



*In it for life*

# Southern Region Pool Championships

**Date:** Saturday and Sunday 11<sup>h</sup> and 12<sup>th</sup> July, 2015  
**Venue:** Moana Pool, Dunedin  
**Address:**  
**Time:** Sat from 12.00 midday till 7.00pm, Sun from 7.30am till 11.00am  
**Entries close:** Sunday 28<sup>th</sup> June, 2015  
**Entry fees:** Entries fees for this event will be as follows (GST Inclusive):  
\$35.00 per athlete for the two days or \$25.00 for Sat and \$15.00 for Sun.

In this document you will find information to assist with entering, attending and competing in the 2015 Southern Region Pool Championships.

At all times the latest information for this event will be available on the SLSNZ Events Calendar section of the SLSNZ website [www.surflifesaving.org.nz/calendar](http://www.surflifesaving.org.nz/calendar).

## Session Times

	Saturday 11th July	Sunday 12 <sup>th</sup> July
Team Managers Meeting	11.30	7.15am
Surf Officials Meeting	11.45am	7.30am
Warm up Begins	12.00pm	7.00am
Warm up Ends	12.30pm	7.30am
Session Begins	12.45pm	8.00am
Session Ends	Approx.6.30pm	Approx.11.00am



## Event Entry Process

Once again this season we will be using the online entry system.

Please ensure you familiarise yourself with the Carnival Registrations Manual which can be found on the SLSNZ website [www.surflifesaving.org.nz/carnivalreg](http://www.surflifesaving.org.nz/carnivalreg).

Entries Close: **Sunday 28<sup>th</sup> June, 2015 5.00pm**

Please note:

There will be **no** late entries permitted.

Team Manager's contact details must be updated on the online system to ensure that the relevant person receives all updated information directly. Failure to list a team manager may mean that you will miss out on vital information.

All entry fees will be calculated via the online entry system following the close of entries and your club will be invoiced directly (fees mentioned on page 1).

## Eligibility of competitors

This competition is open to any SLSNZ affiliated club. Without the following details your members will not be eligible to compete nor will they be able to be entered through the online entry system. SLSNZ reserve the right to limit the number of competitors per event.

Current Members (i.e. must not be stored in the 'Last Season Members' or 'Historical Members' folder on the PAM Database.

Must have the "Membership Form Received" by SLSNZ. (indicated by a 'tick box' at the top of the individuals membership tab)

Have a DOB recorded on the PAM Database.

Have a PRIMARY membership with the club they intend to compete for (membership status displayed in the 'Membership' tab of the individual in the Database)

Team substitutes must be registered in some capacity in the event (see notes below)

Please Note:

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

Combined club teams for relays will not be permitted.

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

## Age

The NZ Pool Events programme are scheduled before the Beach based events for the current season and therefore a competitor's age group is determined by their age as at midnight on 30th September 2015. This is to allow athletes to remain in the same age group for the entire season.

For example, if you are 14 on the 30th of September 2015, you are not eligible to race in the U14 age group and will be in the U16 age group.

**Please Note:**

1. All competitors must be aged 10 years or older before midnight 30<sup>th</sup> September 2015 to be eligible to compete in the Swim Championships.
2. Masters must be aged 30 years or older before midnight 30<sup>th</sup> September 2015 to be eligible to compete in that age group.

3. Competitors (individual and team events) may compete in age groups as detailed below:
  - U12 may compete in U12, U14 events, U16, U19 and Open events
  - U14 may compete in U14 events, U16, U19 and Open events
  - U16 may compete in U16, U19 and Open events
  - U19 may compete in U19 and Open events
  - Open can only compete in Open events
  - Masters may compete in Masters and Open events
4. Competitors can only compete in any event once (individual and team events), for example an U19 competitor wishing to compete in the 50m with Fins must choose either the U19 or Open event, not both. The patient for the line throw in the U19 age group cannot become the 'rescuer' or 'patient' in the Open age group.
5. The 50m obstacle swim has been classified as the same event as the 100m obstacle swim. This means that U12 athletes can only enter one of these events – either their own age group, or they can choose to swim up in a 100m obstacle swim but not both.
6. U12 and U14 competitors may not compete in any manikin event.
7. U12 and U14 competitors may not compete in any Line Throw event.
8. Although the way has been paved for U14 competitors to compete up in a number of events coaches and team managers are encouraged to use their discretion with regards to this ruling and take into account the welfare of their athletes.

## Team Substitutes

As stated in (e) above, all team substitutes must be registered in some capacity in the competition. This means that if an athlete is competing in any event for example the 50m Swim with Fins, they are registered for the overall event.

In some instances clubs have to substitute members for their team events which can be problematic if the person who is the substitute is not competing in any other event. Therefore any potential substitutes (who are not already competing) must be entered into event code 300 Substitutes. This is to allow fairness to all by ensuring that all eligibility criteria are met.

### **Please Note:**

The event code 300 has a charge of \$10.00 per athlete

Individual entries cannot be substituted for by another competitor; only team entries as outlined in the Surf Sport Competition Manual.

## Time Keepers

A large number of time keepers are required to ensure the successful running of the Southern Region Pool Championships.

As such, each competing club will be required to supply timekeepers during some if not all of the sessions. On close of entries clubs will be emailed the exact session times and the number of time keepers they will require. We require overall, 50 timekeepers to cover all sessions. The number your club will require will be based on total number of entries and the number of entries that your club has. The timetable included with this mail out was based on last year's entries to give you an indication of what your requirement may be. Penalties will be imposed to those clubs who fail to meet this requirement.

## Event times and proposed programme

The following are a general indication of the Event Timetable and Competition Programme and should only be used as a guide at this stage. A detailed daily timetable of events will be prepared and circulated once final entry numbers are received. Please not though that due to the limitations of the Moana pool the following events will not be run:

4x25m Brick Relay  
4 x 25 m Manikin Relay  
200m Super Lifesaver

**Note** also that due to changes from the ILS (International Life Saving) the distance has now been set at 12.5m from the pool edge for the line throw event.

If the entries per event do not meet the required numbers, those events will also not be run. All events need minimum 2 entries to run.

## Event Rules

The Southern Region Pool Championships will be conducted under the rules as published in the SLSNZ Pool Championships Competition Manual. This manual is based upon the International Life Saving (ILS) World Championship Rules.

## Points Score

Points will be awarded for each individual and team race as below, with a junior (U14-U10) and senior (U16-Open/Master) titles awarded.

**Individual Events:** 3, 2, 1

**Team Events:** 5, 3, 1

## Placing Awards

For the Southern Region Pool Championships, ribbons can be collected from the event management team desk once the final results are posted. We will have the podium set up for those that wish to have photos taken with their awards.

## Event Descriptions

The following is a brief description of each event for entry purposes. Please consult the New Zealand Pool Championships Competition Manual for a full break down of all event general conditions and specific event rules and regulations.

### **Swim with Obstacles (50m, 100m, 200m)**

The competitor swims the prescribed distance in freestyle during which he/she swims under two (2) immersed obstacles per 50m.

### **100m Tube with Patient and Fins**

The rescuer swims 50m freestyle to the other end and clips their patient into a tube. The patient must have at least one hand on the end of the pool. The Rescuer and patient then swim the other 50m where the patient must stay on their back but may assist the tow by kicking and sculling under the water.

### **100m Manikin Tow with Fins**

The competitor swims 50m freestyle with fins and rescue tube. After touching the turning edge, the competitor secures the rescue tube around a manikin floating at the surface and tows it to the finish.

### **50m Swim with Fins**

The competitor swims 50m freestyle with fins.

### **100m Rescue Medley**

The competitor swims 50m freestyle to turn, dives, and swims underwater to a submerged manikin located at 17.5m distance. The competitor surfaces the manikin within the 5m pick-up line, and then carries it the remaining distance to the finish edge of the pool.

### **50m Manikin Carry without Fins**

The competitor swims 25m freestyle and then dives to recover a submerged manikin to the surface within 5m of the pick-up line. The competitor then carries the manikin to the finish edge of the pool.

### **50m Brick Carry without Fins**

The competitor swims 35m freestyle and then dives to recover a submerged rubber brick to the surface within 5m of the pick-up line. The competitor then carries the rubber brick to the finish edge of the pool.



### **100m Manikin Carry with Fins**

The competitor swims 50m freestyle wearing fins and then dives to recover a submerged manikin to the surface within 10m of the turning edge. The competitor carries the manikin to the finish edge of the pool.

### **Line Throw**

In this timed event, the competitor throws an un weighted line to a fellow team member located in the water approximately **12.5m** distant and pulls this "victim" back to the poolside.

### **4x50m Obstacle Relay**

Four competitors swim 50m freestyle each passing under two (2) immersed obstacles.

### **4x50m Medley Relay**

The first competitor swims 50m freestyle without fins. The second competitor swims 50m freestyle with fins. The third competitor swims 50m freestyle pulling a rescue tube and after having touched the wall, passes the harness of the rescue tube to a fourth competitor who wears fins. The third competitor becomes the "victim," holds the rescue tube with both hands, while being towed 50m by the fourth competitor to the finish.

### **50m Rescue Medley**

From a dive start the competitor swims underwater with fins to a submerged brick located at 17.5m (U11 and U12) or 25m (U13 and U14) distance. The competitor picks up the brick within the 5m pick-up line, and then carries it the remaining distance to the finish edge of the pool.

U11, U12, U13, U14 do the 50m with fins and U16 do 100m with no fins.

### **6 x 50 Mega Relay**

The first competitor swims 50m freestyle without fins. The second competitor swims 50m freestyle with fins. The third competitor swims 50m freestyle without fins. The fourth competitor swims 50m freestyle with fins. The fifth competitor swims 50m freestyle without fins. The sixth (last) competitor swims 50m freestyle with fins and touches the finish edge.

Please do not hesitate to contact us if you have any questions or queries regarding this, or any future events. We look forward to seeing you all at the event.

From this point forward information will only be sent to those listed as the Team Manager on the online entry system; however the latest information will also be available on the NZ Events Calendar section of the SLSNZ website [www.surflifesaving.org.nz/calendar](http://www.surflifesaving.org.nz/calendar).

As always if you have any questions or queries please do not hesitate to contact me on any of the means below.

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## Southern Region Pool Championships- Draft Programme

Pool					
Sort	Code	Event	Gender	Team	Limited
0	300	Substitutions	Open	No	No
1	110	U11 Mens 50m Swim with Fins (Day 1)	Male	No	No
2	210	U11 Womens 50m Swim with Fins(Day 1)	Female	No	No
3	111	U12 Mens 50m Swim with Fins(Day 1)	Male	No	No
4	211	U12 Womens 50m Swim with Fins(Day 1)	Female	No	No
5	112	U13 Mens 50m Swim with Fins(Day 1)	Male	No	No
6	212	U13 Womens 50m Swim with Fins(Day 1)	Female	No	No
7	113	U14 Mens 50m Swim with Fins(Day 1)	Male	No	No
8	213	U14 Womens 50m Swim with Fins (Day 1)	Female	No	No
9	114	U16 Mens 50m Swim with Fins (Day 1)	Male	No	No
10	214	U16 Womens 50m Swim with Fins (Day 1)	Female	No	No
11	115	U19 Mens 50m Swim with Fins (Day 1)	Male	No	No
12	215	U19 Womens 50m Swim with Fins (Day 1)	Female	No	No
13	116	Open Mens 50m Swim with Fins (Day 1)	Male	No	No
14	216	Open Womens 50m Swim with Fins (Day 1)	Female	No	No
15	117	Masters Mens 50m Swim with Fins (Day 1)	Male	No	No
16	217	Masters Womens 50m Swim with Fins (Day 1)	Female	No	No
17	120	U12 Mens 100m Tube with Patient & Fins (Day 1)	Male	Yes (2)	No
18	220	U12 Women 100m Tube with Patient & Fins (Day 1)	Female	Yes (2)	No
19	121	U14 Mens 100m Tube with Patient & Fins(Day 1)	Male	Yes (2)	No
20	221	U14 Women 100m Tube with Patient & Fins (Day 1)	Female	Yes (2)	No
21	122	U16 Mens 100m Manikin Tow with Fins(Day 1)	Male	No	No
22	222	U16 Women 100m Manikin Tow with Fins(Day 1)	Female	No	No
23	123	U19 Mens 100m Manikin Tow with Fins(Day 1)	Male	No	No
24	223	U19 Women 100m Manikin Tow with Fins (Day 1)	Female	No	No
25	124	Open Mens 100m Manikin Tow with Fins (Day 1)	Male	No	No
26	224	Open Women 100m Manikin Tow with Fins (Day 1)	Female	No	No
27	125	Masters Mens 100m Manikin Tow with Fins(Day 1)	Male	No	No
28	225	Masters Women 100m Manikin Tow with Fins (Day 1)	Female	No	No
29	100	U11 Mens 50m Swim with Obstacles (Day 1)	Male	No	No

30	200	U11 Womens 50m Swim with Obstacles(Day 1)	Female	No	No
31	101	U12 Mens 50m Swim with Obstacles(Day 1)	Male	No	No
32	201	U12 Womens 50m Swim with Obstacles(Day 1)	Female	No	No
33	102	U13 Mens 100m Swim with Obstacles(Day 1)	Male	No	No
34	202	U13 Womens 100m Swim with Obstacles(Day 1)	Female	No	No
35	103	U14 Mens 100m Swim with Obstacles(Day 1)	Male	No	No
36	203	U14 Womens 100m Swim with Obstacles(Day 1)	Female	No	No
37	104	U16 Mens 200m Swim with Obstacles(Day 1)	Male	No	No
38	204	U16 Womens 200m Swim with Obstacles(Day 1)	Female	No	No
39	108	U19 Mens 200m Swim with Obstacles(Day 1)	Male	No	No
40	208	U19 Womens 200m Swim with Obstacles(Day 1)	Female	No	No
41	109	Open Mens 200m Swim with Obstacles(Day 1)	Male	No	No
42	209	Open Womens 200m Swim with Obstacles(Day 1)	Female	No	No
43	150	U12 Mens 4x50m Obstacle Relay(Day 1)	Male	Yes (4)	No
44	250	U12 Womens 4x50m Obstacle Relay(Day 1)	Female	Yes (4)	No
45	310	U12 Mixed 4x50 m Obstacle Relay(Day 1)	Open	Yes (4)	No
46	151	U14 Mens 4x50m Obstacle Relay(Day 1)	Male	Yes (4)	No
47	251	U14 Womens 4x50m Obstacle Relay(Day 1)	Female	Yes (4)	No
48	311	U14 Mixed 4x50m Obstacle Relay(Day 1)	Open	Yes (4)	No
49	152	U16 Mens 4x50m Obstacle Relay(Day 1)	Male	Yes (4)	No
50	252	U16 Womens 4x50m Obstacle Relay(Day 1)	Female	Yes (4)	No
51	153	U19 Mens 4x50m Obstacle Relay(Day 1)	Male	Yes (4)	No
52	253	U19 Womens 4x50m Obstacle Relay(Day 1)	Female	Yes (4)	No
53	154	Open Mens 4x50m Obstacle Relay(Day 1)	Male	Yes (4)	No
54	254	Open Womens 4x50m Obstacle Relay(Day 1)	Female	Yes (4)	No
55	107	Masters Mens 100m Swim with Obstacles(Day 1)	Male	No	No
56	207	Masters Womens 100m Swim with Obstacles(Day 1)	Female	No	No
57	146	Open Mens Line Throw (Day 1)	Male	Yes (2)	No
58	246	Open Womens Line Throw (Day 1)	Female	Yes (2)	No
59	145	U19 Mens Line Throw (Day 1)	Male	Yes (2)	No
60	245	U19 Womens Line Throw (Day 1)	Female	Yes (2)	No
61	143	U16 Mens Line Throw (Day 1)	Male	Yes (2)	No
62	243	U16 Womens Line Throw (Day 1)	Female	Yes (2)	No
63	147	Masters Mens Line Throw (Day 1)	Male	Yes (2)	No
64	247	Masters Womens Line Throw (Day 1)	Female	Yes (2)	No



65	175	Open Mens 100m Manikin Carry with Fins (Day 1)	Male	No	No
66	275	Open Womens 100m Manikin Carry with Fins (Day 1)	Female	No	No
67	182	U11 Mens 50m Rescue Medley	Male	No	No
68	282	U11 Womens 50m Rescue Medley	Female	No	No
69	183	U12 Mens 50m Rescue Medley	Male	No	No
70	283	U12 Womens 50m Rescue Medley	Female	No	No
71	184	U13 Mens 50m Rescue Medley	Male	No	No
72	284	U13 Womens 50m Rescue Medley	Female	No	No
73	185	U14 Mens 50m Rescue Medley	Male	No	No
74	285	U14 Womens 50m Rescue Medley	Female	No	No
75	186	U16 Mens 100m Rescue Medley	Male	No	No
76	286	U16 Womens 100m Rescue Medley	Female	No	No
77	187	U19 Mens 100m Rescue Medley	Male	No	No
77	287	U19 Womens 100m Rescue Medley	Female	No	No
79	188	Open Mens 100m Rescue Medley	Male	No	No
80	288	Open Womens 100m Rescue Medley	Female	No	No
81	174	Open Mens 4x50m Medley Relay	Male	Yes (4)	No
82	274	Open Womens 4x50m Medley Relay	Female	Yes (4)	No
83	322	Open Mixed 4x50m Medley Relay	Open	Yes (4)	No
84	173	U19 Mens 4x50m Medley Relay	Male	Yes (4)	No
85	273	U19 Womens 4x50m Medley Relay	Female	Yes (4)	No
86	172	U16 Mens 4x50m Medley Relay	Male	Yes (4)	No
87	272	U16 Womens 4x50m Medley Relay	Female	Yes (4)	No
88	171	U14 Mens 4x50m Medley Relay	Male	Yes (4)	No
89	271	U14 Womens 4x50m Medley Relay	Female	Yes (4)	No
90	321	U14 Mixed 4x50m Medley Relay	Open	Yes (4)	No
91	170	U12 Mens 4x50m Medley Relay	Male	Yes (4)	No
92	270	U12 Womens 4x50m Medley Relay	Female	Yes (4)	No
93	320	U12 Mixed 4x50m Medley Relay	Open	Yes (4)	No
94	130	U11 Mens 50m Brick Carry without Fins	Male	No	No
95	230	U11 Womens 50m Brick Carry without Fins	Female	No	No
96	131	U12 Mens 50m Brick Carry without Fins	Male	No	No
97	231	U12 Womens 50m Brick Carry without Fins	Female	No	No
230	132	U13 Mens 50m Brick Carry without Fins	Male	No	No
240	232	U13 Womens 50m Brick Carry without Fins	Female	No	No

250	133	U14 Mens 50m Brick Carry without Fins	Male	No	No
260	233	U14 Womens 50m Brick Carry without Fins	Female	No	No
270	136	U16 Mens 50m Manikin Carry without Fins	Male	No	No
280	236	U16 Womens 50m Manikin Carry without Fins	Female	No	No
290	137	U19 Mens 50m Manikin Carry without Fins	Male	No	No
300	237	U19 Womens 50m Manikin Carry without Fins	Female	No	No
320	234	Open Womens 50m Manikin Carry without Fins	Female	No	No
321	134	Open Mens 50m Manikin Carry without Fins	Male	No	No
741	323	6x50 Mega Relay (Day 2)	Open	Yes (6)	No