



Surf Life Saving Sydney

Pool Rescue Branch Championships Program

@ Des Renford Leisure Centre Jersey Rd & Robey Street, Maroubra NSW 2035

Sunday 15 June 2025

Version 2

Summary:	2025 Surf Life Saving Sydney Pool Rescue Championship Information and Program
Date of publication:	Original: Wednesday, 7 May 2025 / Revised: Monday 26 May 2025
Date of Meet:	Sunday, 15 June 2025
Venue:	Des Renford Leisure Centre Jersey Rd & Robey Street, Maroubra NSW 2035
Time:	8am

It is most important that the information in this Circular is brought to the attention of all Carnival Officials, Team Managers, Coaches and Competitors.

ENTRIES

Entries are invited from all Clubs throughout the Surf Life Saving Sydney Branch for the 2025 SLSS Pool Rescue Championship.

The method of entry is via [SEMS](#). SEMS is now open for nominations and can be entered through the clubs SEMS Administrators.

Live Heats:

Live Heats is now being used for Sydney Branch Carnivals. Athletes **are not required** to take their Live Heats wristbands to this carnival. Live Heats results can be found at <https://liveheats.com/> and you can download a shortcut to android phones or save as a bookmark on your iPhone to keep up to date with the Competition results for SLSS Carnivals.

Entries Close:

Entries for this event close at 11pm, **Thursday 5 June 2025**

Entry Fees

The entry fee will be:

\$33.00 GST Inc (U11-Masters)

Clubs will be invoiced prior to the carnival.

Late Entries via email to branch office will be accepted until Wednesday **11th June 2025 11pm.**

Competitors and supporters are required to pay the Randwick Council pool entry fees upon arrival, as these costs are not included in the carnival entry fee. The fees are as follows: Adults \$8.30, Concession \$5.20, Child \$6.00, and a non-Swimmer Fee of \$3.50.

Entry Conditions

All competitors wishing to compete at the 2025 SLSS Pool Rescue Championship must be current financial and proficient members of a Surf Life Saving Club, for the 24/25 season.

Age Groups will be as per the 2024/2025 season.

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ADMINISTRATION

Briefing and Starting Times - Sunday, 15 June 2025

7.00am Pool opens for carnival set up

7.15am Officials & Course set up

7.30am Team Manager's Meeting

7.30-7.50am Warm Up

8.00am Competition commences

Scrutineering

Scrutineering at this competition will be conducted randomly throughout this event by appointed scrutineering officials.

First Aid

The facility has First Aid and emergency evacuation procedures. First Aid personnel will be on site for the duration of the event.

OFFICIALS

An Expression of Interest for Officiating will be sent to all SLSS Officials and Clubs nominating interest in supporting this championships event. All appointed officials are required to be current accredited SLSS officials.

Ratios: Officials to Competitors per club:

Please ensure that you provide a minimum of **1 Official per 10 Competitors**

Dress: It is imperative that the appearance of competition officials/judges is of a high standard; therefore, appointed officials are requested to give a high degree of attention and be wearing SLSS Official Betty's Burger Shirt and neat tidy shorts or pant/trousers.

TEAM MANAGERS

Each club must have a team manager for competitors to be eligible to compete at this event. It is compulsory that all team managers attend the team managers/briefing as outlined above.

TIMEKEEPERS

All clubs competing at the 2025 SLSS Pool Rescue Championship must be prepared to provide **at least 2 timekeepers**. The timekeepers do not need to be accredited officials. The more timekeepers you can provide the less time they will have to be on the pool deck. However, clubs will need to be responsible for any rotation in personnel ensuring each new timekeeper reports to the Chief Timekeeper prior to taking up their position. Timekeepers for each club will be allocated after entries have closed.

Timekeepers should be available 30 minutes prior to the commencement of the competition.

COURSE SET UP

All clubs must provide **one member for the course set up.**

Course set up: responsible for ensuring the correct equipment is in the pool and that the pool is set up in a timely and correct manner for each pool event.

HANDLERS

Please be aware that all competitors in the manikin tow events will need a handler in a **club cap**. If a handler is not in position when the starter is ready, the competitor may be disqualified.

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EVENT RULES

The 2025 SLSS Branch Pool Rescue Championship will be conducted under the rules as published in the relevant sections of the latest edition of SLSA's Surf Sports Manual and the ILS Competition Manual latest edition plus any subsequent bulletins or circulars.

The eligibility conditions for age categories, substitution and other required provisions to compete are also provided for in the SLSA Surf Sports Manual and subsequent bulletins or circulars.

A copy of the SLSA Sport Manual can be found at [Surf Sport manual - Section 11 Pool Rescue events](#)

Age Determination and Restrictions

A competitor's age group is determined by their age as at midnight on 30th September 2024.

For example, a member who is aged 14 years on the 30 September 2024 is eligible to compete in the U15 age group.

Note: for example: No U15 age member is permitted to compete in any U17 or above as an individual

GENERAL

Food & Beverages

A cafe is located at the Pool where food and beverages will be available for competitors to purchase for the duration of the competition.

Drug Policy

Surf Life Saving Sydney supports the Australian Government, the Australian Sports Commission, the Australian Olympic Committee, and the Australian Sports Anti-Doping Authority (ASADA) in their efforts to eradicate the use of drugs in sport. SLSA has a published anti-doping policy which is consistent with the ILS policy. These policies will be adhered to for this event.

Marshalling

Please make sure either the Team Manager or the athlete is there to marshal pre-event. If you miss marshalling, you will not be permitted to enter the race.

ENTRY CONDITIONS

Dress

Competitors to use club swimming cap or club nobby cap.

Competition Equipment

SLSS will supply Obstacles, Ropes, Bricks & Manikins for the use of competitors during competition. **All competitors are required to supply their own fins where applicable and their Club supplied Rescue Tube.**

All equipment must comply with the ILS specifications as specified in the ILS Sports Manual section 11. Competition equipment will be subject to random scrutineering checks during the event.

SLSS equipment will not be made available for training prior to or during the event due to losses incurred in the past. Competitors or teams found to be in possession of SLSS equipment outside the competition may be referred to for disciplinary action.

Event Equipment and Specifications

All competitors are required to supply their own swimwear, fins, caps and rescue tubes (supplied by your Club). The swimwear and caps must comply with the SLSA specifications as specified within the current edition SLSA Surf Sports Manual Section 11 Pool Rescue events [Surf Sports Manual - Section 11 Pool Rescue Events](#)

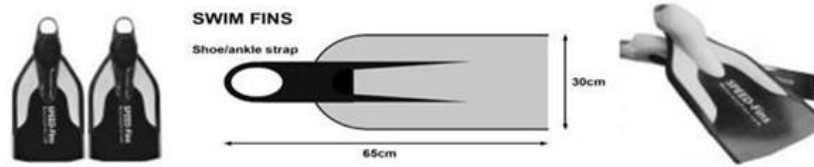
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11.3 Special Conditions for SLSA competitions

11.3.1 Swim Fins Specifications for U15 and Over Age Category Events The swim fins used in events for U15, and over aged events must meet ILS requirements and may be constructed of rubber, composite or other materials in the style depicted below:



The swim fins shall comply with the following dimensions:

- Maximum 65cm overall length including "shoe" or ankle strap (ankle strap extended).
- Maximum 30cm width at the widest point of the blade.
- Swim fins are to be measured with the shoe or ankle strap extended but not stretched. The swim fins will not be permitted to be used if they do not conform to specifications or if they are considered a safety hazard.

Swim fins are to be measured with the shoe extended but not stretched. Swim fins will not be permitted to be used if they do not conform to the specifications or if they are considered to be a safety hazard.

Note: Fins are measured while not being worn.

The manikins, line throw ropes, rescue tubes etc. will comply with ILS specifications and shall be provided by SLSS for the competition. The specifications for this equipment may be found in Section 3 of the [ILS Competition Rule Book 2023](#)

GENERAL EVENT CONDITIONS

Team management, coaches and competitors are responsible for being familiar with the competition schedule, and with the rules and procedures governing events.

Except where indicated in this document competition and events shall be conducted as per the current SLSA Surf Sports Manual, the current edition ILS Competition Manual and any specific or amending competition Bulletins and Circulars.

Please also note that event rules may be subject to change at the discretion of SLSS or the Competition Committee/Event Referee. Any changes these will be communicated at the earliest opportunity.

POOL RESCUE EVENT DESCRIPTION AND RULES

Please refer to the SLSA Surf Sports Manual - Pool Rescue events (Section

11) [Surf Sports Manual - Section 11 Pool Rescue Events](#)

Please refer to the ILS Competitions Rule Book 2023 edition (Effective 1 June 2023) – Section 3 [ILS Competition Rule Book 2023](#)

The following pool events are described in Section 3:

- Manikin Carry – 50m
- Mankin Carry – 100m
- Manikin Tow with Fins – 100m
- Brick – 50m
- Line Throw

Disqualification

Please refer to the ILS Competition Rule Book 2023 edition (Effective 1 June 2023) Section 3 disqualifications listed in each event. Disqualification codes for pool events - pages 89 to 92.

[ILS Competition Rule Book 2023](#) and any specific or amending competition Bulletins and Circulars.

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EVENT INFORMATION

Event No	Age Group	Gender	Event
1	U11	Male	50m Brick Carry
2	U11	Female	50m Brick Carry
3	U12	Male	50m Brick Carry
4	U12	Female	50m Brick Carry
5	U13	Male	50m Brick Carry
6	U13	Female	50m Brick Carry
7	U14	Male	50m Brick Carry
8	U14	Female	50m Brick Carry
9	U15	Male	50m Manikin Carry
10	U15	Female	50m Manikin Carry
11	U17	Male	50m Manikin Carry
12	U17	Female	50m Manikin Carry
13	Open	Male	50m Manikin Carry
14	Open	Female	50m Manikin Carry
15	Masters	Male	50m Manikin Carry
16	Masters	Female	50m Manikin Carry
17	U11	Male	100m Brick Carry
18	U11	Female	100m Brick Carry
19	U12	Male	100m Brick Carry
20	U12	Female	100m Brick Carry
21	U13	Male	100m Brick Carry
22	U13	Female	100m Brick Carry
23	U14	Male	100m Brick Carry
24	U14	Female	100m Brick Carry
25	U15	Male	100m Manikin Carry
26	U15	Female	100m Manikin Carry
27	U17	Male	100m Manikin Carry
28	U17	Female	100m Manikin Carry
29	Open	Male	100m Manikin Carry
30	Open	Female	100m Manikin Carry
31	Masters	Male	100m Manikin Carry
32	Masters	Female	100m Manikin Carry
LUNCH BREAK			





Event No	Age Group	Gender	Event
33	U11	Male	50m Tow with Partner
34	U11	Female	50m Tow with Partner
35	U12	Male	100m Tow with Partner
36	U12	Female	100m Tow with Partner
37	U13	Male	100m Tow with Partner
38	U13	Female	100m Tow with Partner
39	U14	Male	100m Tow with Partner
40	U14	Female	100m Tow with Partner
41	U15	Male	100m Manikin Tow with Fins
42	U15	Female	100m Manikin Tow with Fins
43	U17	Male	100m Manikin Tow with Fins
44	U17	Female	100m Manikin Tow with Fins
45	Open	Male	100m Manikin Tow with Fins
46	Open	Female	100m Manikin Tow with Fins
47	Masters	Male	100m Manikin Tow with Fins
48	Masters	Female	100m Manikin Tow with Fins
49	U11	Male	Line Throw (8mts out)
50	U11	Female	Line Throw (8mts out)
51	U12	Male	Line Throw
52	U12	Female	Line Throw
53	U13	Male	Line Throw
54	U13	Female	Line Throw
55	U14	Male	Line Throw
56	U14	Female	Line Throw
57	U15	Male	Line Throw
58	U15	Female	Line Throw
59	U17	Male	Line Throw
60	U17	Female	Line Throw
61	Open	Male	Line Throw
62	Open	Female	Line Throw
63	Masters	Male	Line Throw
64	Masters	Female	Line Throw

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Site Map



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