U13-14	Male, Female
50m Swim with Fins	U11, U12, U13, U14, U15, U17, U19, Open, Masters	Male, Female	Line Throw	U15-Open, Masters	Male, Female
50m Rescue Medley (brick)	U11, U12, U13, U14	Male, Female	4 x 50 Obstacle Relay	U11-12, U13-14, U15-Open, Masters	Juniors – mixed only Seniors: U15–U19, Masters – Mixed only Opens- Male, Female, Mixed
100m Rescue Medley (Manikin)	U15, U17, U19, Open	Male, Female	4 x 25m Brick Relay	U11-12, U13-14	Mixed
50m Brick Carry	U11, U12, U13, U14	Male, Female	4 X 25 Manikin Relay	U15-Open, Masters	Seniors: U15–U19, Masters – Mixed only Opens- Male, Female, Mixed
50m Manikin carry	U15, U17, U19, Open, Masters	Male, Female	4 x 50m Medley Relay	U11-12, U13-14, U15-Open, Masters	Juniors – mixed only Seniors: U15–U19, Masters – Mixed only Opens- Male, Female, Mixed
100m Manikin Carry with Fins	U15, U17, U19, Open, Masters	Male, Female	4 x 50m Pool Lifesaver Relay	Open	Seniors - Mixed
200m Super Lifesaver	U19, Open	Male, Female			
Swim with Obstacles	U11, U12, U13, U14, U15, U17, U19, Open, Masters	Male, Female			

Composite Teams:

- We encourage clubs working to provide an opportunity for all members. In the event a club cannot meet the team's 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. For composite teams with members from different clubs please email entries@lifesaving.org.nz prior to entries closing so these teams can be added manually to waves.



EVENT INFORMATION

- **Competitors can only swim in 1 team per event. i.e.:**
 - U12 swimmer **cannot** swim in the U11/U12 Brick relay and the U13/U14 Brick relay.
 - A U19 male **cannot** 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:**
 - U11/U12 – 50m
 - U13/U14, U15, Masters – 100m
 - U17, U19, Open – 200m

Event programme will be provided once entries have closed.

Entry Process:

- Entries close Monday 19th August at 9 am.
- Search for “2024 Northern Region Pool Rescue Champs” on the SLSNZ online entry portal [here](#)
- Please ensure your Team Management & Surf Official information is up to date on the online system.
- Failure to list a team manager may mean that you will miss out on vital information.
- It is the expectation of the event organizers that clubs will only enter competitors that have the requisite ability to compete safely in any given event.
- By entering this event clubs & competitors agree to SLSNR using any images and video taken during the event for media and promotional purposes.

Entry Fees:

- **\$50.00** (incl. GST) per Competitor
- All entry fees will be calculated following the completion of the event and clubs will be invoiced directly.

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 2024.
- All competitors must be aged 10 years or older before midnight 30th September 2024 to compete in Northern Region Pool events.
- Masters must be aged 30 years or older before midnight 30th September 2024 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.



EVENT INFORMATION

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.

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. Master's 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.
- If team managers fail to attend the team managers meeting that club will not be able to race or warm up until a safety briefing can be held.
- 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 SLSNRPC24.



EVENT INFORMATION

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

Surf Officials:

- All Clubs are required to provide at least 1 surf official for every 7 competitors (or part thereof). These must be listed within waves by 9 am Monday 19th August.
- 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 before entries close 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 Dan 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. SLSNR will advise how many timekeepers are required from each club for each session following the close of entries.
- Athletes will not be eligible to race if the club does not provide the required amount of timekeepers for the duration of each session.

Venue Information:

- The venue provides 90 minutes free parking and charges 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 event and a seating plan will be sent once entries close.
- During sessions access to the Pool Deck will be limited to swimmers.
- 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.



EVENT INFORMATION

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 Dan.

Dan Grant
Sport Manager
dan.grant@lifesaving.org.nz
entries@lifesaving.org.nz
021 813 090






EVENT INFORMATION

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@lifesaving.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.

EVENT INFORMATION

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