



Surf Life Saving Australia - Circular

Title:	Australian Pool Rescue Championships 2025 – Entry Circular
Document ID:	Circular 80/24-25
Audience:	State/Territory Surf Sport Managers, Directors, Club Secretaries, Branches, State/Territory CEO's SLSA Chair of Sport and Advisers, Officials and Competitors
From:	Sport
Date:	6 June 2025
Summary:	Entry Circular for the Australian Pool Rescue Championships 2025 to be held at the South Australian Aquatic & Leisure Centre (SAALC), Adelaide. The Championships will be held over three days: 8-10 August 2025.

1 EVENT OVERVIEW

Please note the following points are a short summary of all detailed information in the following entry circular:

- The SLSA Australian Pool Rescue and Interstate Championships – 8-10 August 2025 at the South Australia Aquatic & Leisure Centre (SAALC), Adelaide.
- Entries must be submitted electronically (hard copies not accepted) through LiveHeats Entry System by **5pm, Wednesday 30 July 2025**. Please note that there are **NO** late entries. Please follow the link to submit your entries: <https://liveheats.com/events/384629>
- Please refer to the Appendix which will guide you through the entry process for the 2025 Australian Pool Rescue Championships.
- All Team Managers to complete the [Team Manager Form](#) by **Wednesday 30 July 2025**.
- This event is sanctioned by the International Life Saving Federation (ILS) and as such the Championships will be run in accordance with the ILS Competition Rule Book plus ILS Competition Rule Book (ILS-2023-ILS-Competition-Rulebook-FINAL-June-2023-Clarification-V4.3.1-May-2024 Technical Bulletins 1 and 2 located at <https://www.ilsf.org/lifesaving-sport/rules/>, and the *37th edition SLSA Surf Sports Manual* (Revised November 2024) <https://members.sls.com.au/SLSAOnline/modules/login/index.php>) plus any subsequent bulletins or circulars.
- RLSSAA and ILS Member Federation members are also eligible and invited to participate in these championships.

2 IMPORTANT DATES/TIMES

Friday 6 June 2025	LiveHeats entry system opens
Monday, 28 July 2025	State/Territory centres shall forward all athlete nominations and drafting requirements to SLSA
Wednesday 30 July 2025	All club entries must be submitted electronically (hard copies not accepted) through the LiveHeats Entry System. ALL Entries close at 5pm AEST . Please follow the link to submit your entries: https://liveheats.com/events/384629
	All states must submit all individual, relay and all draft eligible athletes information for Interstate Competition.
	SLSA release list of draft athletes to the States.
Friday 1 August 2025	SLSA to host meeting for States to complete any draft picks.
	Club Timekeeper roster finalised and distributed



3 PROGRAM OF EVENTS

Please note the below times are subject to change due to increased projection of entries or other unforeseen issues.

Thursday 7 August 2025

12:00 PM	Training Pool Available
4:00 PM	Competition Committee Meeting Training Pool Closes
5:00 PM	Club Team Managers Briefing (Online)
5:45 PM	State Team Managers Briefing (Online)

Friday 8 August 2025

6:45 AM	Competition Committee Meeting
7:00 AM	Officials Breakfast & Check In Warm Up Pool Available
7:10 AM	Officials Briefing
7:45 AM	Team Manager's Briefing
8:15 AM	Opening Ceremony with State Teams, clubs athletes and officials
8:30 AM	Marshalling Commences
8:45 AM	Interclub Competition Commences
11:30 AM	Competition Committee Meeting
3:30 PM	Interstate Relays Commence

Note: The Interstate Relays will commence immediately upon completion of the Friday Club program. State Teams must be ready to commence competition when marshalled.

Event #	Category	Age	Event
1	Men	Under 12	100m Obstacle Race
2	Women	Under 12	100m Obstacle Race
3	Men	Under 13	100m Obstacle Race
4	Women	Under 13	100m Obstacle Race
5	Men	75 & Over	100m Obstacle Race
6	Women	75 & Over	100m Obstacle Race
7	Men	70-74	100m Obstacle Race
8	Women	70-74	100m Obstacle Race
9	Men	65-69	100m Obstacle Race
10	Women	65-69	100m Obstacle Race
11	Men	60-64	100m Obstacle Race
12	Women	60-64	100m Obstacle Race
13	Men	55-59	200m Obstacle Race
14	Men	50-54	200m Obstacle Race
15	Men	45-49	200m Obstacle Race
16	Men	40-44	200m Obstacle Race
17	Men	35-39	200m Obstacle Race
18	Men	30-34	200m Obstacle Race
19	Women	55-59	200m Obstacle Race
20	Women	50-54	200m Obstacle Race
21	Women	45-49	200m Obstacle Race
22	Women	40-44	200m Obstacle Race
23	Women	35-39	200m Obstacle Race
24	Women	30-34	200m Obstacle Race



25	Men	Under 14	200m Obstacle Race
26	Women	Under 14	200m Obstacle Race
27	Men	Under 15	200m Obstacle Race
28	Women	Under 15	200m Obstacle Race
29	Men	Under 17	200m Obstacle Race
30	Women	Under 17	200m Obstacle Race
31	Men	Under 19	200m Obstacle Race
32	Women	Under 19	200m Obstacle Race
33	Men	Open	200m Obstacle Race
34	Women	Open	200m Obstacle Race
35	Men	200+	4x50m Obstacle Relay
36	Women	200+	4x50m Obstacle Relay
37	Men	120+	4x50m Obstacle Relay
38	Women	120+	4x50m Obstacle Relay
39	Men	Under 12/13	4x50m Obstacle Relay
40	Women	Under 12/13	4x50m Obstacle Relay
41	Men	Under 14/15	4x50m Obstacle Relay
42	Women	Under 14/15	4x50m Obstacle Relay
43	Men	Under 17/19	4x50m Obstacle Relay
44	Women	Under 17/19	4x50m Obstacle Relay
45	Men	Open	4x50m Obstacle Relay
46	Women	Open	4x50m Obstacle Relay
47	Men	Under 12	2x10m Line Throw Relay
48	Women	Under 12	2x10m Line Throw Relay
49	Men	Under 13	2x10m Line Throw Relay
50	Women	Under 13	2x10m Line Throw Relay
51	Men	Under 14	2x10m Line Throw Relay
52	Women	Under 14	2x10m Line Throw Relay
53	Men	70 & Over	2x12.5m Line Throw Relay
54	Women	70 & Over	2x12.5m Line Throw Relay
55	Men	60-69	2x12.5m Line Throw Relay
56	Women	60-69	2x12.5m Line Throw Relay
57	Men	50-59	2x12.5m Line Throw Relay
58	Women	50-59	2x12.5m Line Throw Relay
59	Men	40-49	2x12.5m Line Throw Relay
60	Women	40-49	2x12.5m Line Throw Relay
61	Men	30-39	2x12.5m Line Throw Relay
62	Women	30-39	2x12.5m Line Throw Relay
63	Men	Under 15	2x12.5m Line Throw Relay
64	Women	Under 15	2x12.5m Line Throw Relay
65	Men	Under 17	2x12.5m Line Throw Relay
66	Women	Under 17	2x12.5m Line Throw Relay
67	Men	Under 19	2x12.5m Line Throw Relay
68	Women	Under 19	2x12.5m Line Throw Relay
69	Men	Open	2x12.5m Line Throw Relay
70	Women	Open	2x12.5m Line Throw Relay
71	Men	Under 14/15	4x50m Obstacle - Interstates Relay
72	Women	Under 14/15	4x50m Obstacle - Interstates Relay
73	Men	Under 17/19	4x50m Obstacle - Interstates Relay
74	Women	Under 17/19	4x50m Obstacle - Interstates Relay
75	Men	Open	4x50m Obstacle - Interstates Relay
76	Women	Open	4x50m Obstacle - Interstates Relay
77	Men	Under 14/15	4x25m Manikin - Interstate Relay
78	Women	Under 14/15	4x25m Manikin - Interstate Relay
79	Men	Under 17/19	4x25m Manikin - Interstate Relay
80	Women	Under 17/19	4x25m Manikin - Interstate Relay
81	Men	Open	4x25m Manikin - Interstate Relay



82	Women	Open	4x25m Manikin - Interstate Relay
83	Mixed	Under 17/19	4x50 Pool Lifesaver - Interstate Relay
84	Mixed	Open	4x50 Pool Lifesaver - Interstate Relay
85	Men	Under 14/15	4x50m Medley - Interstate Relay
86	Women	Under 14/15	4x50m Medley - Interstate Relay
87	Men	Under 17/19	4x50m Medley - Interstate Relay
88	Women	Under 17/19	4x50m Medley - Interstate Relay
89	Men	Open	4x50m Medley - Interstate Relay
90	Women	Open	4x50m Medley - Interstate Relay
91	Mixed	Open	10x50m Interstate Relay



Saturday 9 August 2025

7:00 AM	Officials Breakfast Warm Up Pool Available Competition Committee Meeting
7:15 AM	Officials Briefing
7:45 AM	Team Manager's Briefing
8:15 AM	Marshalling
8:30 AM	Competition Commences
11:30 AM	Competition Committee Meeting

Event #	Category	Age	Event
92	Men	Open	100m Manikin Tow w/Fins
93	Women	Open	100m Manikin Tow w/Fins
94	Men	Under 19	100m Manikin Tow w/Fins
95	Women	Under 19	100m Manikin Tow w/Fins
96	Men	Under 17	100m Manikin Tow w/Fins
97	Women	Under 17	100m Manikin Tow w/Fins
98	Men	Under 15	100m Manikin Tow w/Fins
99	Women	Under 15	100m Manikin Tow w/Fins
100	Men	Under 14	100m Manikin Tow w/Fins
101	Women	Under 14	100m Manikin Tow w/Fins
102	Men	30-34	100m Manikin Tow w/Fins
103	Women	30-34	100m Manikin Tow w/Fins
104	Men	35-39	100m Manikin Tow w/Fins
105	Women	35-39	100m Manikin Tow w/Fins
106	Men	40-44	100m Manikin Tow w/Fins
107	Women	40-44	100m Manikin Tow w/Fins
108	Men	45-49	100m Manikin Tow w/Fins
109	Women	45-49	100m Manikin Tow w/Fins
110	Men	50-54	100m Manikin Tow w/Fins
111	Women	50-54	100m Manikin Tow w/Fins
112	Men	55-59	100m Manikin Tow w/Fins
113	Women	55-59	100m Manikin Tow w/Fins
114	Men	60-64	100m Manikin Tow w/Fins
115	Women	60-64	100m Manikin Tow w/Fins
116	Men	65-69	100m Manikin Tow w/Fins
117	Women	65-69	100m Manikin Tow w/Fins
118	Men	70-74	100m Manikin Tow w/Fins
119	Women	70-74	100m Manikin Tow w/Fins
120	Men	75 & Over	100m Manikin Tow w/Fins
121	Women	75 & Over	100m Manikin Tow w/Fins
122	Men	Under 12/13	2x50m Patient Tow w/Fins Relay
123	Women	Under 12/13	2x50m Patient Tow w/Fins Relay
124	Men	Under 15	200m Super Lifesaver
125	Women	Under 15	200m Super Lifesaver
126	Men	Under 17	200m Super Lifesaver
127	Women	Under 17	200m Super Lifesaver
128	Men	Under 19	200m Super Lifesaver
129	Women	Under 19	200m Super Lifesaver
130	Men	Open	200m Super Lifesaver
131	Women	Open	200m Super Lifesaver
132	Men	Under 12	25m Brick Carry
133	Women	Under 12	25m Brick Carry
134	Men	Under 13	25m Brick Carry
135	Women	Under 13	25m Brick Carry
136	Men	Under 14	50m Manikin Carry (Pickup at 35m)



137	Women	Under 14	50m Manikin Carry (Pickup at 35m)
138	Men	75 & Over	50m Manikin Carry
139	Women	75 & Over	50m Manikin Carry
140	Men	70-74	50m Manikin Carry
141	Women	70-74	50m Manikin Carry
142	Men	65-69	50m Manikin Carry
143	Women	65-69	50m Manikin Carry
144	Men	60-64	50m Manikin Carry
145	Women	60-64	50m Manikin Carry
146	Men	55-59	50m Manikin Carry
147	Women	55-59	50m Manikin Carry
148	Men	50-54	50m Manikin Carry
149	Women	50-54	50m Manikin Carry
150	Men	45-49	50m Manikin Carry
151	Women	45-49	50m Manikin Carry
152	Men	40-44	50m Manikin Carry
153	Women	40-44	50m Manikin Carry
154	Men	35-39	50m Manikin Carry
155	Women	35-39	50m Manikin Carry
156	Men	30-34	50m Manikin Carry
157	Women	30-34	50m Manikin Carry
158	Men	Under 15	50m Manikin Carry
159	Women	Under 15	50m Manikin Carry
160	Men	Under 17	50m Manikin Carry
161	Women	Under 17	50m Manikin Carry
162	Men	Under 19	50m Manikin Carry
163	Women	Under 19	50m Manikin Carry
164	Men	Open	50m Manikin Carry
165	Women	Open	50m Manikin Carry



Sunday 10 August 2025

7:00 AM	Officials Breakfast Warm Up Pool Available Competition Committee Meeting
7:15 AM	Officials Briefing
7:45 AM	Team Manager's Briefing
8:15 AM	Marshalling
8:30 AM	Competition Commences
11:30 AM	Competition Committee Meeting

Event #	Category	Age	Event
166	Mixed	Under 17/19	4x50m Pool Lifesaver Relay
167	Mixed	Open	4x50m Pool Lifesaver Relay
168	Men	75 & Over	100m Manikin Carry w/Fins
169	Women	75 & Over	100m Manikin Carry w/Fins
170	Men	70-74	100m Manikin Carry w/Fins
171	Women	70-74	100m Manikin Carry w/Fins
172	Men	65-69	100m Manikin Carry w/Fins
173	Women	65-69	100m Manikin Carry w/Fins
174	Men	60-64	100m Manikin Carry w/Fins
175	Women	60-64	100m Manikin Carry w/Fins
176	Men	55-59	100m Manikin Carry w/Fins
177	Women	55-59	100m Manikin Carry w/Fins
178	Men	50-54	100m Manikin Carry w/Fins
179	Women	50-54	100m Manikin Carry w/Fins
180	Men	45-49	100m Manikin Carry w/Fins
181	Women	45-49	100m Manikin Carry w/Fins
182	Men	40-44	100m Manikin Carry w/Fins
183	Women	40-44	100m Manikin Carry w/Fins
184	Men	35-39	100m Manikin Carry w/Fins
185	Women	35-39	100m Manikin Carry w/Fins
186	Men	30-34	100m Manikin Carry w/Fins
187	Women	30-34	100m Manikin Carry w/Fins
188	Men	Under 15	100m Manikin Carry w/Fins
189	Women	Under 15	100m Manikin Carry w/Fins
190	Men	Under 17	100m Manikin Carry w/Fins
191	Women	Under 17	100m Manikin Carry w/Fins
192	Men	Under 19	100m Manikin Carry w/Fins
193	Women	Under 19	100m Manikin Carry w/Fins
194	Men	Open	100m Manikin Carry w/Fins
195	Women	Open	100m Manikin Carry w/Fins
196	Men	Under 12	50m Swim with Fins
197	Women	Under 12	50m Swim with Fins
198	Men	Under 13	50m Swim with Fins
199	Women	Under 13	50m Swim with Fins
200	Men	Under 14	50m Swim with Fins
201	Women	Under 14	50m Swim with Fins
202	Men	Under 15	50m Swim with Fins
203	Women	Under 15	50m Swim with Fins
204	Men	Under 17	50m Swim with Fins
205	Women	Under 17	50m Swim with Fins
206	Men	Under 19	50m Swim with Fins
207	Women	Under 19	50m Swim with Fins
208	Men	Open	50m Swim with Fins
209	Women	Open	50m Swim with Fins
210	Men	Under 15	100m Rescue Medley



211	Women	Under 15	100m Rescue Medley
212	Men	Under 17	100m Rescue Medley
213	Women	Under 17	100m Rescue Medley
214	Men	Under 19	100m Rescue Medley
215	Women	Under 19	100m Rescue Medley
216	Men	Open	100m Rescue Medley
217	Women	Open	100m Rescue Medley
218	Men	Under 12/13	4x25m Brick Relay
219	Women	Under 12/13	4x25m Brick Relay
220	Men	200+	4x25m Manikin Relay
221	Women	200+	4x25m Manikin Relay
222	Men	120+	4x25m Manikin Relay
223	Women	120+	4x25m Manikin Relay
224	Men	Under 14/15	4x25m Manikin Relay
225	Women	Under 14/15	4x25m Manikin Relay
226	Men	Under 17/19	4x25m Manikin Relay
227	Women	Under 17/19	4x25m Manikin Relay
228	Men	Open	4x25m Manikin Relay
229	Women	Open	4x25m Manikin Relay
230	Men	200+	4x50m Medley Relay
231	Women	200+	4x50m Medley Relay
232	Men	120+	4x50m Medley Relay
233	Women	120+	4x50m Medley Relay
234	Men	Under 12/13	4x50m Medley Relay
235	Women	Under 12/13	4x50m Medley Relay
236	Men	Under 14/15	4x50m Medley Relay
237	Women	Under 14/15	4x50m Medley Relay
238	Men	Under 17/19	4x50m Medley Relay
239	Women	Under 17/19	4x50m Medley Relay
240	Men	Open	4x50m Medley Relay
241	Women	Open	4x50m Medley Relay



4 EVENT DETAILS

4.1 Event Rules

The Australian Pool Rescue and Interstate Championships will be conducted under the pool event rules as set out in the 37th edition Surf Sports Manual (Revised November 2024) plus any amending Bulletins and Circulars, which can be located within the Members Area. The event will also operate under the ILS Competition Rule Book 2023 Edition plus clarifying bulletins ([ILS-2023-ILS-Competition-Rulebook-FINAL-June-2023-Clarification-V4.3.1-May-2024](#)). The eligibility conditions for age categories, substitution, and other required provisions to compete are also provided within the Surf Sports Manual along with all other subsequent bulletins or circulars in addition to this entry circular.

4.2 Award, Proficiency and Patrol Requirements of All Competitors

All members entered for the Australian Pool Rescue and Interstate Championships must meet the requirements of SLSA policies. Further details may be obtained from Policy 5.04 Proficiency and Patrol Hour Requirements – Competition Eligibility.

4.3 ILS Sanctioning and Records

The Australian Pool Rescue Championships is sanctioned by ILS, and as such, any World Records achieved for ILS recognised events will be recorded and submitted to ILS for processing as per the ILS Competition Rule Book 2023 Edition.

This includes the requirement for mandatory anti-doping testing for all ILS Open and Youth aged world records. There is no requirement for mandatory anti-doping testing to be undertaken to establish a Masters world record.

Note 1: “Meet records” are recorded and recognised at the Australian Pool Rescue Championships. Meet records may be set by any participant in individual and club team events and in state team events. There is no mandatory requirement for anti-doping testing to be undertaken to establish a meet record.

Note 2: Currently SLSA does not maintain a register of Australian records (as described in Section 11.2 of the current edition SLSA Surf Sports Manual).

4.4 Pool

The 10-lane competition swimming pool at the SAALC, Adelaide meets ILS requirements for all events.

4.5 Competition Equipment

SLSA will supply the Rescue Tubes, Manikins, Bricks and Lines for the use of competitors during competition.

All competitors are required to supply their own swim fins. The soft/flexible rubber type swim fins for U12 & U13 athletes must comply with the requirements detailed in Section 11.3.1 of the current edition SLSA Surf Sports Manual. The swim fins used by U14 and older aged competitors must comply with the ILS requirements as reproduced in Section 11.3.2 of the current edition SLSA Surf Sports Manual.

Note: If competing up into U14 team events only, U13 aged athletes are permitted to use either the SLSA approved rubber type swim fins or the ILS specification swim fins.

All equipment must comply with the ILS specifications as specified in Section 8 of the ILS Competition Rule Book 2023 Edition. Competition equipment will be subject to random scrutineering checks during the event.

4.6 Swimwear

In all swimming events competitors must wear approved competition dress as detailed in Section 2.5.1 of the current edition Surf Sports Manual plus any amending Bulletins and Circulars.

Note: The SLSA rules are consistent with the swimwear rules contained in Sections 2.10 and 8.13 of the ILS Competition Rule Book 2023 Edition.



4.7 First Aid

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

4.8 Results

All results will be available on the SLSA website after the event completion and on the LiveHeats website (<https://liveheats.com/slsa>). A full result report will also be sent to the ILS within one month of event completion.

4.9 Restrictions & Provisos

The following restrictions shall apply regarding nominations and competition in the various events:

- (a) Competitors will compete as club representatives in the Australian Pool Rescue Championships.
- (b) State team competitors will compete as state representatives in the Interstate Championships Team Events and may also compete in club team events for their clubs. In individual events they can compete for both their Club and State concurrently.
- (c) Notwithstanding the provisions of Substitution of Competitors as provided for under General Competitive Conditions in the current edition SLSA Surf Sports Manual, in conjunction with all current amending or clarifying Bulletins, it shall be possible for a Club in the event of the withdrawal of an individual competitor in a team event who has been nominated by the Club to compete to replace such a competitor in a Club team.
- (d) Any withdrawal, together with details of the replacement (if any) and satisfying the conditions of entry, should be notified in writing to the Australian Pool Rescue Championships 2025 SLSA Events Team by the representative of the Club nominated for this purpose, at least one hour before the scheduled starting time of the event. The Pool Rescue Championships 2025 Event Team will in turn issue an authority for promulgation to the appropriate Carnival Official/s.
- (e) Competitors **MUST** wear identical club/state caps / rubber or silicone swim caps in each team event. To assist with identification Competitors representing their state in individual events are to wear their state team caps.

Note: State Competitors **NOT** representing their state in a particular individual event **MUST** wear their club cap, not their state cap.

- (f) For any event to be contested at the Australian Pool Rescue Championships, a minimum of one (1) starter is required. Where an event is conducted all place getters shall be awarded medals.

Note: Refer also to Sections 4 and 5 of this circular for additional restrictions and provisos.

- (g) **Timekeepers:** Each Club must supply the required number of timekeepers as published in the Timekeeper roster.

Each Club entering will be required to provide members for the purpose of timekeeping. A timekeeping roster will be provided via Team App. It is the club's responsibility to fulfill its roster requirement.

Note: The Carnival committee reserves the right to penalise Clubs who do not provide a timekeeper when rostered as it sees fit including prohibiting a club from competing until such time as a timekeeper is provided, stripping of points already accumulated, imposition of fines and any other measure deemed appropriate at the time.



4.10 Appeals

The Competition Appeals Committee will deal with all the protests referred to it by the Referee. The appeals process is detailed in the current edition Surf Sports Manual and any subsequent Bulletins and Circulars. Appeals forms can be obtained from appointed Liaison Officers or administration. The Competition Appeals Committee shall consider the protest or appeal and make a decision. It may uphold or dismiss a protest or appeal. The cost of lodging an appeal is **\$150.00 Inc. GST (in cash)** for both individual and team events. If an appeal is upheld the fee shall be returned forthwith.

The decision of the Competition Appeals Committee is final and there is no right of appeal against that decision.

4.11 SLSA Anti-Doping Policy

Surf Life Saving Australia supports the Australian Government, the Australian Sports Commission, the Australian Olympic Committee, Sport Integrity Australia (SIA) and ILS in their efforts to eradicate the use of drugs in sport. SLSA has published an anti-doping policy, which will be adhered to for this event.

Please be aware that random drug testing could take place during the Interstate and Australian Pool Rescue Championships 2025.

It is highly recommended each Club team member (including management and staff) complete the SIA online e-learning program (Anti-Doping Fundamentals) to ensure all personnel are aware of contemporary issues pertaining to anti-doping. This includes the principles of "Clean Sport" and that the use of performance enhancing-drugs and doping practices are strictly condemned. The link to access the e-learning program is: <https://elearning.sportintegrity.gov.au/>.

Further to this, it is highly recommended that each team, under the direction of the management, undergo at least one anti-doping education and awareness activity as a group.

It is recommended each Club team member (including management and staff) utilise the SIA [Check Your Substances](#) reference site, or phone 1300 027 232.

5 COMPETITION INFORMATION

Events will be conducted in Male and Female or Open gender categories for the events listed in the tables below.

All events shall be timed finals. For effective timetabling different age events may be conducted simultaneously and results declared based on times achieved in each division.

Event numbers listed are for reference within this Circular. The marshalling sheets will be numbered in accordance with the final carnival timetable.

5.1 Individual Events

Only proficient SLSA Bronze Medallion holders (or those who meet any special requirements detailed in SLSA Policy 5.04) or are holders of the equivalent ILS member country award, including Royal Life Saving Members may contest the U17, U19, Open and Masters Australian Pool Rescue Championships events.

U12 and U13 competitors **must** hold the appropriate award and proficiency (or have received special consideration as detailed in SLSA Policy 5.04) for their age category.

U12, U13, U14, U15, U17, U19 and Masters competitors must enter in their specific age category ONLY and are not eligible to enter in Open age individual events.

Note 1: An Exception to the above for Masters competitors is where there is not an exact equivalent race in the Masters Championships i.e., Super Lifesaver and Rescue Medley, a Master's competitor may compete in the open event.



Note 2: Age determination and restrictions for U12, U13 & U14 events will be as per the Surf Sports Manual – Section 2.

5.2 Team Events

In the designated U12-U13, U14-U15 team events U12, U13, U14 & U15 competitors must hold a current award relevant to their individual age category (or have received special consideration as detailed in SLSA Policy 5.04) as a minimum.

Competitors U12 – U14 can only compete in team events in their own age group or in the age group directly above them, i.e., U12 can compete in U12 & U13 team events but not U14 team events. Competitors stepping up age groups to make up a team cannot represent 100% of the members in that team.

In the designated U17-U19, Open and Masters team events U17, U19, Open and Masters competitors must be proficient Bronze Medallion award holders (or have received special consideration as detailed in SLSA Policy 5.04) or be holders of the equivalent ILS member country award as a minimum.

Note 1: Masters competitors are permitted to compete in both one Masters Team age event and in the Open age team event.

Note 2: No U14 age category athlete is permitted to compete in U17 or older age events.

Note 3: An U15 age category who turns 15 during a season and gains their Bronze Medallion may compete in the combined U17/19 age team events.

Clubs and international visitors are not permitted to enter composite club teams to compete at these Championships unless otherwise agreed by SLSA.

5.3 RLSSA and International Competitors

Where a RLSSA entered competitor or other international ILS Member Federation competitor (or club team) finishes first in an event, they will receive a duplicate Australian Pool Rescue Championship medallion(s). However, the first SLSA competitor (or club team) to finish will be awarded the SLSA Australian Pool Rescue Championship Title and the Championship gold medallion.

Where a RLSSA entered club individual/team or other international ILS Member Federation international club individual/team finishes in second or third place in an event, they will receive a duplicate Australian Pool Rescue Championship medallion(s). The second/third Australian competitor to finish will be awarded Championship's medallion(s) as appropriate.

The entry process for all RLSSA and other international teams and competitors is the same as Australian entrants.

Note 1: International teams (including RLSSA) are not permitted to win Championship placings, points or medals for any Team events they compete in (unless they are a full club team and, in such case, can win medals only).

5.4 High Performance Information

As this is a Championship event no composite teams shall be permitted to compete at the Australian Pool Rescue Championships except for pre-approved Development, State, International or High-Performance teams.

Development, State, Regional and High-Performance teams will not be awarded championship placings, points or medals for any Team events they compete in (unless they are a full club team).

Development, State and High-Performance team members **will be required** to enter as part of their Club in individual events and are entitled to be awarded the Championship title and the medal as a member of their Club and their points would go towards the individual's club point score.



5.5 LIST OF AUSTRALIAN POOL RESCUE CHAMPIONSHIP EVENTS

Individual Events – gender specific	U12 [^]	U13 [^]	U14 [”]	U15 [”]	U17	U19	Open	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
50m Freestyle Swim with fins	X	X	X	X	X	X	X										
200m Obstacle Swim			X	X	X	X	X	X	X	X	X	X	X				
100m Obstacle swim	X	X												X	X	X	X
50m Manikin Carry			X*	X	X	X	X	X	X	X	X	X	X	X	X	X	X
50m Brick Carry (from 25m)	X	X															
100m Rescue Medley				X	X	X	X										
100m Manikin Tow with fins			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
100m Manikin Carry with fins				X	X	X	X	X	X	X	X	X	X	X	X	X	X
200m Super Lifesaver				X	X	X	X										

TEAM EVENTS – gender specific	U12 [^]	U13 [^]	U14 [”]	U15 [”]	U17	U19	Open	30-39	40-49	50-59	60-69	70+
Line Throw ¹	X ¹	X ¹	X ¹	X	X	X	X	X	X	X	X	X



TEAM EVENTS – gender specific	U12/13 [^]	U14/15 [”]	U17/19	Open	120+	200+
4 x 50m Obstacle Relay	X	X	X	X	X	X
4 x 25m Manikin Relay		X	X	X	X	X
4 x 25m Brick Relay	X					
4 x 50m Medley Relay	X	X	X	X	X	X
2 x 50m Patient tow with Fins	X					
4 x 50m Mixed Pool Lifesaver Relay [#]			X	X		

* U14 (individual) Manikin Carry (50m) - modified event - The pickup will occur at 35m.

[^]U12 and U13 Age categories are restricted to using only the SLSA approved soft/flexible rubber type swim fins in U12/13 age individual and team events.

Note: If competing up into U14/15 team events only, U13 aged athletes are permitted to use, at their choice, either the SLSA approved rubber type swim fins or the ILS specification swim fins.

[”]U14 and U15 age and over categories are permitted to use the ILS specification swim fins.

¹ For Masters Line Throw events, age of youngest competitor determines age category.

¹ For U12 to U14 Line Throw, events shall be placed at the 10m mark.

[#] Teams in the U19 and Open 4x50m Mixed Pool Lifesaver Relays are free to choose the order in which their male and female competitors swim the events (i.e., there will be no draw undertaken).



5.6 Australian Pool Rescue Championships Pointscore

An interclub Open and Age point score (excluding Masters) will be conducted based on the results of individual and team events for 1st, through to 6th placing (or less placings if the actual number of competitors to complete the event are less than six) for the Australian Pool Rescue Championships.

All events will be of equal points and the club with the highest aggregate of points at the conclusion of the competition shall be declared the winner.

Note: *Development, State, International Club, High Performance and National Representative Teams are not eligible to participate in the club point score nor shall any placings gained block the point score of Australian club teams.*

Results of events conducted in the Masters division will not form part of the Open and Age point score but a separate Masters point score shall be conducted on the same basis as the Open and Age point score.

The following points will apply:

- 1st 6 points
- 2nd 5 points
- 3rd 4 points
- 4th 3 points
- 5th 2 points
- 6th 1 point

Where a dead heat (as defined in the Surf Sports Manual) occurs in the final of an event the clubs of the individuals/teams will share the placing points relative to the finish placing. The club of the next individuals/teams to finish will receive the relative placing points based on the number of individuals/teams finishing ahead of them. For example: if two individuals/teams finish equal 3rd, both individuals/teams shall receive 4 points for their club and the next individual/team shall be awarded 2 points for coming 5th.

If in the event of equal points in the overall point score a count back of placings (i.e., most number of first placings, then second placings etc.) shall be undertaken to determine the winner. If, after an exhaustive review, teams cannot be separated, a tied point score shall be declared.

7 ENTRY INFORMATION

7.1 Entry Closure

Entries must be submitted electronically (hard copies not accepted through the LiveHeats Entry System: <https://liveheats.com/events/384629>)

Entries will be accepted no later than **5pm, Wednesday, 30 July 2025.**

7.2 Electronic Entries

LiveHeats has been put in place for the Australian and Interstate Pool Rescue Championships. Please refer to the Appendix which will guide you through the entry process for the 2025 Australian Pool Rescue Championships.

7.3 Entry Procedure & Fees

Price Level	Entries Close	Price (incl. GST) *
Normal Entries	Wednesday 30 July – 5pm AEST (There will be NO late entries)	\$75.00 per competitor



- (a) The LiveHeats Entry System must be used to enter competitors into the Championships – please use the following [Instruction Manual](https://doc.clickup.com/26411634/d/h/t60kj-10916/cee594fbe5100cb) (<https://doc.clickup.com/26411634/d/h/t60kj-10916/cee594fbe5100cb>). If you continue to have trouble, contact the events team (events@slsa.asn.au). The entry system must have all sections completed correctly including surname and given name, gender, date of birth, membership category and proficiency date.
- (b) A club may enter more than one individual in any of the events listed for each age category (Clause 1.2). Substitutions will apply for team events only as per the Surf Sports Manual (and any subsequent bulletins and circulars), if the competitor is entered into the Championships s.

(c) **Membership classifications:**

Active [Open, U19 & U17]	A	Long Service	LS
Cadet [U15]	C	Life Member	LM
Reserve Active	RA	Associate	AS
Junior Activity Member (U12 – U14)	11-13		

- (d) **Proficiency Date:** Each competitor must be a proficient financial member of an affiliated Surf Life Saving Club which is a requirement to be able to compete at the Australian and Interstate Pool Rescue Championships.

The Team Manager **must** advise the Events Team (Admin) of which club members are **NOT** competing in which events. These competitor lists **must** be handed to the Events Team (Admin) at the conclusion of the Team Managers meeting.

Competitors who have not indicated they are competing in an event by marking off on the marshalling sheets when called, will be deemed not eligible to compete in that event.

- (h) **Withdrawal of Competitors:** To ensure that the event runs on time SLSA asks that Team Managers withdraw competitors from LiveHeats for every competitor that is not racing.

7.4 Changes to Existing Entries/Additional Events

Team substitutions must be made via LiveHeats. Substitutions will apply to team events as per the current edition Surf Sports Manual plus any amending Bulletins and Circulars (as long as the competitor is already entered into the championships), and no charge will apply.

There are no late entries for individual or team events.

7.5 Payment

Clubs will be required to pay individual entries when they are entered into the LiveHeats system. The charge will only be for the first event, all subsequent team and individual entries will not be charged.

7.7 Refund of Fees/Cancellation Fees

There will be no refund of fees once entries have closed and invoiced raised.

7.8 Declaration by Team Manager

All Team Managers are required to fill in the online [Team Manager Form](#) which includes the declaration certifying that all competitors listed on the entry form are financial, proficient, satisfy the patrol hours requirements as detailed in Clauses 2.1 and 2.2 of this Circular and the entries are in all other ways accurate and in accordance with the Association, Club and entry requirements.

It is an expressed condition of accepting club entries that Team Manager declares that all members listed on the club's entry shall abide by the conditions of entry set out in this circular.



7.9 Team App

Pool Rescue Championships will be using the 'Team App' smart phone application to send out updates and notifications to competitors. Download 'Team App' from your App Store or Google Play. Once you have downloaded the app and created a user login, search for '**Pool Rescue Aussies**' in the search bar at the top of the screen and click on the event to join. From here you will be able to access event documentation, timetables and where to find all the latest and up to date information on the event. It may also be helpful to visit the website for further clarification at <https://www.teamapp.com/faqs>.

FURTHER INFORMATION

Should further information be required please contact the events team at events@slsa.asn.au.



APPENDIX

1 GUIDE TO COMPLETING ENTRIES

- a) Go to [this Liveheats page](#) and select "Register"
- b) Select the club you are entering for and select "Continue".
If your club is not listed, please select "Club Not Listed" and email events@slsa.asn.au with your club so it can be updated.
- c) Select individual entries FIRST!
- d) Fill in the details of any athlete you are nominating, and add the divisions (events) they are going to compete in.
Be sure to remember that the First Name goes first followed by the Last name
- e) Select "+New entry" and repeat steps c) & d) until all of your athletes are entered individually
- f) Select "+New entry" and select "Team" to enter all of your teams/relays.
You can fill in the names of the athletes in the team or leave them blank and allocate at a later date via the team manager function
If you wish to add more than one team to an event you can do this by selecting "+Add team"
- g) Repeat step f) until you have entered all your teams/relays and select "Continue"
- h) Enter your phone number and tick the box to agree to the terms and conditions, select "Continue"
- i) Pay for your entries via credit card

2 NOMINATING SEED TIMES

- a) Click on the below links for either individual or team/relay nominations form:
Individual: <https://form.jotform.com/251550702591049>
Team: <https://form.jotform.com/251551669112859>
- b) Fill in your details as the team manager or athlete

2025 Australian Pool Rescue Championships Seed Times - Individual

Club *

Name *

First Name Last Name

Role *

Please Select

Email *

example@example.com



- c) If you are entering individual times, enter their full name, select the division, gender and event type as well as the date of the qualifying time and the time written numerically in minutes, seconds and milliseconds. Select "+Add another qualifying time" to enter nomination times for additional events or athletes. Repeat steps until complete

Athlete Qualifying Time *

Athlete Full Name*	Division*	Gender*	Event*
<input type="text"/>	<div>Please Select ▼</div>	<div>Please Select ▼</div>	<div>Please Select ▼</div>

Date of Qualifying Time *	Minutes*	Seconds*	Milliseconds*
<div>MM-DD-YYYY </div>	<input type="text"/>	<input type="text"/>	<input type="text"/>

[+ Add Another Qualifying Time](#)

- d) If you are entering team/relay nomination times enter the Team name (i.e. Team A), select the division, fill in the details and select "+Add another qualifying time" to enter nomination times for additional relays. Repeat steps until complete

Team Qualifying Time *

Team Name*	Division*	Gender*	Event*
<input type="text"/>	<div>Please Select ▼</div>	<div>Please Select ▼</div>	<div>Please Select ▼</div>

Date of Qualifying Time *	Minutes*	Seconds*	Milliseconds*
<div>MM-DD-YYYY </div>	<input type="text"/>	<input type="text"/>	<input type="text"/>

[+ Add Another Qualifying Time](#)

- e) Once completed, select "Submit"

Note: If you forget any pool rescue nomination times, you can also go back and submit another form at a later date.