



POOL RESCUE
CHAMPIONSHIPS

AUT MILLENNIUM
7-8 September

Open to age groups
U11 - Masters



SURF LIFE SAVING
NORTHERN REGION

Competition Purpose:

The 2024 Northern Region Championships will be held at the National Aquatic Centre on Saturday 7th and Sunday 8th September 2024.

This document provides you with all the information you need to know prior to the event. While it contains the typical logistical information surrounding the event, it also incorporates very important details that competitors, team managers, coaches and parents must be aware of.

Event Timings:

Below are the key timings of the event.

What	When
Thursday 5th September	
Team Managers Meeting	7 pm Online
Saturday 7th September	
Junior pool entry	8 am Fire exit door scoreboard end
EMC Meeting	8 am officials' room
Junior warm up starts	8:15 am
Officials meeting	8:30 am officials' room
Junior marshalling	9 am
Timekeeper briefing	9 am officials' room
Junior racing starts	9:15 am
Junior racing finishes	1:30 pm approx.
Senior pool entry	2:15 pm fire exit door scoreboard end
Senior warm up	2:30 pm
Officials meeting	2:30 pm officials' room
Senior marshalling	3:15 pm
Timekeeper briefing	3:15 pm
Senior racing starts	3:30 pm
Senior racing ends	5:30 pm approx.
Sunday 8th September	
Senior pool entry	8 am fire exit door scoreboard end
Senior warm up starts	8:15 am
Officials meeting	8:30 am officials' room
Senior marshalling	9 am
Timekeeper briefing	9 am officials' room
Senior racing starts	9:15 am
Senior racing ends	2:45 pm approx.



Team Managers Meeting:

It is compulsory for a representative from every club to attend this meeting. If a representative fails to attend that clubs' competitors will be unable to race until a safety briefing can take place.

The team managers' meeting will take place online at **7 pm on Thursday 5th September**. To join this meeting click [HERE](#).

Seating & Pool Access:

Competitors, coaches and team managers will be seated poolside and must enter/exit the pool via the fire exit door at the scoreboard end of the pool. Team managers and coaches listed in waves will be provided with an event pass, without this pass you will be asked to leave pool deck.

Spectators must be seated in the grandstand which can be accessed through the event door which is located on the track side of the main entrance.

Please do not access the grandstand or the pool deck through the main pool entrance.

No glass is allowed anywhere in the venue, this includes drinks and deodorant bottles.

Only snack food is available on pool side.

Know Your Rules:

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

SLSNZ Pool Competition Manual, including any additional amendments as detailed on the website and any additional requirements as communicated by the Event Management Committee.

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.

Event Procedures:

Events will be pre drawn by **Friday 6th September** and will be able to be found on the SLSNZ APP. If clubs know of scratching before this time, please contact Dan.

Marshalling will be occur on the white seats at the learner pool end.



For dive starts, if a competitor isn't comfortable diving off the blocks, they are able to start in the water or on the bulkhead. If your competitor is doing this, please communicate it to the marshal.

For dive starts with tubes please ensure competitors set themselves up to ensure no loose rope can get tangled with the dive block, pool edge or lane rope when they enter the water.

Competitors must wear a swim cap that identifies the club they are competing for.

Handlers must wear either a swim cap or beanie that identifies the club they are handling for.

Timekeepers:

Below is the timekeeper's roster. Clubs can swap out timekeepers during the day BUT all timekeepers must attend a briefing.

Athletes will not be eligible to race if their club doesn't provide the required number of timekeepers.

Club	Number of timekeepers
Junior Session	
Mairangi Bay	1
Muriwai	5
Omaha	1
Orewa	4
Piha	1
Red Beach	4
Senior Sessions	
East End	1
Mairangi	1
Muriwai	1
Omanu	2
Orewa	1
Papamoa	1
Piha	3
Raglan	1
Red Beach	4
Whangamata	1

Water helpers:

We are extremely short on water helpers for this event. If clubs have any volunteers that can assist, please email entries@lifesaving.org.nz . Without more helpers' events will be cut from the program.

Event Programme:

Please note the program is subject to change with any changes communicated via Team Reach.

Saturday 7th September, 2024	
Junior Session Warm up: 8.15am; Start: 9.15am	
1	U14 Male - 50m Swim with Fins
2	U14 Female - 50m Swim with Fins
3	U13 Male - 50m Swim with Fins
4	U13 Female - 50m Swim with Fins
5	U12 Male - 50m Swim with Fins
6	U12 Female - 50m Swim with Fins
7	U11 Male - 50m Swim with Fins
8	U11 Female - 50m Swim with Fins
9	U14 Male - 50m Rescue Medley
10	U14 Female - 50m Rescue Medley
11	U13 Male - 50m Rescue Medley
12	U13 Female - 50m Rescue Medley
13	U12 Male - 50m Rescue Medley
14	U12 Female - 50m Rescue Medley
15	U11 Male - 50m Rescue Medley
16	U11 Female - 50m Rescue Medley
17	U14 Male - 50m Brick Carry
18	U14 Female - 50m Brick Carry
19	U13 Male - 50m Brick Carry
20	U13 Female - 50m Brick Carry
21	U12 Male - 50m Brick Carry
22	U12 Female - 50m Brick Carry
23	U11 Male - 50m Brick Carry
24	U11 Female - 50m Brick Carry
25	U14 Mixed - 4x25m Brick Relay
26	U12 Mixed - 4x25m Brick Relay
27	U14 Mixed - 4x50m Medley Relay
28	U12 Mixed - 4x50m Medley Relay
29	U14 Male - 150m Patient Tow with Fins
30	U14 Female - 150m Patient Tow with Fins
31	U12 Male - 100m Patient Tow with Fins
32	U12 Female - 100m Patient Tow with Fins
33	U14 Male - 100m Swim with Obstacles
34	U14 Female - 100m Swim with Obstacles
35	U13 Male - 100m Swim with Obstacles
36	U13 Female - 100m Swim with Obstacles
37	U12 Male - 50m Swim with Obstacles
38	U12 Female - 50m Swim with Obstacles
39	U11 Male - 50m Swim with Obstacles
40	U11 Female - 50m Swim with Obstacles
41	U14 Mixed - 4x50m Obstacle Relay
42	U12 Mixed - 4x50m Obstacle Relay



Saturday 7th September, 2024	
Senior Session Warm up: 2.30pm; Start: 3.30pm	
43	U15 Male - 100m Swim with Obstacles
44	U15 Female - 100m Swim with Obstacles
45	U17 Male - 200m Swim with Obstacles
46	U17 Female - 200m Swim with Obstacles
47	Open & U19 Male - 200m Swim with Obstacles
48	Open & U19 Female - 200m Swim with Obstacles
49	Masters Male - 100m Swim with Obstacles
50	Masters Female - 100m Swim with Obstacles
51	Open Mixed & Individual Gender - 4x50m Obstacle Relay
52	U19 Mixed - 4x50m Obstacle Relay
53	U17 Mixed - 4x50m Obstacle Relay
54	Masters Mixed - 4x50m Obstacle Relay
55	Open Male & Female - Line Throw
56	U19 Male - Line Throw
57	U19 Female - Line Throw
58	U17 Male - Line Throw
59	U17 Female - Line Throw
60	Masters - Line Throw
61	Open Male & Female - 200m Super Lifesaver
62	U19 Male - 200m Super Lifesaver
63	U19 Female - 200m Super Lifesaver

Sunday 8th September, 2024**Senior Session 2 Warm up: 8.15am; Start: 9.15am**

64	Open & U19 Male - 100m Manikin Tow with Fins
65	Open & U19 Female - 100m Manikin Tow with Fins
66	U17 Male - 100m Manikin Tow with Fins
67	U17 Female - 100m Manikin Tow with Fins
68	U15 Male - 100m Manikin Tow with Fins
69	U15 Female - 100m Manikin Tow with Fins
70	Masters Male - 100m Manikin Tow with Fins
71	Masters Female - 100m Manikin Tow with Fins
72	Open Mixed - 4x50m Pool Lifesaver Relay
73	Open & U19 Male - 50m Swim with Fins
74	Open & U19 Female - 50m Swim with Fins
75	U17 Male - 50m Swim with Fins
76	U17 Female - 50m Swim with Fins
77	U15 Male - 50m Swim with Fins
78	U15 Female - 50m Swim with Fins
79	Masters Male - 50m Swim with Fins
80	Masters Female - 50m Swim with Fins
81	Open & U19 Male - 50m Manikin Carry
82	Open & U19 Female - 50m Manikin Carry
83	U17 Male - 50m Manikin Carry
84	U17 Female - 50m Manikin Carry
85	U15 Male - 50m Manikin Carry
86	U15 Female - 50m Manikin Carry
87	Masters Male - 50m Manikin Carry
88	Masters Female - 50m Manikin Carry
89	Open & Masters Mixed - 4x25m Manikin Relay
90	U19 Mixed - 4x25m Manikin Relay
91	U17 Mixed - 4x25m Manikin Relay
92	Open & U19 Male - 100m Manikin Carry with Fins
93	Open & U19 Female - 100m Manikin Carry with Fins
94	U17 Male - 100m Manikin Carry with Fins
95	U17 Female - 100m Manikin Carry with Fins
96	U15 Male - 100m Manikin Carry with Fins
97	U15 Female - 100m Manikin Carry with Fins
98	Masters Male - 100m Manikin Carry with Fins
99	Masters Female - 100m Manikin Carry with Fins
100	Open & U19 Male - 100m Rescue Medley
101	Open & U19 Female - 100m Rescue Medley
102	U17 Male - 100m Rescue Medley
103	U17 Female - 100m Rescue Medley
104	U15 Male - 50m Rescue Medley
105	U15 Female - 50m Rescue Medley
106	Open & Masters Mixed - 4x50m Medley Relay
107	U19 Mixed - 4x50m Medley Relay
108	U17 Mixed - 4x50m Medley Relay

Communications:

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

- [The SLSNZ Website](#)
- [Facebook](#)
- Waves results
- Team Reach
 - o Group Code = SLSNRPC24

Event Photography:

If you are wishing to take photos at our competition, then please contact the Sport Manager and request 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 the Sport Manager.

Dan Grant
Northern Region Sport Manager
Surf Life Saving New Zealand

dan.grant@lifesaving.org.nz

entries@lifesaving.org.nz

021 813 090



Competition Safety Plan:

The Competition Safety Plan will be made available for viewing in the Event Management Area following the team managers and officials briefing and during the event.

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 organizers that all clubs will only permit competent competitors to compete in an event.

Equipment:

Scrutineering

Random scrutineering may take place at the discretion of officials, with particular regard to fin size and tubes.

Medical Information:

Pre-existing medical conditions:

All participants 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 Event Manager by email to dan.grant@lifesaving.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.

- [Pre-Existing Medical Conditions Declaration](#)
- [Competition Waiver – Under 18](#)
- [Competition Waiver – Over 18](#)

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

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 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

