

date 17th July 2009
to All Clubs
re 2009 Southern Region
Swim Championships
from Fraser Bickley

Dear Clubs

Hello and welcome to the 2009 Southern Region Swim Championships.

In this memo you will find information to assist with entering, attending and competing in the 2009 Southern Region Swim Championships. This is the fourth consecutive year this event has been run and SLSC look forward to seeing continued support and growth of this event as well as increased attendance by the Southern Region Clubs at the 2009 SLSNZ Swim Championships.

At all times the latest information for this event will be available on the SLSNZ Events Calendar section of the SLSNZ website www.surflifesaving.org.nz

Date: Saturday 12th and Sunday 13th September 2009
Venue: QEII Park
Christchurch

Event Entry Process

This season we will be using the online entry system for this event. This system has been used at all SLSNZ events over the previous three seasons and most clubs should be familiar with the process.

Please ensure you familiarise yourself with the Carnival Registrations Manual (which can be found on the SLSNZ website <http://www.slsnz.org.nz/Resource.aspx?ID=1798>) before commencing the online entry process. It will be necessary for you to bring through your members into 'current' as the system has been rolled over for this season and as such all members were defaulted into 'last season'.

The event codes for the 2009 Southern Region Swim Championships can be found on the last two pages of this memo.

Entries Open: Monday 27th July 2009, 10.00 am
Entries Close: Wednesday 26th August 2009, 5.00 pm

Please note:

- There will be no late entries permitted.
- **Team Manager's contact details** must be updated on the online system to ensure that the relevant person receives all updated information directly and not via third party, or worse case – miss out altogether.

Entry Fees

Entries for this year's event will be a flat fee of \$10.00 per competitor, regardless of the number of events they enter.

All entry fees will be calculated via the online entry system following the close of entries and your club will be invoiced directly.

Time Keepers

A large number of time keepers are required to ensure the successful running of the 2009 Southern Region Pool Championships. As such, each club is required to supply two people per session to act as timekeepers. The full names, email addresses and mobile phone numbers of these people must be emailed to the SLSC Event Manager before 5.00 pm Wednesday 26th August 2009. Penalties will be imposed to those clubs who fail to meet this requirement.

Events to be Contested

Events/Age Groups	U12	U14	U16	U19	Open	Masters
50 metre Swimming With Obstacles	✓					
100 metre Swimming With Obstacles		✓	✓	✓	✓	✓
200 metre Swimming With Obstacles				✓	✓	
100 metre Tube Swim with Patient and Fins	✓	✓				
100 metre Manikin Tow with Fins			✓	✓	✓	✓
50 metre Swim with Fins	✓	✓	✓	✓	✓	✓
100 metre Rescue Medley				✓	✓	
50 metre Brick Carry without Fins	✓	✓				
50 metre Manikin Carry without Fins					✓	
100 metre Manikin Carry with Fins					✓	
200 metre Super LifeSaver					✓	
Line Throw				✓	✓	✓
4 x 50 metre Obstacle Relay	✓	✓	✓	✓	✓	✓
4 x 25 metre Manikin Relay				✓	✓	
4 x 50 metre Medley Relay	✓	✓	✓	✓	✓	
6 x 50 metre Mega Relay					✓	

Please note

- The U12, U14 and U16 Obstacle Relay, Medley Relay and Masters Obstacle Relay are mixed gender with teams being made up of 2 females and 2 males.
- SLSC reserve the right to limit the number of competitors per event.

Event Times and Proposed Programme

The following are a general indication of the Event Timetable and Competition Programme and should only be used as a guide at this stage. A detailed daily timetable of events will be prepared and circulated once final entry numbers are received.

	Session 1 Saturday 12 th September	Session 2 Sunday 13 th September
Team Managers Meeting	11.30 am	7.30 am
Surf Officials Meeting	12.00 pm	8:00 am
Warm up Begins	12.00 pm	8.00 am
Warm up Ends	12.45 pm	8.45 am
March Past & Ceremony	12.50 pm	
Session Begins	1.00 pm	9.00 am
Session Ends	6.45 pm	1.30 pm
Prize giving	7.00 pm	1.45 pm

Saturday 12 th September	Sunday 13 th September
<p>Session 1</p> <p>200m Swim with Obstacles 50m Swim with Obstacles 100m Swim with Obstacles 4 x 50m Obstacle Relay Line Throw 50m Brick Carry 100m Rescue Medley</p>	<p>Session 2</p> <p>50m Manikin Carry without Fins 4x25m Manikin Relay 50m Swim with Fins 100m Manikin Carry with Fins 100m Tube swim with Patient and Fins 4 x 50m Medley Relay 100m Manikin Tow with Fins 200m Super Life Saver 6 x 50m Mega Relay</p>

Team Managers Meeting

Date: Saturday 12th September
Time: 11.30 pm Sharp
Venue: Meeting Room QEII Park (beside reception)

Event Rules

The 2009 Southern Region Swim Championships will be conducted under the rules as published in the SLSNZ Swim Championships Competition Manual (**updated June 2009**). This manual is based upon the International Life Saving (ILS) World Championship Rules.

The updated version of the SLSNZ Swim Championships Competition Manual can be downloaded from the SLSNZ Website <http://www.slsnz.org.nz/Resource.aspx?ID=1798>

Eligibility of Competitors

This competition is open to any SLSNZ affiliated club and all competitors taking part in this event are to be members of a SLSNZ affiliated club and have completed a SLSNZ Membership form.

Please Note:

- It is not a requirement of the event that competitors hold the Surf Lifeguard Award.
- Combined club teams for relays will not be permitted.

Age

A competitor's age group is determined by their age as at **midnight on 30th September 2009**. As this event is prior to 30th September 2009 athletes will be racing based on what age they will be at midnight on 30th September 2009. So in other words the age group the competitor will be competing in for the 2009-2010 summer season.

Please Note:

- All competitors must be aged **9 years or older** to be eligible to compete in the Swim Championships.
- Masters must be aged 30 years or older to be eligible to compete in that age group.
- Competitors (individual and team events) may compete in age groups as detailed below:
 - i. U12 may compete in U12 and U14 events
 - ii. U14 can only compete in U14 events
 - iii. U16 may compete in U16, U19 or Open events
 - iv. U19 may compete in U19 and Open events
 - v. Open can only compete in Open events
 - vi. Masters may compete in Masters and Open events
- Competitors can only compete in each individual event once – for example an U19 competitor wishing to compete in the 50m with Fins must choose either the U19 or Open event, not both.
- In the Line Throw and 100m Tube Swim events the “patients” must meet the age/gender limitations and may not be the Line Thrower or Tube Swimmer in the same age group.
- The 50 m obstacle swim has been classified as the same event as the 100m obstacle swim. This means that U12 athletes can only enter one of these events – either their own age group, or swim up in the U14 100m obstacle swim.

Event Equipment

All competitors are required to supply their own competition equipment (excluding manikins, bricks) including rescue tubes and fins.

All equipment must comply with the SLSNZ equipment specifications as specified within the SLSNZ Equipment specifications manual. Copies of this can be downloaded from the SLSNZ website <http://www.slsnz.org.nz/Resource.aspx?ID=3930>

Competition equipment will be subject to random scrutineering checks during the event.

Event Descriptions

The following is a brief description of each event for entry purposes. Please consult the SLSNZ Swim 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 two (2) immersed obstacles per 50m.

100m Tube with Patient and Fins

The rescuer swims 50m 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 50m where the patient must stay on their back but may assist the tow by kicking and sculling under the water.

100m Manikin Tow with Fins

The competitor swims 50m 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.

50m Swim with Fins

The competitor swims 50m freestyle with fins.

50m Brick Carry without Fins

The competitor swims 35m and then dives to recover a submerged rubber brick and then carries the brick to the finishing wall.

100m Rescue Medley

The competitor swims 50m freestyle to turn, dives, and the swims underwater to a submerged manikin located at 17.5m distance. The competitor surfaces the manikin within the 5m pick-up line, and then carries it the remaining distance to the finish edge of the pool.

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.

Line Throw

In this timed event, the competitor throws an un weighted line to a fellow team member located in the water approximately 12m distant and pulls this "victim" back to the poolside.

100m Manikin Carry with Fins

The competitor swims 50m wearing fins and then dives to recover a submerged manikin and return it along the surface to the finish wall.

200m Super Life Saver

The competitor swims 75m and then dives to recover a manikin of which must be surfaced within 5m and carried to the 100m turning edge. At the 100m the manikin is released and the competitor dons fins and rescue tube and swims 50m to secure a floating manikin towing the manikin for the remaining 50m.

4x50m Obstacle Relay

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

4x25m Manikin Relay

Four competitors in turn carry a manikin approximately 25m each.

4x50m Medley Relay

The first competitor swims 50m freestyle without fins. The second competitor swims 50m freestyle with fins. The third competitor swims 50m 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 50m by the fourth competitor to the finish.

6 x 50 Mega Relay

The first competitor swims 50m freestyle without fins. The second competitor swims 50m freestyle with fins. The third competitor swims 50m freestyle without fins. The fourth competitor swims 50m freestyle with fins. The fifth competitor swims 50m freestyle without fins. The sixth (last) competitor swims 50m freestyle with fins and touches the finish edge.

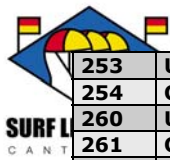
Regards,

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EVENT CODES 2009 SOUTHERN REGION SWIM CHAMPIONSHIPS

Code	Event	Gender	Team
101	U12 Mens 50m Swim with Obstacles	Male	No
103	U14 Mens 100m Swim with Obstacles	Male	No
104	U16 Mens 100m Swim with Obstacles	Male	No
105	U19 Mens 100m Swim with Obstacles	Male	No
106	Open Mens 100m Swim with Obstacles	Male	No
107	Masters Mens 100m Swim with Obstacles	Male	No
108	U19 Mens 200m Swim with Obstacles	Male	No
109	Open Mens 200m Swim with Obstacles	Male	No
111	U12 Mens 50m Swim with Fins	Male	No
113	U14 Mens 50m Swim with Fins	Male	No
114	U16 Mens 50m Swim with Fins	Male	No
115	U19 Mens 50m Swim with Fins	Male	No
116	Open Mens 50m Swim with Fins	Male	No
117	Masters Mens 50m Swim with Fins	Male	No
120	U12 Mens 100m Tube Swim with Patient & Fins	Male	Yes (2)
121	U14 Mens 100m Tube Swim with Patient & Fins	Male	Yes (2)
122	U16 Mens 100m Manikin Tow with Fins	Male	No
123	U19 Mens 100m Manikin Tow with Fins	Male	No
124	Open Mens 100m Manikin Tow with Fins	Male	No
125	Masters Mens 100m Manikin Tow with Fins	Male	No
131	U12 Mens 50m Brick Carry without Fins	Male	No
133	U14 Mens 50m Brick Carry without Fins	Male	No
134	Open Mens 50m Manikin Carry without Fins	Male	No
135	Open Mens 100m Manikin Carry with Fins	Male	No
140	U19 Mens 100m Rescue Medley	Male	No
141	Open Mens 100m Rescue Medley	Male	No
145	U19 Mens Line Throw	Male	Yes (2)
146	Open Mens Line Throw	Male	Yes (2)
147	Masters Mens Line Throw	Male	Yes (2)
149	Open Mens 200m Super Lifesaver	Male	No
153	U19 Mens 4x50m Obstacle Relay	Male	Yes (4)
154	Open Mens 4x50m Obstacle Relay	Male	Yes (4)
160	U19 Mens 4x25m Manikin Relay	Male	Yes (4)
161	Open Mens 4x25m Manikin Relay	Male	Yes (4)
173	U19 Mens 4x50m Medley Relay	Male	Yes (4)
174	Open Mens 4x50m Medley Relay	Male	Yes (4)
201	U12 Womens 50m Swim with Obstacles	Female	No
203	U14 Womens 100m Swim with Obstacles	Female	No
204	U16 Womens 100m Swim with Obstacles	Female	No
205	U19 Womens 100m Swim with Obstacles	Female	No
206	Open Womens 100m Swim with Obstacles	Female	No
207	Masters Womens 100m Swim with Obstacles	Female	No
208	U19 Womens 200m Swim with Obstacles	Female	No
209	Open Womens 200m Swim with Obstacles	Female	No
211	U12 Womens 50m Swim with Fins	Female	No
213	U14 Womens 50m Swim with Fins	Female	No
214	U16 Womens 50m Swim with Fins	Female	No
215	U19 Womens 50m Swim with Fins	Female	No
216	Open Womens 50m Swim with Fins	Female	No
217	Masters Womens 50m Swim with Fins	Female	No
220	U12 Womens 100m Tube Swim with Patient & Fins	Female	Yes (2)
221	U14 Womens 100m Tube Swim with Patient & Fins	Female	Yes (2)
222	U16 Womens 100m Manikin Tow with Fins	Female	No
223	U19 Womens 100m Manikin Tow with Fins	Female	No
224	Open Womens 100m Manikin Tow with Fins	Female	No
225	Masters Womens 100m Manikin Tow with Fins	Female	No
231	U12 Womens 50m Brick Carry without Fins	Female	No
233	U14 Womens 50m Brick Carry without Fins	Female	No
234	Open Womens 50m Manikin Carry without Fins	Female	No
235	Open Womens 100m Manikin Carry with Fins	Female	No
240	U19 Womens 100m Rescue Medley	Female	No
241	Open Womens 100m Rescue Medley	Female	No
245	U19 Womens Line Throw	Female	Yes (2)
246	Open Womens Line Throw	Female	Yes (2)
247	Masters Womens Line Throw	Female	No
249	Open Womens 200m Super Lifesaver	Female	No



253	U19 Womens 4 x 50m Obstacle Relay	Female	Yes (4)
254	Open Womens 4x50m Obstacle Relay	Female	Yes (4)
260	U19 Womens 4x25m Manikin Relay	Female	Yes (4)
261	Open Womens 4x25m Manikin Relay	Female	Yes (4)
273	U19 Womens 4x50m Medley Relay	Female	Yes (4)
274	Open Womens 4x50m Medley Relay	Female	Yes (4)
305	6x50m Mega Relay	Open	Yes (6)
310	U12 Mixed 4x50 m Obstacle Relay	Open	Yes (4)
311	U14 Mixed 4x50m Obstacle Relay	Open	Yes (4)
314	U16 Mixed 4x50m Obstacle Relay	Open	Yes (4)
320	U12 Mixed 4x50m Medley Relay	Open	Yes (4)
321	U14 Mixed 4x50m Medley Relay	Open	Yes (4)
324	U16 Mixed 4x50m Medley Relay	Open	Yes (4)
325	Masters Mixed 4x50 Obstacle Relay	Open	Yes (4) No

