



2016 Capital Coast Pool Interclub

Date:	Sunday 28th August 2016
Time:	9am to 12pm
Venue:	Coastlands Aquatic Centre, 10 Brett Ambler Way, Paraparaumu
Entry Fee:	\$10 per competitor
Timekeepers Meeting:	8.45am
Athlete Warm up:	9.00am to 9.15am
Racing Starts:	9.25am

Event Rules

This Pool Competition will be conducted under the rules as published in the SLSNZ Pool Championships Competition Manual. The SLSNZ Pool Championships Rule Book (25m Pool Version), applies to this event. Copies of the rule book can be obtained [here](#).

Please note: there will be no Manikin events.

Age

A competitor's age group is determined by their age as of the day of the event. For example, if you are 13 on the 28th August 2016, you will race in the U14 age group. There are seven age categories for this Pool Champs: U10, U12, U14, U16, U19, Open and Masters. Masters are age 30 and over.

Competitors may only compete in **ONE age class** per event this applies to teams and individual events. Swimmers can compete up in all classes - individual and relays except Masters.

Minimum age: 8 years

Time Keepers

A large number of time keepers are needed for this event. Each competing club will be expected to supply 3 time keepers.

Lifeguards

In pool lifeguards are required to ensure the successful running of this event. These guards are required to move around gear and help set and reset the lanes. As such, each competing Surf Club will be required to supply two (2) lifeguards during the competition.

Points:

Points will not be allocated at this event. Individual times will be recorded and supplied to clubs. Fun spot prizes will be given out throughout the event.

Entries: Entries open **Friday 29 July** and close **Monday 15 August**. Clubs will be invoiced for entries after they close. **Note:** There will be no tube rescue event for U10. The organiser reserves the right to alter the program and event run time based on entries. Races may be combined where entries allow.

Event # 1 - U10 - 50m swim with obstacles	Event # 20 - U10 50m Swim with Fins
Event # 2 - U12 - 50m swim with obstacles	Event # 21 - U12 50m Swim with Fins
Event # 3 - U14 - 100m swim with obstacles	Event # 22 - U14 50m Swim with Fins
Event # 4 - U16 - 100m swim with obstacles	Event # 23 - U16 50m Swim with Fins
Event # 5 - U19 - 100m swim with obstacles	Event # 24 - U19 50m Swim with Fins
Event # 6 - Open - 100m swim with obstacles	Event # 25 - Open 50m Swim with Fins
Event # 7 - Masters - 100m swim with obstacles	Event # 26 - Masters 50m Swim with Fins
All Relays - any gender / mixed	No rescue event for U10s
Event # 8 - U10 /12 4 x 25m Obstacle Relay	Event # 27 - U12 50m Tube Swim with Patient and Fins
Event # 9 - U14 4 x 25m Obstacle Relay	Event # 28 - U14 50m Tube Swim with Patient and Fins
Event # 10 - U16 4 x 25m Obstacle Relay	Event # 29 - U16 100m Tube Swim with Patient and Fins
Event # 11 - U19 4 x 25m Obstacle Relay	Event # 30 - U19 100m Tube Swim with Patient and Fins
Event # 12 - Open 4 x 25m Obstacle Relay	Event # 31 - Open 100m Tube Swim with Patient and Fins
Event # 13 - U10 50m Brick Carry without Fins	All Relays - any gender / mixed
Event # 14 - U12 50m Brick Carry without Fins	Event # 32 U10/12 4x 25m Medley Relay
Event # 15 - U14 50m Brick Carry without Fins	Event # 33 U14 4x 25m Medley Relay
Event # 16 - U16 50m Brick Carry without Fins	Event # 34 U16 4x 25m Medley Relay
Event # 17 - U19 50m Brick Carry without Fins	Event # 35 U19 4x 25m Medley Relay
Event # 18 - Open 50m Brick Carry without Fins	Event # 36 Open 4x 25m Medley Relay
Event # 19 - Masters 50m Brick Carry without Fins	

Event Descriptions

The following is a brief description of each event for entry purposes.

Swim with Obstacles (50m, 100m)

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

4x25m Obstacle Relay

Four competitors swim 25m freestyle each passing under one (1) immersed obstacle.

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.

50m Swim with Fins

The competitor swims 50m freestyle with fins.

50m Tube with Patient and Fins

The rescuer swims 25m 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 25m where the patient must stay on their back but may assist the tow by kicking and sculling under the water.



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100m Tube with Patient and Fins

The rescuer swims 75m freestyle after completion of the (3rd lap) the swimmer 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 25m where the patient must stay on their back but may assist the tow by kicking and sculling under the water.

4x25m Medley Relay

The first competitor swims 25m freestyle without fins. The second competitor swims 25m freestyle with fins. The third competitor swims 25m 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 25m by the fourth competitor to the finish.