



SURF LIFE SAVING[®]
NEW ZEALAND



EVENT CIRCULAR

2023 SOUTHERN REGION
POOL RESCUE
CHAMPIONSHIPS

Saturday 9th September
Jellie Park Recreation and Sport Centre



ENTRY INFORMATION

Details:

Date:	Saturday 9 th September, 2023
Venue:	Jellie Park Recreation and Sports Centre
Address:	295 Ilam Road, Burnside
Time:	Saturday – 10:00am racing starts
Entries Close:	Monday 4 th September 2023, 11:00am
Entry Fee:	Entry fees for this event will be as follows (GST Inclusive) \$40.00 per competitor (This covers all events entered)

Eligibility of Competitors: Please see Section 2.2 of the SLSNZ Surf Sport Competition Manual for a comprehensive breakdown of eligibility criteria.

Note: There is a 200-person cap per session (200 juniors and 200 seniors) due to fire restrictions. This will be on a first in first served basis.

Note: Competitors can only enter one age group per event. E.g. an U19 competitor cannot do the U19 200m Swim with Obstacles and the Open 200m Swim with Obstacles.

At all times the latest information for this event will be available on the SLSNZ Events Calendar section of the SLSNZ website. [Event Information Here](#)

This document provides you with all the information you need to know in order to enter this event. While it contains the typical logistical information surrounding the event, it also incorporates very important details that a parent and/or guardian must be aware of before entering their child into this event.

Know Your Rules:

This event will be conducted under the rules contained in the following documents.

[SLSNZ Surf Sport Competition Manual](#), including any additional amendments as detailed on the website and any additional requirements as communicated by the Event Management Committee. Please note that the Manual has recently been updated to the 10th Edition.

Additionally, members entering this event are bound by the following rules:

- [SLSNZ Constitution](#)
- [SLSNZ Regulations](#)
- [SLSNZ Code of Conduct](#) (Note: The Event Management Committee reserve the right to exclude competitors from further competition for poor or 'un-sportsman like' behavior. This also applies to parents, managers and supporters)
- [Drug Free Sport New Zealand](#)
- [SLSNZ Sport Policies](#)

Copies of these documents are available from the SLSNZ website.

Age Groups:

The NZ Pool Events programme are scheduled before the Beach based events for the current season. This means that this event will be raced as the first event of the 2023/24 Surf Season. Age group is determined by the competitor's age at midnight on 30th September 2023. For example, if you were 19 on the 30th of September 2023, you are not eligible to compete in the Under 19 division.

All though this event is four days before the season rollover, competitors will compete in the age group they will compete in for the 2022/2023 season.

Age Groups for the 2023 Southern Region Pool Rescue Championships include:

- U10 (Male & Female)
- U11 (Male & Female)
- U12 (Male & Female)
- U13 (Male & Female)
- U14 (Male & Female)
- U15 (Male & Female)
- U17 (Male & Female)
- U19 (Male & Female)
- Open (Male & Female)
- Masters (Male & Female)

This event allows the inclusion of U10 athletes to allow greater club inclusion for racing. This is an exception to the National Pool Rules, and U10 athletes **WILL NOT** be allowed to race at National Events. U10 Races will be 25m.

Team Substitutes:

All team substitutes must be registered in some capacity in the competition. This is to ensure compliance with event entry eligibility requirements.

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.

- a) Current Members (i.e. must not be stored in the 'Last Season Members' or 'Historical Members' folder on the PAM Database.
- b) Must have the "Membership Form Received" by SLSNZ. (indicated by a 'tick box' at the top of the individual's membership tab)
- c) Have a DOB recorded on the PAM Database.
- d) 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)
- e) Team substitutes must be registered in some capacity in the event (see notes below)

- f) It is not a requirement of the event that competitors hold the Surf Lifeguard Award. But they need to be a member of the club they wish to compete for.

Time Keepers:

Time keepers are required to ensure the successful running of these pool rescue interclub events. We require 16 timekeepers to cover each session.

As such, each competing club will be required to supply timekeepers during some if not all of the sessions. On close of entries clubs will be emailed the exact session times and the number of time keepers they will require. The number your club will require will be based on total number of entries and the number of entries that your club has. Penalties will be imposed to those clubs who fail to meet this requirement.

Seating Plan:

At the closing of entries, a seating plan will be emailed out to all team managers. Please note that seating is limited and may not accommodate all athletes and spectators.

Event Rules:

The Christchurch Pool Interclub will be conducted under the rules as published in the SLSNZ 25m Full Distance Pool Competition Manual. This manual is based upon the International Life Saving (ILS) World Championship Rules. [25M Pool Rescue Manual](#)

POINTS SCORE

The following points will be awarded for each individual and team race.

Events	1 st Place	2 nd Place	3 rd Place
Individual Events	3	2	1
Team Events	5	3	1

Pool Rescue Updates:

Several updates have been made for Pool Rescue events leading into the 2023-2024 season, including updates on

- Fins
- Team Events
- Competing Divisions
- Individual Event Updates

Refer here:

<https://www.surflifesaving.org.nz/media/997587/2023-pool-rescue-competition-updates-310523.pdf>

Event Descriptions:

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

Please consult the New Zealand Pool Championships Competition Manual for a full break down of all event general conditions and specific event rules and regulations.

Swim with Obstacles (25, 50m, 100m, 200m)

The competitor swims the prescribed distance in freestyle during which he/she swims under one (1) immersed obstacle per 25m.

100m Tube Patient Tow with Fins (U14 & U12)

The patient will swim 50m freestyle and upon touching the turn wall and raising their hand, the 'rescuer' will swim 25m freestyle with fins and rescue tube to pick up the patient, clip them into the tube and return to the start.

100m Manikin Tow with Fins

The competitor swims 75m freestyle with fins and rescue tube. After touching the turning edge, the competitor secures the rescue tube around a manikin floating at the surface and tows it to the finish

100m Manikin Carry with Fins

The competitor swims 75m freestyle wearing fins and then dives to recover a submerged manikin to the surface within 10m of the turning edge. The competitor carries the manikin to the finish edge of the pool.

100m Rescue Medley

The competitor swims 75m freestyle to turn, dive and swim underwater to a submerged manikin located at 12.5m from the wall. The competitor surfaces the manikin within the 5m pick up line and then carries it the remaining distance to touch the finish wall.

25m/50m Swim with Fins

The competitor swims 25/50m freestyle with fins.

50m Manikin Carry without Fins

The competitor swims 25m freestyle and then dives to recover a submerged manikin to the surface within 5m of the pick-up line. The competitor then carries the manikin to the finish edge of the pool.

50m Brick Carry without Fins

The competitor swims 30/35m 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 Rescue Medley (U11, U12 & U13)

The competitor swims 25m freestyle to turn, dive and swim underwater to a submerged brick located at 12.5m from the wall. The competitor surfaces the brick within the 5m pick up line and then carries it the remaining distance to touch the finish wall. **This is completed with fins.**

50m Rescue Medley (U14)

The competitor swims 25m freestyle to turn, dive and swim underwater to a submerged brick located at 12.5m from the wall. The competitor surfaces the brick within the 5m pick up line and then carries it the remaining distance to touch the finish wall. **This is completed without fins.**

Line Throw

In this timed event, the competitor throws an un weighted line to a fellow team member located in the water approximately 12.5m distant and pulls this "victim" back to the poolside.

4x25m Obstacle Relay

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

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.

6x 25 Super Mega Relay (two extra swimmers as per the 25m Rule Book)

The first competitor swims 25m freestyle without fins. The second competitor swims 25m freestyle with fins. The third competitor swims 25m freestyle without fins. The fourth competitor swims 25m freestyle with fins. The fifth competitor swims 25m freestyle without fins. The sixth competitor swims 25m freestyle with fins.

Seniors consists of 1 x Open Male, 1 x Open Female, 1 x U19 Male, 1 x U19 Female, 1 x U17 Male, 1 x U17 Female.

Juniors consists of 3 x Male and 3 x Female

PROGRAMME INFORMATION

Events

The following events and divisions will be held at the competition (listed in no particular order).

Individual Events:	Age Group:	Gender:
25m Swim with Obstacles	U10	Male and Female
50m Swim with Obstacles	U11 and U12	Male and Female
100m Swim with Obstacles	U13, U14, U15 and Masters	Male and Female
200m Swim with Obstacles	U17, U19, and Open	Male and Female
100m Manikin Tow with Fins	U15, U17, U19, Open and Masters	Male and Female
25 Swim with Fins	U10	Male and Female
50m Swim with Fins	U11, U12, U13, U14, U15, U17, U19, Open and Masters	Male and Female
50m Rescue Medley (brick)	U11, U12, U13 and U14	Male and Female
50m Rescue Medley (manikin)	U15	Male and Female
100m Rescue Medley (manikin)	U17, U19, Open	Male and Female
50m Brick Carry without Fins	U11, U12, U13 and U14	Male and Female
50m Manikin Carry without Fins	U15, U17, U19, Open and Masters	Male and Female
100m Manikin Carry with Fins	U15, U17, U19 and Open	Male and Female
Team Events:	Age Group:	Gender:
Line Throw	U17, U19, Open and Masters	Male and Female
4 x 25m Obstacle Relay	U12, U14, U17, U19, Open and Masters	Mixed
4 x 25m Brick Relay	U12 and U14	Mixed
4 x 25m Manikin Relay	U17, U19, Open and Masters	Mixed
4 x 25m Medley Relay	U12, U14, U17, U19, Open and Masters	Mixed
6 x 25m Mega Relay	Junior (U14) and Open	Mixed
100m Patient Tow with Fins	U12 and U14	Male and Female

Event Programming:

The Draft Programme can be found below. Please note that the Draft Programme is subject to change due to a dependence upon the number of entries.

Saturday 9th September – Key Times:

Team Managers Meeting:	9:20am
Surf Officials Meeting:	9:30am
Warm Up Starts:	9:30am
Racing Starts:	10:00am
Approx. Finish Time:	4:00pm

Event Number	Senior Events
1	Under 15 Male – 50m Swim with Fins
2	Under 15 Female – 50m Swim with Fins
3	Under 17 Male – 50m Swim with Fins
4	Under 17 Female – 50m Swim with Fins
5	Under 19 Male – 50m Swim with Fins
6	Under 19 Female – 50m Swim with Fins
7	Open Male – 50m Swim with Fins
8	Open Female – 50m Swim with Fins
9	Masters Male – 50m Swim with Fins
10	Masters Female – 50m Swim with Fins
11	Under 17 Mixed – 4 x 50m Medley Relay
12	Under 19 Mixed – 4 x 50m Medley Relay
13	Open Mixed – 4 x 50m Medley Relay
14	Masters Mixed – 4 x 50m Medley Relay
Set Up	
15	Under 15 Male – 100m Manikin Tow with Fins
16	Under 15 Female – 100m Manikin Tow with Fins
17	Under 17 Male – 100m Manikin Tow with Fins
18	Under 17 Female – 100m Manikin Tow with Fins
19	Under 19 Male – 100m Manikin Tow with Fins
20	Under 19 Female – 100m Manikin Tow with Fins
21	Open Male – 100m Manikin Tow with Fins
22	Open Female – 100m Manikin Tow with Fins
23	Masters Male – 100m Manikin Tow with Fins
24	Masters Female – 100m Manikin Tow with Fins
Set Up	
25	Under 15 Male – 50m Rescue Medley Manikin
26	Under 15 Female – 50m Rescue Medley Manikin
27	Under 17 Male – 100m Rescue Medley Manikin
	Under 19 Male – 100m Rescue Medley Manikin
	Open Male – 100m Rescue Medley Manikin
28	Under 17 Female – 100m Rescue Medley Manikin

	Under 19 Female – 100m Rescue Medley Manikin
	Open Female – 100m Rescue Medley Manikin
Set Up	
29	Under 15 Male – 50m Manikin Carry
30	Under 15 Female – 50m Manikin Carry
31	Under 17 Male – 50m Manikin Carry
32	Under 17 Female – 50m Manikin Carry
33	Under 19 Male – 50m Manikin Carry
34	Under 19 Female – 50m Manikin Carry
35	Open Male – 50m Manikin Carry
36	Open Female – 50m Manikin Carry
37	Masters Male – 50m Manikin Carry
38	Masters Female – 50m Manikin Carry
Set Up	
39	Under 15 Male – 100m Manikin Carry with Fins
	Under 17 Male – 100m Manikin Carry with Fins
	Under 19 Male – 100m Manikin Carry with Fins
	Open Male – 100m Manikin Carry with Fins
40	Under 15 Female – 100m Manikin Carry with Fins
	Under 17 Female – 100m Manikin Carry with Fins
	Under 19 Female – 100m Manikin Carry with Fins
	Open Female – 100m Manikin Carry with Fins
41	Under 17 Mixed – 4 x 25m Manikin Relay
42	Under 19 Mixed – 4 x 25m Manikin Relay
43	Open Mixed – 4 x 25m Manikin Relay
44	Open Mixed – 6 x 50m Mega Relay
Set Up	
45	Under 15 Male – 100m Swim with Obstacles
46	Under 15 Female – 100m Swim with Obstacles
47	Under 17 Male – 200m Swim with Obstacles
48	Under 17 Female – 200m Swim with Obstacles
49	Under 19 Male – 200m Swim with Obstacles
50	Under 19 Female – 200m Swim with Obstacles
51	Open Male – 200m Swim with Obstacles
52	Open Female – 200m Swim with Obstacles
53	Masters Male – 100m Swim with Obstacles
54	Masters Female – 100m Swim with Obstacles
55	Under 17 Mixed – 4 x 50m Obstacle Relay
56	Under 19 Mixed – 4 x 50m Obstacle Relay
57	Open Mixed – 4 x 50m Obstacle Relay
58	Masters Mixed – 4 x 50m Obstacle Relay
59	Under 17 Male – Line Throw
60	Under 17 Female – Line Throw
61	Under 19 Male – Line Throw

62	Under 19 Female – Line Throw
63	Open Male – Line Throw
64	Open Female – Line Throw
65	Masters Male – Line Throw
66	Masters Female – Line Throw
Event Number	Junior Events
67	Under 14 Male – 100m Swim with Obstacles
68	Under 14 Female – 100m Swim with Obstacles
69	Under 13 Male – 100m Swim with Obstacles
70	Under 13 Female – 100m Swim with Obstacles
71	Under 12 Male – 50m Swim with Obstacles
72	Under 12 Female – 50m Swim with Obstacles
73	Under 11 Male – 50m Swim with Obstacles
74	Under 11 Female – 50m Swim with Obstacles
75	Under 10 Male – 25m Swim with Obstacles
76	Under 10 Female – 25m Swim with Obstacles
77	Under 14 Mixed – 4 x 25m Obstacle Relay
78	Under 12 Mixed – 4 x 25m Obstacle Relay
Set Up	
79	Under 14 Male – 50m Swim with Fins
80	Under 14 Female – 50m Swim with Fins
81	Under 13 Male – 50m Swim with Fins
82	Under 13 Female – 50m Swim with Fins
83	Under 12 Male – 50m Swim with Fins
84	Under 12 Female – 50m Swim with Fins
85	Under 11 Male – 50m Swim with Fins
86	Under 11 Female – 50m Swim with Fins
87	Under 10 Male – 25m Swim with Fins
88	Under 10 Female – 25m Swim with Fins
89	Under 14 Mixed – 4 x 25m Medley Relay
90	Under 12 Mixed – 4 x 25m Medley Relay
Set Up	
91	Under 14 Male – 50m Brick Carry
92	Under 14 Female – 50m Brick Carry
93	Under 13 Male – 50m Brick Carry
94	Under 13 Female – 50m Brick Carry
95	Under 12 Male – 50m Brick Carry
96	Under 12 Female – 50m Brick Carry
97	Under 11 Male – 50m Brick Carry
98	Under 11 Female – 50m Brick Carry
99	Under 14 Mixed – 4 x 25m Brick Relay
100	Under 12 Mixed – 4 x 25m Brick Relay
Set Up	
101	Under 14 Male – 50m Rescue Medley Brick

102	Under 14 Female – 50m Rescue Medley Brick
103	Under 13 Male – 50m Rescue Medley Brick
104	Under 13 Female – 50m Rescue Medley Brick
105	Under 12 Male – 50m Rescue Medley Brick
106	Under 12 Female – 50m Rescue Medley Brick
107	Under 11 Male – 50m Rescue Medley Brick
108	Under 11 Female – 50m Rescue Medley Brick
109	Under 14 Male – 100m Patient Tow with Fins
110	Under 14 Female – 100m Patient Tow with Fins
111	Under 12 Male – 100m Patient Tow with Fins
112	Under 12 Female – 100m Patient Tow with Fins
113	Under 11-14 Mixed – 6 x 25m Junior Mega Relay
Session Ends	

COMPETITION COMMUNICATION

Communications:

Event Management utilise a variety of tools to keep you updated with the latest event information and news. These include:

- [The SLSNZ Website](#)
- [SLSNZ Southern Region Facebook Page](#)
- [Live Results](#)

Please note that the [SLSNZ | Southern Region](#) Facebook will always provide the latest event information.

Event Photography:

If you are wishing to take photos at our competition then please read the [Media Accreditation Application Information here](#) and contact Luke for access into competition arenas. Please note Use of Cameras and Video devices rules are covered under [2.25 in the Surf Sports Competition Manual](#).

Key Contact:

If you have any queries or concerns, please feel free to contact Luke.

Luke Smith
Sport Manager – Southern Region
Surf Life Saving New Zealand

m 021 190 1432
e luke.smith@surflifesaving.org.nz



COMPETITION SAFETY INFORMATION

Competition Safety Plan:

This event will abide by the facility safety measures put in place and will adhere by the rules instructed by the facility management and lifeguard team.

Parent, Guardian, Coach, Team Manager and Club Obligations

It is the responsibility of clubs, through their coaches and manager, to ensure that each individual competitor is competent to safely compete in the conditions that prevail on any given day.

It is therefore the clubs' responsibility to ensure that competitors who are not yet competent to compete in the prevailing conditions are withdrawn from an event rather than expose them to unnecessary risk or potential harm by encouraging or coercing competitors to compete, particularly against their will. Please refer to statement (e) of the Agreement to be bound by the Manual section of the Surf Sports Competition Manual. The Manual can be found [here](#).

It is the expectation of the organisers that all clubs will only permit competent competitors to compete in an event.

Medical Information:

Pre-Existing Medical Conditions

All participants and officials with a pre-existing medical condition must complete and submit a 'Pre-Existing Medical Conditions Declaration' form prior to the close of entries. These forms are to be submitted to the Regional Sport Manager (Luke Smith) by email to luke.smith@surflifesaving.org.nz. However, participants are encouraged to submit these as early as possible. Once submitted, the forms will be reviewed by SLSNZ and a decision will be made on whether a 'Competitor Waiver' form is required to be completed.

It is important to note that that a pre-existing medical condition includes a **concussion event** that has occurred prior to this event.

These forms are available through the website [here](#).

Concussion Protocol

1. Any person diagnosed with concussion within the 23 days (21 days for over 19 yrs) preceding a SLSNZ event or activity, who is not able to provide evidence of a Graduated Return to Play (GRTP), and provide a medical diagnosis and SLSNZ Medical Clearance, will not be permitted to compete in a SLSNZ event.
2. Any person observed or reported to have been unconscious during a SLS event is not permitted to participate in any further SLS event or activity, pending participation in a 23 day GRTP (21 days for over 19 yrs), and provide a SLSNZ Medical Clearance before further competition is permitted.
3. Any person suspected of a concussion during a SLSNZ competition may not participate in any further races for at least 24 hours, and must provide SLSNZ with the required SLSNZ Medical Clearance before further participation is permitted.
4. Any person suspected or diagnosed with concussion who wishes to return to a SLSNZ competition must provide SLSNZ with a copy of a SLSNZ Medical Clearance, which is to be completed by a medical practitioner, prior to returning to competition.

COMPETITION SITE MAPS

Competition Arenas:

Jellie Park Recreation and Sport Centre

