

NSW RLSS State Championship Program

Sunday 20th MARCH 2016

Granville Swim Centre

Society Centenary Shield – Overall State Championship Pointscore.

COSTS: Individual Entries - \$8 per entry (Maximum of \$35 per person per age group)
Team events - Free entry

RESTRICITIONS Individual - Unlimited entry per club Relay Teams - 4 teams per club max.

ENTRY

- Entry closes Monday, 14th March 5.00 pm - No late entries permitted. (See additional details below)

- Daily pool entry – Nominated officials free.

Swimmers; Adult \$5.00 Child \$3.70 Spectator \$3.00

CANTEEN – Open. There is to be no eating on pooldeck unless officiating.

TIMES START 9.30 AM (marshalling 9.15am) Warm up 8.30 am Anticipated conclusion 5.00 pm

Male	Female	Events	1 – 44	Block start
1	2	Open	200m with Obstacles	Block start
			<u>George H Williams Memorial Trophy-Men</u>	<u>NSW State Team Trophy-Women</u>
3	4	U/19 yrs	200m with Obstacles	
5	6	U/16 yrs	200m with Obstacles	
7	8	12/13 yrs	100m with Obstacles	
9	10	30/44yrs	100m with Obstacles	
11	12	45 & over	50m with Obstacles	
13	14	10/11yrs	50m with Obstacles	
15	16	8/9 yrs	25m with Obstacles (handler allowed)	
17 mixed	Open	4 x 50m with Obstacles Relay (must include one male & female)		
		<u>1983 NSW State Ladies Team Trophy</u>		
18 M/F/Mix	U/14 yrs	4 x 50m with Obstacle Relay (may be all male or female)		
19 mixed	U/16 yrs	4 x 50m with Obstacles Relay (must include one male & female)		
20 M/F/Mix	U/12 yrs	4 x 25m with Obstacle Relay (may be all male or female)		
21	22	U/16 yrs	Line Throw (12.5 metres)	Meets ILS requirements
23	24	U/19 yrs	Line Throw (12.5 metres)	Meets ILS requirements
25	26	Open	Line Throw (12.5 metres)	Meets ILS requirements
27		30/44 yrs	Line Throw Male (12.5 metres)	Meets ILS requirements
29		45 & over	Line Throw Male (12.5 metres)	Meets ILS requirements
31	32	12/13yrs	Line Throw (10 metres)	<u>McLennan Shield-Boy</u>
	34	30/44 yrs	Line Throw Female (10 metres)	<u>McLennan Shield-Girl</u>
	36	45 & over	Line Throw Female (10 metres)	
37	38	10/11yrs	Line Throw (8 metres)	
39	40	8/9 yrs	Line Throw (6 metres must throw underarm)	start on pool deck

SHORT BREAK

Events	41 & 48 Start - deep end	Events	49 – 62 Start - change room end
41	42 Open	100m Medley swim (full manikin)	Meets ILS requirements
43	44 10/11yrs	50m Rescue Tube with fins (clip tube at 25m & return) NB knot permitted in harness	
45	46 12/13yrs	50m Manikin Tow with fins and rescue tube (1/2 full manikin held at 25m)	
47	48 8/9 yrs	50m swim with Rescue Tube & fins	NB knot permitted in harness
49	50 30/44	100m Manikin Tow with fins and rescue tube (1/2 full manikin and handler)	
51	52 U/16 yrs	100m Manikin Tow with fins and rescue tube (1/2 full manikin and handler)	
53	54 U/19 yrs	100m Manikin Tow with fins and rescue tube (1/2 full manikin and handler)	
55	56 Open	100m Manikin Tow with fins and rescue tube (1/2 full manikin and handler)	
		<u>Stamina Trophy-Men</u>	<u>Wilson Reid Trophy-Women</u>
57	58 45 & over	100m Manikin Tow with fins with fins and rescue tube (1/2 full manikin and handler)	
59	U/I6 M/F/Mix	4 x 50m Medley Relay (may be all male or female)	
60	U/12 M/F/Mix	4 x 50m Rescue Tube Relay (may be all male or female)	
		NB No 4 swimmer does not tow No3 swimmer	
61	U/14 mixed	4 x 50m Medley Relay (must include one male or female)	
62	Open mixed	4 x 50m Medley Relay (must include one male or female)	Society Cup

LUNCH BREAK (1.00 p.m. approx 30 mins long)

First Event 1.35 p.m. (Marshalling 1.25 p.m.)

Male	Female		Events 63 – 78	Start - change room end	
63	64	Open	100m Manikin Carry with fins (full manikin) <u>Shoebidge Cup-Men</u>	<u>C. W. Hyde-Women</u>	Meets ILS requirements
65	66	U/19 yrs	100m Manikin Carry with fins (full manikin)		Meets ILS requirements
67	68	U/16 yrs	100m Manikin Carry with fins (full manikin)		Meets ILS requirements
69	70	30/44 yrs	100m Manikin Carry with fins (full manikin)		Meets ILS requirements
71	72	45 & over	100m Manikin Carry with fins (1/2 full manikin-handler)		
73	74	12/13 yrs	100m Manikin Carry with fins (1/2 full manikin-handler)		
75	76	10/11 yrs	100m Manikin Carry with fins (empty manikin-handler)		
77	78	8/9 yrs	50m Manikin Carry with fins (empty manikin-handler) 25m swim retrieve manikin and return to start wall		

			Events 78 – 94	Deep start	
79	80	45 & over	50m manikin carry (1/2 full manikin and handler)		
81	82	12/13yrs	50m manikin carry (1/2 full manikin and handler)		
83	84	Open	50m manikin carry (full manikin)		Meets ILS requirements
85	86	U/19 yrs	50m manikin carry (full manikin)		Meets ILS requirements
87	88	U/16 yrs	50m manikin carry (full manikin)		Meets ILS requirements
89	90	30/44 yrs	50m manikin carry (full manikin)		Meets ILS requirements
91	92	10/11yrs	50m manikin carry (empty manikin and handler)		
93	94	8/9 yrs	25m manikin carry (empty manikin and handler) 12.5m swim -12.5m manikin tow to rope at 25m mark		

SHORT BREAK

			Events 95 – 98	Start - change room end	
95	U/14	M/F/Mix	4 x 25m manikin relay - ½ full manikin (may be all male or female)		
96	Open	mixed	4 x 25m manikin relay (must include one male or female) <u>1983 NSW State Teams Men's Trophy</u>		
97	U/16	mixed	4 x 25m manikin relay (must include one male or female)		
98	U/12	M/F/Mix	4 x 12.5m manikin relay - empty manikin Involves completing one 50m length of pool. (May be all male or female)	<u>Sue Gilmore Memorial Trophy</u>	
			Events 99 – 105	Deep start	
99	100	Open	200m Super Lifesaver <u>Nerida Murray Memorial Trophy (Female)</u>	<u>Lou Stevens Memorial Trophy (male)</u>	
101	102	U/19	200m Super Lifesaver		
103	104	U/16	200m Super Lifesaver <u>Areva Shield – male</u>	<u>Areva Shield – female</u>	
105	Restricted		mixed 8 x 50m Fin Relay (4 x U/16, 4 x 16 & over) Must have one male or female for each age.		<u>Walter Scott Trophy</u>

Anticipated conclusion 5.00 p.m.

ADDITIONAL ENTRY NOTES

ENTRY

- Entry and Payments closes Monday, 14th March 5.00 pm to;
 - Meet Manager File to Branch Race Secretary E McCrindle
 - Copy of summary sheet to Registrar S McDonell
- Payment for both Speed and SERC entries to NSW Branch Office – cheque or direct deposit
- Direct deposit details BSB 062171 Account Number 28002299.
- Please send email to leanemacallister@royalnsw.com.au with payment details
- No late entries permitted.
- All reserves must be shown on each team entry. Each team entry is entitled to have 50% of the total team number shown as reserves. ie relay team entry – names of 4 team members plus 2 reserves recorded.

RESTRICTIONS

Individual - Unlimited entry per club Relay Teams - 3 teams per club max.
Rubber fins are to be used by all competitors in 8/9 yr, 10/11 yr and 12 / 13 year age events.

POOL ENTRY

All spectators and competitors are required to pay an entry fee daily.

Officials: Free entry for officials identified as undertaking an official role for the whole day's competition.
 These officials MUST sign the attendance sheet located at the front desk
 The pool asks that officials who intend to also compete as individuals pay the spectator fee.