



Surf Life Saving Sydney

**Pool Rescue Branch Championships Program**

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

Sunday 19 April 2026

Version 1

Summary:	2026 Surf Life Saving Sydney Pool Rescue Championship Information and Program
Date of publication:	11 March 2026
Date of Meet:	Sunday, 19 April 2026
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 2026 SLSS Pool Rescue Championship.

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

**Liveheats:**

Liveheats is now being used for Sydney Branch Carnivals. Athletes **are not required** to take their Live Heats wristbands to this carnival. Results can be found at [Liveheats](#) 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, **Friday 10 April 2026**

**Entry Fees**

The entry fee will be:

**\$8.25 GST included per event (U11-Masters)**

Clubs pay entry via Liveheats. No refunds for change of mind.

Please note that Line throw requires two people, the person throwing the rope will need to be entered and make the fee payment. Patient tow requires two people, the rescuer will need to be entered and make the payment.

*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 2026 SLSS Pool Rescue Championship must be current financial and proficient members of a Surf Life Saving Club, for the 2025/2026 season.

**Age Groups will be as per the 2025/2026 season.**

Our Event Partners & Supporters





## ADMINISTRATION

### Briefing and Starting Times – Sunday 19 April 2026

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

Officials Nomination has been sent to all SLSS Officials and Clubs nominating interest in supporting this championships event. All appointed officials are required to be current accredited SLSA officials.

[SLSS Officials Nomination - SLSS Branch Pool Rescue Championship - 2026](#)

### 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 2026 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.



## EVENT RULES

The 2026 SLSS Branch Pool Rescue Championship will be conducted under the rules as published in the relevant sections of the current editions of SLSA's [Surf Sports Manual](#) (SSM) and Section 3 Pool Events of the [ILS Competition Rule Book](#) 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 SSM and subsequent bulletins or circulars.

### Age Determination and Restrictions

A competitor's age group is determined by their age as at midnight on 30th September 2025.

For example, a member who is aged 14 years on the 30 September 2025 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 in individual events.

## 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 marshaling, you will not be permitted to enter the race.

## ENTRY CONDITIONS

### Dress

**As per Sections 2.5.1 and 2.5.2 of the SSM competitors must wear approved swim suits and their club rubber/silicone swimming cap or standard club competition cap in competition events.**

### Competition Equipment

SLSS will supply Obstacles, Ropes, Bricks & Manikins for the use of competitors during competition.

The manikins, line throw ropes, rescue tubes etc. used in competition shall comply with ILS specifications and shall be provided by SLSS for the competition. The specifications for this equipment may be found in Section 8 of the [ILS Competition Rule Book](#).

The specifications for the Lifesaving Brick used in U13 and under aged events may found in [Section 11.3.3](#) of the SSM.

SLSS supplied 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 the Disciplinary Committee.

**Clubs are required to supply Rescue Tubes for use by their competitors.**

**Note:** Rescue Tubes may be subject to random scrutineering checks during the event.



## Swim Fins

**Competitors are required to supply their own fins.**

The swim fin specifications for U13 and Under Age Category Events are detailed in the SSM at [Section 11.3.1](#) and are as follows:

*“The swim fins used in events for U13 and under aged events are restricted to soft/flexible rubber type fins used for swimming training similar to the styles depicted below:*



*Please note that fins that do not meet this general profile or are for the specific purpose of diving or surfing/bodyboarding and/or with stiff and/or elongated blades, will not be permitted for use in U13 and under aged events.*

*The swim fins shall comply with the following dimensions:*

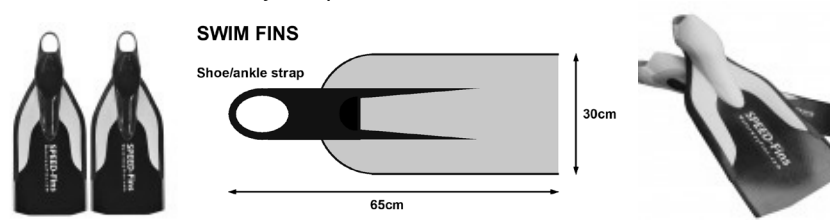
- *Maximum 50cm overall length including the shoe.*
- *Maximum 25cm width at the widest point of the blade.*

*Swim fins are to be measured with the shoe or ankle strap 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 swim fins used in events for U14 and over aged events are detailed at [Section 11.13.2](#) of the SSM and are as follows:

*“The swim fins used in events for U14 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 1:** *Fins are measured while not being worn.*

**Note 2:** *U13 aged competitors competing up into U14 aged team events that require the use of swim fins are permitted to use either the ILS specification swim fins or the SLSA approved soft/flexible rubber type fins.”*

**Note:** Swim fins may be subject to random scrutineering checks during the event.



## 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 SSM, 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 SSM and in particular Section 11 - [Pool Rescue events](#); and
- Section 3 of the [ILS Competition Rule Book](#).

The following pool events conducted by SLSS are described in the [ILS Competition Rule Book](#):

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

The following pool events conducted by SLSS are described in the SSM:

- Brick Carry – 50m
- Patient Tow with Fins -100m

The following pool events are not standard SLS events but will be conducted by SLSS using the same rules described in the SSM as above

- 100m Brick Carry
- 50m Patient Tow
- 

## Disqualification

Please refer to the disqualification listed for each ILS event and to the disqualification codes listed end of Section 3 of the [ILS Competition Rule Book](#). Please also refer to [Section 11](#) of the SSM for the specific SLSA events.



## 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



## Site Map



End Doc.

Our Event Partners & Supporters

