



SURF LIFE SAVING



Capital Coast Pool Interclub

Date: Sunday 29 July 2018
Venue: Coastlands Aquatic Centre
Address: 10 Brett Ambler Way, Paraparaumu
Entries close: Monday 23 July 8:00am
Cost: \$10 per competitor (this covers all events entered)
Late entries \$25 per competitor

Session Times

Surf Officials Meeting : 8:30am
Timekeepers Meeting: 8:30am
Team Managers Meeting: 8:45am
Warm up: 8:30am – 8:50am
Racing begins: 9:00am
Racing ends: 12:30pm

Event Entry Process

Entries are made by using the SLSNZ Online Event Entry System. To access the EnterNow system please follow this [link](#) and use your club allocated password details as sent to the club administrators.

Please note:

- **We ask clubs to only enter athletes in events that they intend on competing in.**
- **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.
- **Entering Teams:** You must enter the required number of people as specified for team events otherwise your entry in that event will not be accepted.

All entry fees will be calculated via the online entry system following the close of entries and your club will be invoiced directly. The entry system allows clubs to download a quote for the event to use as reference which can be found at the bottom of the event entry page.

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.

In it for life



1. Current Members (i.e. must not be stored in the 'Last Season Members' or 'Historical Members' folder on the PAM Database).
2. Have a DOB recorded on the PAM Database.
3. 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)

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

Age

The NZ Pool Events programme is 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 30 September 2018. This is to allow athletes to remain in the same age group for the entire season.

For example, if you are 14 on 30 of September 2018, 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 9 years or older before midnight 30 September 2018 to be eligible to compete in this event.
2. Masters must be aged 30 years or older before midnight 30 September 2018 to be eligible to compete in that age group.
3. Competitors (individual and team events) may compete in age groups as detailed below:
 - U10 may compete only in U10 events
 - U11/U12 may compete only in U12 events
 - U13/U14 may compete only in U14 events
 - U16 may compete in U16, U19 and Open events
 - U19 may compete in U19 and Open events
 - Open may compete only 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.

Time Keepers and Water Crew

A large number of time keepers and water crew are required to ensure the successful running of the event. As such, each competing club will be required to supply timekeepers and water crew for the event. The exact number of these will be communicated to you after the close of entries and will be decided based on the number of entries from your club.

Event Rules and Events Contested

Pool Competitions 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.

The SLSNZ Pool Competition Manual, 25m Pool, Short Distance Events, applies to this event.

Copies can be obtained [here](#).

From this point forward, information will only be sent to those listed as the Team Manager during the entry process, however the latest information will also be available on the NZ Events Calendar section of the SLSNZ website at www.surflifesaving.org.nz/calendar.

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

Kind regards,

Richard Whinham
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Surf Life Saving New Zealand
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Programme of Events

Age		Events	Competitors
Under 10	Male	25m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Female	25m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Mixed	4 x 25m Obstacle Relay	4
UNDER 12	Male	50m Patient Tow with Fins	2
		25m Brick Carry	1 *
		25m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Female	50m Patient Tow with Fins	2
		25m Brick Carry	1 *
		25m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Mixed	4 x 25m Medley Relay	4
		4 x 25m Obstacle Relay	4
UNDER 14	Male	50m Patient Tow with Fins	2
		25m Brick Carry	1 *
		25m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Female	50m Patient Tow with Fins	2
		25m Brick Carry	1 *
		25m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Mixed	4 x 25m Medley Relay	4
		4 x 25m Obstacle Relay	4
UNDER 16	Male	50m Manikin Tow with Fins	1 *
		25m Manikin Carry	1 *
		25m Swim with Fins	1 *
		100m Swim with Obstacles	1 *
	Female	50m Manikin Tow with Fins	1 *
		25m Manikin Carry	1 *
		25m Swim with Fins	1 *
		100m Swim with Obstacles	1 *
	Mixed	4 x 25m Medley Relay	4
		4 x 25m Obstacle Relay	4

UNDER 19	Male	50m Manikin Tow with Fins	1 *
		25m Manikin Carry	1 *
		25m Swim with Fins	1 *
		100m Swim with Obstacles	1 *
	Female	50m Manikin Tow with Fins	1 *
		25m Manikin Carry	1 *
		25m Swim with Fins	1 *
		100m Swim with Obstacles	1 *
	Mixed	4 x 25m Obstacle Relay	4
		4 x 25m Medley Relay	4
OPEN	Male	50m Manikin Tow with Fins	1 *
		25m Manikin Carry	1 *
		25m Swim with Fins	1 *
		100m Swim with Obstacles	1 *
	Female	50m Manikin Tow with Fins	1 *
		25m Manikin Carry	1 *
		25m Swim with Fins	1 *
		100m Swim with Obstacles	1 *
	Mixed	4 x 25m Medley Relay	4
		4 x 25m Obstacle Relay	4
MASTERS	Male	50m Manikin Tow with Fins	1 *
		25m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Female	50m Manikin Tow with Fins	1 *
		25m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Mixed	4 x 25m Obstacle Relay	4