

SLSNZ High Performance Squad - Pool Rescue Times Guide July 2023

Events	Proposed NZ Youth Benchmark Squad Times	16th Place (8th in B Final) LWC 22	9th Place (Winning B Final Time) LWC 22	1st Place LWC 22
Male				
50m Carry	36.00	33.36	32.13	29.68
100m Carry	56.00	53.26	50.29	47.04
100m Tow	1.00.00	1.01.34	54.97	50.57
Rescue Medley	1.14.00	1.12.75	1.06.36	1.00.68
200m Obs	2.12.00	2.10.36	2.04.18	1.57.06
200m Super	2.35.00	2.28.96	2.14.47	2.07.07
Line Throw	15.00		14.00	11.05
Female				
50m Carry	40.00	41.40	37.61	35.86
100m Carry	1.03.00	1.00.61	56.16	53.22
100m Tow	1.05.00	1.06.81	1.00.57	58.67
Rescue Medley	1.20.00	1.19.57	1.14.96	1.11.83
200m Obs	2.20.00	2.23.11	2.18.35	2.05.74
200m Super	2.40.00	2.43.78	2.33.27	2.26.14
Line Throw	15.00		16.79	12.80

IMPORTANT NOTES:

- These guide times are specifically not part of the selection policy, however the times can be used by athletes, coaches and selectors to contextualise pool performances.
- These guide times provided are a guide only, to assist athletes and coaches to understand and work toward internationally competitive pool rescue times.
- These guide pool times are based on Life Saving World Championships youth data only
- It is highly recommended for youth athletes wishing to specialise in Pool Rescue, that you should look to meet 3 or more guide times in different events.
- However, achieving multiple guide times does not guarantee selection to the HP Squad or NZ Teams. Comparison of performance with other eligible athletes and international performance times, among other criteria are taken into consideration for selections, as per current SLSNZ selection policy.
- When considering performance planning and goals, athletes and coaches should be familiar with event rules (e.g. LWC, German Cup), the current ILS Competition Rule Book (for each race type) and, if available/relevant, information regarding NZ team purpose.

References

- SLSNZ Selection Policy: <https://www.surflifesaving.org.nz/sport/high-performance/high-performance-programmes/athlete-selections>
- ILS Competition rule book: <https://www.ilsf.org/lifesaving-sport/rules/>

