



SURF LIFE SAVING



Central Regional Pool Championships

Date: Saturday 21 September
Venue: Lido Aquatic Centre (25m Pool)
Address: Park Road, Palmerston North
Entries close: Monday 9 September 2019 8:00am
Cost: \$25 per competitor – this includes pool entry
\$10 per substitute
Late entries \$40 per competitor

Session Times

Pool entry: 12.00pm
Surf Officials Meeting: 12.10pm
Warm up: 12.15pm
Team Managers Meeting: 12.20pm
Timekeepers Meeting: 12.30pm
Racing begins: 1.00pm

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.

In it for life



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

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)
4. Team substitutes must be registered in some capacity in the event using the substitution event entry name.

Please Note:

- It is not a requirement of the event that competitors hold their Surf Lifeguard Award.
- 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 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 2019. 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 2019, 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 old before midnight 30 September 2019 to be eligible to compete in the Pool Championships.
2. Masters must be aged 30 years or older before midnight 30 September 2019 to be eligible to compete in that age group.
3. Competitors (individual and team events) may compete in age groups as detailed below:
 - U11 may compete only in U11 events
 - U12 may compete only in U12 events
 - U13 may compete only in U13 events
 - 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.

Team Substitutes

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 the Substitutes event. This is to allow fairness to all by ensuring that all eligibility criteria are met.

Please Note:

Event substitutes are charged \$10.00 entry fee per competitor (GST inclusive).

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

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 people to fill these positions. On close of entries, clubs will be emailed the exact number of time keepers and water crew they will be required to supply. The number your club will require will be based on total number of entries that your club has.

Event Rules and Events Contested

A copy of the NZ Pool Competition Manual which contains detailed information about the rules and the events that will be contested at the 2019 event can be found [here](#). The 2019 Central Regional Pool Championships will be conducted under the rules as published in the NZ Pool Competition Manual, 25m Pool – Full Distance Events (Updated May 2017). This manual is based upon the International Life Saving (ILS) World Championship Rules.

Points Score

The following points will be awarded for **all** Surf Life Saving events for the purpose of awarding top club honours.

- a. Individual Event points awarded are: 3 points for first, 2 points for second, 1 point for third
- b. Team Event points awarded are: 5 points for first, 3 points for second, 1 point for third

Ribbon and Medal Presentation

Ribbons will be awarded to all place getters in each event. To save time ribbons will be presented throughout the day as time allows. Final medal presentations for the top athlete in each age group will be done at the conclusion of racing.

After close of entries, information will only be sent to those listed as the Team Manager on Entry Spreadsheet, 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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Age	Events	Competitors	
UNDER 11	Male	50m Brick Carry	1 *
		50m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Female	50m Brick Carry	1 *
		50m Swim with Fins	1 *
		50m Swim with Obstacles	1 *

UNDER 12	Male	100m Patient Tow with Fins	2	
		50m Brick Carry	1 *	
		50m Swim with Fins	1 *	
		50m Swim with Obstacles	1 *	
		200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	
	Female	100m Patient Tow with Fins	2	
		50m Brick Carry	1 *	
		50m Swim with Fins	1 *	
		50m Swim with Obstacles	1 *	
		200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	
Mixed	200m 4 x 50m Medley Relay	4		
	200m 4 x 50m Obstacle Relay	4		
UNDER 13	Male	50m Brick Carry	1 *	
		50m Swim with Fins	1 *	
		100m Swim with Obstacles	1 *	
	Female	50m Brick Carry	1 *	
		50m Swim with Fins	1 *	
100m Swim with Obstacles		1 *		
UNDER 14	Male	100m Patient Tow with Fins	2	
		50m Brick Carry	1 *	
		50m Swim with Fins	1 *	
		100m Swim with Obstacles	1 *	
		200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	
	Female	100m Patient Tow with Fins	2	
		50m Brick Carry	1 *	
		50m Swim with Fins	1 *	
100m Swim with Obstacles		1 *		

		200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	
	Mixed	200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	
UNDER 16	Male	100m Manikin Tow with Fins	1 *	
		50m Manikin Carry	1 *	
		50m Swim with Fins	1 *	
		200m Swim with Obstacles	1 *	
		200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	
	Female	100m Manikin Tow with Fins	1 *	
		50m Manikin Carry	1 *	
		50m Swim with Fins	1 *	
		200m Swim with Obstacles	1 *	
		200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	
	Mixed	200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	
	UNDER 19	Male	100m Manikin Tow with Fins	1 *
			50m Manikin Carry	1 *
			50m Swim with Fins	1 *
200m Swim with Obstacles			1 *	
200m 4 x 50m Medley Relay			4	
200m 4 x 50m Obstacle Relay			4	
Female		100m Manikin Tow with Fins	1 *	
		50m Manikin Carry	1 *	
		50m Swim with Fins	1 *	
		200m Swim with Obstacles	1 *	
		200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	

	Mixed	200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	
OPEN	Male	100m Manikin Tow with Fins	1 *	
		50m Manikin Carry	1 *	
		50m Swim with Fins	1 *	
		200m swim with Obstacles	1 *	
		200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	
	Female	100m Manikin Tow with Fins	1 *	
		50m Manikin Carry	1 *	
		50m Swim with Fins	1 *	
		200m Swim with obstacles	1 *	
		200m 4 x 50m Medley Relay	4	
		200m 4 x 50m Obstacle Relay	4	
Mixed	200m 4 x 50m Medley Relay	4		
	200m 4 x 50m Obstacle Relay	4		
MASTERS	Male	100m Manikin Tow with Fins	1 *	
		50m Swim with Fins	1 *	
		100m Swim with Obstacle	1 *	
	Female	100m Manikin Tow with Fins	1 *	
		50m Swim with Fins	1 *	
		100m Swim with Obstacle	1 *	
Mixed	200m 4 x 50m Obstacle Relay (all ages)	4		