



2024 EASTERN REGION POOL RESCUE CHAMPIONSHIPS



KEEPING OUR
LIFESAVERS
RESCUE READY

KIWA POOL, GISBORNE
17-18 AUGUST 2024
COMPETITION EVENT CIRCULAR

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."
~ Michael Jordan





Competition Purpose:

Welcome to the 2024 Eastern Region Pool Rescue Championships.

This event serves as a development and pathway opportunity for our lifeguards and aspiring lifeguards to train and test important lifesaving skills for the season ahead. The 2024 Eastern Region Pool Rescue Championships will contest every event available at the SLSNZ National Pool Rescue Championships to be held in Auckland, 4-6 October 2024.

This document provides you with all the information you need to know in order to enter this event. While it contains the typical logistical information, it also includes very important details that a parent and/or guardian and all competitors must be aware of before entering their child/themselves into this event.

We are very excited to bring the Eastern Region Pool Rescue Championships into the Eastern Region to be hosted at the newly built 50m long, 2m deep, 8 lane Kiwa Pool in Gisborne.

Entering the Competition:

Entries are accepted using the SLSNZ Online Waves Event Entry System. Clubs will be invoiced directly.

Entries Open:	Monday 1 st July 2024
Entries Close:	Monday 5 th August 2024, 12pm
Entry Fee:	\$65 per competitor (gst inc)
Eligibility of Competitors:	Please see Section 2.2 of the SLSNZ Competition Manual for a comprehensive breakdown of eligibility criteria, link to manual here

Contact Details: Full contact details for coaches, team managers, and officials must be entered in the Waves Event Entry System to ensure that the relevant person receives all updated information directly. Failure to list these contact details may mean that your club could miss out on vital information.

Entries: Please only enter the individual or team in the event they intend to race, please do not bulk/blanket enter swimmers or teams into events they will not show up for, this will incur a \$10 no-show penalty fee.

Entering Teams: You must enter the entire team for all team events otherwise the entry will not be accepted. Mixed Teams are to be made up of 2 Female and 2 Male.

Seeded Races: The entry system allows you to enter the current best time for each individual athlete. Please only enter times if you have evidence of their accuracy. If you don't know the athletes best current times then please leave this blank. Clubs deliberately entering false times in an attempt to elevate athletes in the seeded heats, may be eliminated from these events at the Event Manager and Event Referees discretion without right of recourse by the club.

Entry Checks: Following the close of registrations, Coaches and Club Administrators with access to the Waves Event Entry System will be able to download and check their entries. Please ensure that you check your clubs entries and notify the Event Manager of any scratching and or team changes prior to the event. During the event, please use the forms provided, alternatively download from the SLSNZ website Eastern Region Pool Rescue Championships Calendar Page.



Know Your Rules:

This event will be conducted under the rules contained in the following documents.

[SLSNZ Pool Rescue Competition Manual](#), including any additional amendments as detailed on the website and any additional requirements as communicated by the Event Management Committee. Please note that the Manual has recently been updated to the 10th Edition published August 2023.

Additionally members entering this event are bound by the following rules:

- [SLSNZ Constitution](#)
- [SLSNZ Regulations](#)
- [SLSNZ Code of Conduct](#) (Note: The Event Management Committee reserve the right to exclude competitors from further competition for poor or 'un-sportsman like' behavior. This also applies to parents, managers and supporters)
- [Drug Free Sport New Zealand](#)
- [SLSNZ Sport Policies](#)

Copies of these documents are available from the [SLSNZ website](#).

Age Groups:

Age group is determined by the competitor's age at midnight on 30th September 2024. For example, if you are 11 on 30th September 2024, you will race in the Under 12 age group for Pool Rescue and Beach events for the 2024/2025 season.

- All competitors must be aged 10 years or older before midnight 30th September 2024 to be eligible to compete in this event.
- **Competitors can only compete in any event once** (individual and team events),
- Competitors in the U15 division are now able to 'race up' into any higher age division (consistent with U17 and U19 competitors). All senior 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 U15, U17, U19 or open division in a particular event.

Masters are permitted to compete in only one age category in each team event conducted at this Competition. Where a team event with two competitors is conducted (e.g. line throw), the age of the younger competitor shall determine the age category of the team. Where a Masters Team Event with three or more Competitors is conducted, the total combined ages of all team members shall determine the division in which the team must compete.

Masters Individual Age Groups to be contested are Male and Female 30-39 Masters, 40-49 Masters, 50-59 Masters and 60+.

Composite Teams:

Composite Relay Teams (4 person) will be available in the junior divisions to support the development and participation of clubs with smaller numbers. These teams will be eligible for medals but not points. Coaches who have swimmers who wish to be considered for composite teams please email sonia.keepa@surflifesaving.org.nz with the events they are available for.

Team Events:

To support the participation of Pool Rescue within Eastern Region Clubs, the 2024 Eastern Region Pool Rescue Championships will contest single gender and mixed (2F/2M) in team's events U12 to Open. All Masters Teams will be mixed (2F/2M), excluding Line Throw.



Fins:

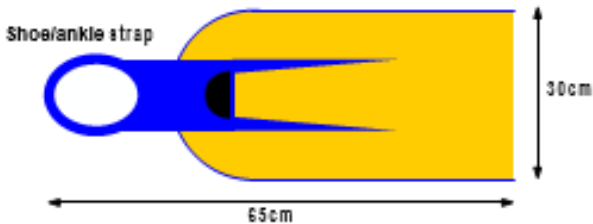
Competitors aged under 15 years (as per SLSNZ eligibility) may not use 'Rocket' Fins, regardless of which divisions they are swimming in.

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:

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

SWIM FIN S



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:

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

Explanation & Fin Examples
<p>U17, U19, OPEN, MASTERS AGE GROUPS</p> <p>Saver Fin: Fin blade made of fibreglass / carbon fibre reinforced plastic rubber fins.</p> <p>Pool or Ocean Fins: Closed foot or heel band rubber fins</p> <p>Rocket Fin: Blade made of fibre glass / carbon fibre reinforced plastic (angled ankle).</p>
<p>U15 AGE GROUP</p> <p>Saver Fin: Fin blade made of fibreglass / carbon fibre reinforced plastic rubber fins.</p> <p>Pool or Ocean Fins: Closed foot or heel band rubber fins</p>
<p>JUNIOR AGE GROUPS (U14 and below)</p> <p>Pool or Ocean Fins: Closed foot or heel band rubber fins</p>

Event Programming:

Please check the website for regular program updates. Please note that the program is subject to change depending on the number of entries. 2024 Eastern Region Pool Rescue Championships full event programme can be found at the end of this Event Circular.

Event Timings:

Please note session timings are approximate, these will be determined by the number of final entries received.

Session		1	2	3	4
Date	Thursday 15 th	Saturday 17 th	Saturday 17 th	Sunday 18 th	Sunday 18 th
Team Managers Meeting, online	7:00pm				
Surf Officials Meeting		7:00am		7:00am	
Timekeepers Meet		7:45am	11:20am	7:45am	10.50am
Warm up Begins		7:00am	Learn to Swim Pool	7:00am	Learn to Swim Pool
Warm up Ends		7:45am	Learn to Swim Pool	7:45am	Learn to Swim Pool
Session Begins		8:00am	11:30am*	8:00am	11:00am**
Session Ends		11:00am	3:30pm	10:30am	12:30pm

*Session 2 begins 30 minutes following the completion of Session 1

**Session 4 begins 30 minutes following the completion of Session 3

- Please note session times for Session 2 and Session 4 are subject to change depending on entries and support to run the event
- Programme timings are subject to change and will be updated during the Team Managers Online Meeting Thursday 15th August, 7pm
- Medal Presentations will be scheduled during the breaks and at the conclusion of racing each day.
- Races may be combined for the purpose to fill a heat and promote good competition.

Event Support:

Timekeepers:

Following close of entries clubs will be allocated Timekeeper slots based on club entry numbers.

Event Water Crew:

Following close of entries clubs will be allocated Event Water Crew slots based on club entry numbers. Event Water Crew ideally need to be swim fit and prepared with wetsuit, goggles and fins.

Event support is integral to the successful and timely running of the 2024 Eastern Region Pool Rescue Championships, your support is greatly appreciated. Roster for Timekeeper and Event Water Crew will follow the session timelines as above.



Health & Safety:

Parent, Guardian, Coach, Team Manager and Club Obligations

It is the responsibility of clubs, through their coaches and managers, to ensure that each individual competitor is competent, of good health and free of injury to safely compete on any given day.

It is therefore the clubs responsibility to ensure that competitors who are not competent to compete 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 2.29.1 (g) of the Agreement to be bound by the section of the Competition Manual. The Manual can be found [here](#).

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

Please remember if you are unwell or have any cold or flu like symptoms to stay home.

Wellbeing:

The wellbeing of our members whether they be an athlete, volunteer, coach, team manager or family member is our utmost priority. If you feel at any time that you need support when things are all a bit too much, you have been involved with an incident or needing to get on top of things before they get too difficult SLSNZ has confidential support available through an organization called Benestar, link to further information [here](#).





Medical Information:

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. However, participants are encouraged to submit these as early as possible. Once submitted, the forms will be reviewed by SLSNZ and a decision will be made on whether a 'Competitor Waiver' form is required to be completed. It is important to note that a pre-existing medical condition includes a **concussion event** that has occurred prior to this event. Please contact the Event Manager on the details below for further information.

Concussion Protocol

1. Any person diagnosed with concussion within the 23 days (21 days for over 19 years of age) 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.
2. 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 years of age), and provide a SLSNZ Medical Clearance before further competition is permitted.
3. 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.
4. 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.

Further documents and information can be found on the [SLSNZ Website](#)

Eastern Region Top Club Trophy & Age Group Champions:

The trophy for the Eastern Region Top Pool Rescue Club will be contested at the 2024 Eastern Region Pool Rescue Championships. Allocation of the Top Eastern Region Club will be determined by extracting the final overall points placing from non-Eastern Region Clubs and determined by the combined points for all participants from their club, junior, senior and masters. Points will be obtained from individual events where 1st = 3 points, 2nd = 2 points, and 3rd = 1 point, and team events where 1st = 5 points, 2nd = 3 points, and 3rd = 1 point.

Overall Age Group Champions will be recognised at the 2024 Eastern Region Pool Rescue Championships, points will be obtained from individual events where 1st = 3 points, 2nd = 2 points, and 3rd = 1 point. Overall Age Group Champions will be recognised in the following Male and Female U11, U12, U13, U14, U15, U17, U19, Open, 30-39 Masters, 40-49 Masters, 50-59 Masters and 60+ Masters.

Individual Male and Female, and Team (Male, Female and Mixed) Medals will be presented to U11, U12, U13, U14, U15, U17, U19, Open



Communications:

Event Management will utilize a variety of tools to keep you updated with the latest event information and news. These include:

- [The SLSNZ Website](#)
- [SLSNZ Eastern Region Facebook](#)
- [SLSNZ App](#) – [Waves Results](#)

Event Notifications – Team Reach

Event Notifications will come through the Team Reach App

- o Group Name: 2024 ER Pool Rescue
- o Group Code: 2024ERPOOL

Event Photography:

All photographers inside the venue will need prior approval from the Event Manager. If you are wishing to take photographs at this event, please read the [Media Accreditation Application Information here](#) and apply for access to the competition area. Please note Use of Cameras and Video devices rules are covered under [2.25 in the Competition Manual](#).

By entering the 2024 Eastern Region Pool Championships each participant acknowledges that photography or video film may capture them and they consent that images may be used for the purpose of promoting this event and future events. Please contact the Event Manager if you would like to be excluded from any imagery captured of you.

Key Contact:

If you have any queries or concerns, please feel free to contact the Event Manager;

Sonia Keepa
Sport Manager – Eastern Region
Surf Life Saving New Zealand

m 021 928 301

e sonia.keepa@surflifesaving.org.nz

Maps:

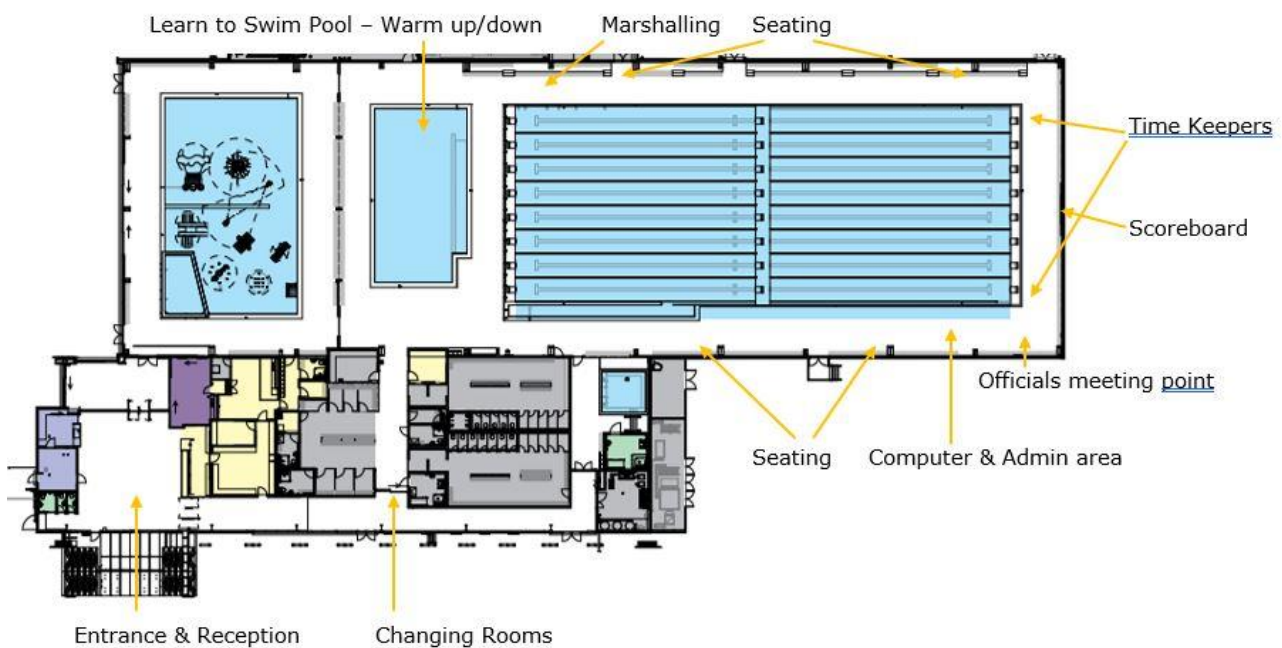
Kiwa Pool – Parking and Main Entrance



➡ Main Entrance to Kiwa Pool – everyone must go through the main reception area

■ Parking

Kiwa Pool Competition area set up:



2024 Eastern Region Pool Rescue Championships Programme

Session One Saturday 17 August 2024	
Warm Up 7am – 7:45am / Marshalling starts 7:45am / Racing Starts 8am	
Session Times: 8am – 11am Approx.	
Event #	Event Name
1	Under 14 Female - 4x50m Obstacle Relay
2	Under 14 Male - 4x50m Obstacle Relay
3	Under 14 Mixed - 4x50m Obstacle Relay
4	Under 12 Female - 4x50m Obstacle Relay
5	Under 12 Male - 4x50m Obstacle Relay
6	Under 12 Mixed - 4x50m Obstacle Relay
7-10	Age Group Masters Mixed Team - 4x50m Obstacle Relay
11	Open Female - 4x50m Obstacle Relay
12	Open Male - 4x50m Obstacle Relay
13	Open Mixed - 4x50m Obstacle Relay
14	Under 19 Female - 4x50m Obstacle Relay
15	Under 19 Male - 4x50m Obstacle Relay
16	Under 19 Mixed - 4x50m Obstacle Relay
17	Under 17 Female - 4x50m Obstacle Relay
18	Under 17 Male - 4x50m Obstacle Relay
19	Under 17 Mixed- 4x50m Obstacle Relay
20	Under 12 Male - 50m Swim with Obstacles
21	Under 12 Female - 50m Swim with Obstacles
22	Under 11 Male - 50m Swim with Obstacles
23	Under 11 Female - 50m Swim with Obstacles
24	Under 14 Male - 100m Swim with Obstacles
25	Under 14 Female - 100m Swim with Obstacles
26	Under 13 Male - 100m Swim with Obstacles
27	Under 13 Female - 100m Swim with Obstacles
28-31	Age Group Masters Male - 100m Swim with Obstacles
32-35	Age Group Masters Female - 100m Swim with Obstacles
36	Under 15 Male - 100m Swim with Obstacles
37	Under 15 Female - 100m Swim with Obstacles
38	Open Male- 200m Swim with Obstacles
39	Open Female - 200m Swim with Obstacles
40	Under 19 Male - 200m Swim with Obstacles
41	Under 19 Female - 200m Swim with Obstacles
42	Under 17 Male - 200m Swim with Obstacles
43	Under 17 Female - 200m Swim with Obstacles
44	Open Female - Line Throw
45	Open Male - Line Throw
46	Under 19 Female - Line Throw
47	Under 19 Male - Line Throw
48	Under 17 Female - Line Throw
49	Under 17 Male - Line Throw
50-53	Age Group Masters Female - Line Throw
54-57	Age Group Masters Male - Line Throw
Break - Session 2 begins 30 minutes following the end of Session 1	

2024 Eastern Region Pool Rescue Championships Programme

Session Two: Saturday 17 August 2024	
Starts 30minutes following the end of Session 1	
Event #	Event
58	Senior Mixed Mega Club Relay - 300m 6x50m
59	U14 Mixed Mega Club Relay - 300m 6x50m
60	Open Male - 100m Manikin Carry W/Fins
61	Open Female - 100m Manikin Carry W/Fins
62	Under 19 Male - 100m Manikin carry W/Fins
63	Under 19 Female - 100m Manikin carry W/Fins
64	Under 17 Male - 100m Manikin carry W/Fins
65	Under 17 Female - 100m Manikin carry W/Fins
66	Under 15 Male - 100m Manikin carry W/Fins
67	Under 15 Female - 100m Manikin carry W/Fins
68-71	Age Group Masters Male - 100m Manikin Carry with Fins
72-75	Age Group Masters Female - 100m Manikin Carry with Fins
76	Open Mixed - 4x50m Pool Life Saver Relay
77	Under 14 Female - 4x25m Brick Relay
78	Under 14 Male - 4x25m Brick Relay
79	Under 14 Mixed - 4x25m Brick Relay
80	Under 12 Female - 4x25m Brick Relay
81	Under 12 Male - 4x25m Brick Relay
82	Under 12 Mixed - 4x25m Brick Relay
83-86	Age Group Masters Mixed Team - 4x25m Manikin Relay
87	Under 17 Female - 4x25m Manikin Relay
88	Under 17 Male - 4x25m Manikin Relay
89	Under 17 Mixed - 4x25m Manikin Relay
90	Under 19 Female - 4x25m Manikin Relay
91	Under 19 Male - 4x25m Manikin Relay
92	Under 19 Mixed - 4x25m Manikin Relay
93	Open Female - 4x25m Manikin Relay
94	Open Male - 4x25m Manikin Relay
95	Open Mixed - 4x25m Manikin Relay
96	Under 14 Male - 100m Tube Rescue Patient Tow W/Fins
97	Under 14 Female - 100m Tube Rescue Patient Tow W/Fins
98	Under 12 Male - 100m Tube Patient Tow W/Fins
99	Under 12 Female - 100m Tube Patient Tow W/Fins
100-103	Age Group Masters Male - 100m Manikin Tow with Fins
104-107	Age Group Masters Female - 100m Manikin Tow with Fins
108	Under 15 Male - 100m Manikin Tow W/Fins
109	Under 15 Female - 100m Manikin Tow W/Fins
110	Under 17 Male - 100m Manikin Tow W/Fins
111	Under 17 Female - 100m Manikin Tow W/Fins
112	Under 19 Male - 100m Manikin Tow W/Fins
113	Under 19 Female - 100m Manikin Tow W/Fins
114	Open Male - 100m Manikin Tow W/Fins
115	Open Female - 100m Manikin Tow W/Fins

2024 Eastern Region Pool Rescue Championships Programme

Session Three: Sunday 18 August 2024	
Warm Up 7am – 7:45am / Marshalling starts 7:45am / Racing Starts 8am	
Session Times: 8am – 10am Approx.	
Event #	Event
116	Open Female - 4x50m Medley Relay
117	Open Male - 4x50m Medley Relay
118	Open Mixed - 4x50m Medley Relay
119	Under 19 Female - 4x50m Medley Relay
120	Under 19 Male - 4x50m Medley Relay
121	Under 19 Mixed- 4x50m Medley Relay
122	Under 17 Female - 4x50m Medley Relay
123	Under 17 Male - 4x50m Medley Relay
124	Under 17 Mixed- 4x50m Medley Relay
125	Under 14 Female - 4x50m Medley Relay
126	Under 14 Male - 4x50m Medley Relay
127	Under 14 Mixed - 4x50m Medley Relay
128	Under 12 Female - 4x50m Medley Relay
129	Under 12 Male - 4x50m Medley Relay
130	Under 12 Mixed - 4x50m Medley Relay
131-134	Age Group Masters Mixed Team - 4x50m Medley Relay
135	Open Male - 200m Super Lifesaver
136	Open Female - 200m Super Lifesaver
137	Under 19 Male - 200m Super Lifesaver
138	Under 19 Female - 200m Super Lifesaver
139	Under 11 Female - 50m Brick Carry W/O Fins
140	Under 11 Male - 50m Brick Carry W/O Fins
141	Under 12 Female - 50m Brick Carry W/O Fins
142	Under 12 Male - 50m Brick Carry W/O Fins
143	Under 13 Female - 50m Brick Carry W/O Fins
144	Under 13 Male - 50m Brick Carry W/O Fins
145	Under 14 Female - 50m Brick Carry W/O Fins
146	Under 14 Male - 50m Brick Carry W/O Fins
147	Open Male - 100m Rescue Medley
148	Open Female - 100m Rescue Medley
149	Under 19 Male - 100m Rescue Medley
150	Under 19 Female - 100m Rescue Medley
151	Under 17 Male - 100m Rescue Medley
152	Under 17 Female - 100m Rescue Medley
153	Under 15 Male - 50m Rescue Medley
154	Under 15 Female - 50m Rescue Medley
155	Under 14 Male - 50m Rescue Medley
156	Under 14 Female - 50m Rescue Medley
157	Under 13 Male - 50m Rescue Medley
158	Under 13 Female - 50m Rescue Medley
159	Under 12 Male - 50m Rescue Medley
160	Under 12 Female - 50m Rescue Medley
161	Under 11 Male - 50m Rescue Medley
162	Under 11 Female - 50m Rescue Medley

2024 Eastern Region Pool Rescue Championships Programme

Session Four: Sunday 18 August 2024	
Session 4 begins 30 minutes following the end of Session 3	
Event #	Event
163	Open Female - 50m Manikin Carry
164	Open Male - 50m Manikin Carry
165	Under 19 Female - 50m Manikin Carry
166	Under 19 Male - 50m Manikin Carry
167	Under 17 Female - 50m Manikin Carry
168	Under 17 Male - 50m Manikin Carry
169	Under 15 Female - 50m Manikin Carry
170	Under 15 Male - 50m Manikin Carry
171-174	Age Group Masters Female - 50m Manikin Carry
175-178	Age Group Masters Male - 50m Manikin Carry
179	Under 14 Male - 50m Swim with Fins
180	Under 14 Female - 50m Swim with Fins
181	Under 13 Male - 50m Swim with Fins
182	Under 13 Female - 50m Swim with Fins
183	Under 12 Male - 50m Swim with Fins
184	Under 12 Female - 50m Swim with Fins
185	Under 11 Male - 50m Swim with Fins
186	Under 11 Female - 50m Swim with Fins
187	Open Male - 50m Swim with Fins
188	Open Female - 50m Swim with Fins
189	Under 19 Male - 50m Swim with Fins
190	Under 19 Female - 50m Swim with Fins
191	Under 17 Male - 50m Swim with Fins
192	Under 17 Female - 50m Swim with Fins
193	Under 15 Male - 50m Swim with Fins
194	Under 15 Female - 50m Swim with Fins
195-198	Age Group Masters Male - 50m Swim with Fins
199-202	Age Group Masters Female - 50m Swim with Fins

Please Note: All times are indicative, and the competition may run faster or slower depending on entry numbers and logistics on the day of competition.