



# Capital Coast JUNIOR Pool Interclub

**Date:** 4<sup>th</sup> September 2022  
**Venue:** Coastlands Aquatic Centre  
**Address:** 10 Brett Amber Way, Paraparaumu 5032  
**Time:** 0900 onwards  
**Cost:** \$10 per competitor (this covers all events entered)

Surf Officials Meeting : 9:15am  
Team Managers Meeting: 9:30am  
Timekeepers Meeting: 9:45am  
Warm up: 9:15am – 10:00am  
Racing begins: 10:00am  
Racing ends: 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.

**Entries close Friday 2<sup>nd</sup> September 2022 – 1000**

### 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. Any athlete that shows up and races but is not entered will be invoiced as a late entry.

## 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.

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## 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 2022. 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 2020, you are not eligible to race in the U14 age group and will be in the U15 age group.

### Please Note:

1. All competitors must be aged 9 years or older before midnight 30 September 2019 to be eligible to compete in this event.
  2. 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
  3. **Competitors can only compete in any event once** (individual and team events), for example an U12 competitor wishing to compete in the 50m with Fins may only compete in the U12 age group event.
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## 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](http://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.

Cheers,

Troy Greenem

# CONTACT

**Troy Greenem** – Sports Manager – Central Region  
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## Programme of Events

Age		Events	Competitors
Under 10	Male	50m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Female	50m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
UNDER 12	Male	50m Patient Tow with Fins	2
		50m Brick Carry	1 *
		50m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Female	50m Patient Tow with Fins	2
		50m Brick Carry	1 *
		50m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Mixed (U12 – U8)	4 x 25m Medley Relay	4
		4 x 25m Obstacle Relay	4
UNDER 14	Male	50m Patient Tow with Fins	2
		50m Brick Carry	1 *
		50m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Female	50m Patient Tow with Fins	2
		50m Brick Carry	1 *
		50m Swim with Fins	1 *
		50m Swim with Obstacles	1 *
	Mixed	4 x 25m Medley Relay	4
		4 x 25m Obstacle Relay	4