



Capital Coast Pool Rescue Interclub

Date: 11th August 2024
Venue: Coastlands Aquatic Centre
Address: 10 Brett Ambler Way Paraparaumu
Time: 8:30am
Cost: \$25 per competitor (this covers all events entered) Late Entries \$35 per Competitor

Session Times:

Surf Officials Meeting : 8:00am
Team Managers Meeting: 8:30am
Timekeepers Meeting: 8:45am
Warm up: 8:45am-9:15am
Racing begins: 9:30am
Racing ends: 3.00pm

Event Entry Process:

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

Entries close Tuesday 30th July 2024 – 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 entered in Waves 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.

Know Your Rules:

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

[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 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 2024. 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 2024, 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 10 years or older before midnight 30 September 2024 to be eligible to compete in this event.
 2. Competitors (individual and team events) may compete in age groups as detailed below:
 - 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.
-

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 2 timekeepers and 1 water crew for the event.

Event Rules:

The Capital Coast Pool Rescue Interclub will be conducted under the rules as published in the SLSNZ 25m Pool Rescue Manual. https://www.surflifesaving.org.nz/media/997825/pool-competition-manual_10th-edition_2023-review.pdf

Clarification of Swim Fins Specifications for U11-U14 Pool Rescue Events

To clarify the interpretation of rule 12.18(f) for Fins allowed per age group.

All ages can wear either Pool or Ocean Fins: Closed Foot Piece Rubber Fins, or Pool or Ocean Fins: Heel Band. To clarify, this includes standard fins used in pool training, and in surf lifesaving ocean events where fins can be worn (i.e. Run Swim Run with Fins, and Tube Rescue)

The swim fins used in events for U14 – U11 events are restricted to soft/flexible rubber type fins used for swimming training similar to the styles depicted below

Fin Options – a style of fin traditionally used in life saving or short blade fin used for swim training

Yes



No



U15 Fin Clarification Below:

Yes



No



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 (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 (U12)

The rescuer swims 75m freestyle to the other end and clips their patient into a tube. The patient must have at least one hand on the end of the pool. The Rescuer and patient then swim the other 25m where the patient must stay on their back but may assist the tow by kicking and sculling under the water.

100m Tube Patient Tow with Fins (U14)

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 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.

50m Swim with Fins

The competitor swims 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.

Line Throw

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

4x50m Obstacle Relay

Four competitors swim 50m freestyle each passing under one (2) immersed obstacles.

4x50m Medley Relay

The first competitor swims 50m freestyle without fins. The second competitor swims 50m freestyle with fins. The third competitor swims 75m 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.

6x25 Super Mega Relay (Junior) 6x50m Mega Relay (Senior)

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

Events:

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

Individual Events:	Age Group:	Gender:
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
50m Swim with Fins	U11, U12, U13, U14, U15, U17, U19, Open and Masters	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

Team Events:	Age Group:	Gender:
Line Throw	U17, U19, Open and Masters	Male and Female
4 x 50m Obstacle Relay	U12, U14, U17, U19, Open and Masters	Mixed
4 x 50m Medley Relay	U12, U14, U17, U19, Open and Masters	Mixed, Male and Female
6 x 25m Mega Relay	Junior (U14)	Mixed
6 x 50m Mega Relay	Senior (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.

Event Number	Event
1	U11 Male 50m Swim with Obstacles
2	U11 Female 50m Swim with Obstacles
3	U12 Male 50m Swim with Obstacles
4	U12 Female 50 Swim with Obstacles
5	U13 Male 100m Swim with Obstacles
6	U13 Female 100m Swim with Obstacles
7	U14 Male 100m Swim with Obstacles
8	U14 Female 100m Swim with Obstacles
9	U15 Male 100m Swim with Obstacles
10	U15 Female 100m Swim with Obstacles
11	U17 Male 200m Swim with Obstacles
12	U17 Female 200m Swim with Obstacles
13	U19 Male 200m Swim with Obstacles
14	U19 Female 200m Swim with Obstacles
15	Open Male 200m Swim with Obstacles
16	Open Female 200m Swim with Obstacles
17	Masters Male 100m Swim with Obstacles
18	Masters Female 100m Swim with Obstacles
19	U12 Mixed 4x50m Obstacle Relay
20	U14 Mixed 4x50m Obstacle Relay
21	U15-17 Mixed 4x50m Obstacle Relay
22	U19-Open Mixed 4x50m Obstacle Relay
Set Up	
23	U11 Male 50m Brick Carry without Fins
24	U11 Female 50m Brick Carry without Fins
25	U12 Male 50m Brick Carry without Fins
26	U12 Female 50m Brick Carry without Fins
27	U13 Male 50m Brick Carry without Fins
28	U13 Female 50m Brick Carry without Fins
29	U14 Male 50m Brick Carry without Fins
30	U14 Female 50m Brick Carry without Fins
Set Up	
31	U15 Male 50m Manikin Carry

32	U15 Female 50m Manikin Carry
33	U17 Male 50m Manikin Carry
34	U17 Female 50m Manikin Carry
35	U19 Male 50m Manikin Carry
36	U19 Female 50m Manikin Carry
37	Open Male 50m Manikin Carry
38	Open Female 50m Manikin Carry
39	Masters Male 50m Manikin Carry
40	Masters Female 50m Manikin Carry
Set Up	
41	U11 Male 50m Swim with Fins
42	U11 Female 50m Swim with Fins
43	U12 Male 50m Swim with Fins
44	U12 Female 50m Swim with Fins
45	U13 Male 50m Swim with Fins
46	U13 Female 50m Swim with Fins
47	U14 Male 50m Swim with Fins
48	U14 Female 50m Swim with Fins
49	U15 Male 50m Swim with Fins
50	U15 Female 50m Swim with Fins
51	U17 Male 50m Swim with Fins
52	U17 Female 50m Swim with Fins
53	U19 Male 50m Swim with Fins
54	U19 Female 50m Swim with Fins
55	Open Male 50m Swim with Fins
56	Open Female 50m Swim with Fins
57	Masters Male 50m Swim with Fins
58	Masters Female 50m Swim with Fins
Set Up	
59	U12 Male 100m Patient Tow with Fins
60	U12 Female 100m Patient Tow with Fins
61	U14 Male 100m Patient Tow with Fins
62	U14 Female 100m Patient Tow with Fins
Set Up	
63	Under 17 Male – Line Throw
64	Under 17 Female – Line Throw
65	Under 19 Male – Line Throw
66	Under 19 Female – Line Throw
67	Open Male – Line Throw
68	Open Female – Line Throw
69	Masters Male – Line Throw
70	Masters Female – Line Throw

Set Up	
71	U15 Male 100m Manikin Tow with Fins
72	U15 Female 100m Manikin Tow with Fins
73	U17 Male 100m Manikin Tow with Fins
74	U17 Female 100m Manikin Tow with Fins
75	U19 Male 100m Manikin Tow with Fins
76	U19 Female 100m Manikin Tow with Fins
77	Open Male 100m Manikin Tow with Fins
78	Open Female 100m Manikin Tow with Fins
79	Masters Male 100m Manikin Tow with Fins
80	Masters Female 100m Manikin Tow with Fins
Set Up	
81	U12 Mixed 4x 50m Medley Relay
82	U14 Mixed 4 x 50m Medley Relay
83	U15-17 Mixed 4x50m Medley Relay
84	Open Mixed 4x50m Medley Relay
Set Up	
85	U14 6X25m Junior Mega Relay (U11, U12, U13, U14) M&F Mixed
86	Open 6X50m Mega Relay (Open, U19, U17) M&F Mixed

Communications:

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

- [The SLSNZ Website](#)
- [SLSNZ Capital Coast](#) Facebook Page
- [Live Results](#)

Please note that the [SLSNZ Capital Coast](#) 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 Daniel 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](#).

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

CONTACT

Daniel Cudby – Sports Manager – Central Region
M | 027 2798452
E | Daniel.cudby@surflifesaving.org.nz

