Competition Purpose:

The 2026 Northern Region Pool Rescue Championships provide lifeguards and aspiring lifeguards the opportunity to compete for their clubs, demonstrating speed, skill, and teamwork against fellow members from across the Northern Region.

Entry Information:

This circular provides entry related information. An event update with logistics, marshalling, seating and further event details will be shared with clubs after the close of entries.

Entries can only be made using the SLSNZ Online Event Entry System (Waves).

Entries Close: Monday 24th August 2026 at 12:00pm

Entry fee: $50 (inclusive GST)

Eligibility of competitors: Please see Section 2.2 of the SLSNZ Pool Rescue Competition Manual for a comprehensive breakdown of eligibility criteria.

Contact Details: Please ensure Team Managers & Coaches contact details are updated and submitted via Waves by close of entries to ensure that the relevant people receive all updated information directly. Failure to list contact details may mean your club misses out on vital information.

Entering Teams: You must enter the entire team for all team events otherwise your entry will not be accepted.

Seeded Races: The entry system allows clubs to enter the current best time for each individual athlete. Please only enter times if you have evidence of their accuracy. If you don't know the athletes best current times, please leave this blank.

Rules & Regulations:

This event will be conducted under the rules contained in the following document:

- SLSNZ Pool Rescue Competition Manual (10th Edition, May 2025)
- SLSNZ Constitution
- SLSNZ Regulations
- Sport Integrity New Zealand
- Any additional documents or amendments as communicated by Event Management.

Age Groups:

Age groups are determined by the competitor's age at midnight on 30th September 2026.

Competitors in senior divisions are able to 'race up' into any higher age division but can only enter and compete in one race e.g. an U15 competitor can only enter in one of either the U15, U17, U19 or Open division in a particular event.

Masters are permitted to compete in only one age category in each team event. Where a team event with two competitors is conducted the age of the younger competitor shall determine the age category of the team. Where a Masters Team Event with three or more Competitors is conducted, the total combined ages of all team members shall determine the division in which the team must compete.

Key Times:

Wednesday 2nd September:

Team Managers Online Briefing:	7:30 pm

Saturday 5th September:

Access to NAC:	8:30 am
Officials meeting:	8:45 am
Warm up:	9:00 - 9:45 am
Team Managers Meeting:	9:00 am
Time keepers meeting:	9:30 am
Racing Starts:	10:00 am

Sunday 6th September:

Access to NAC:	8:30 am
Officials meeting:	8:45 am
Warm up:	9:00 – 9:45 am
Team Managers Meeting:	9:00 am
Time keepers meeting:	9:30 am
Racing Starts:	10:00 am

Event Programming:

*This is a draft programme and is subject to change. The final confirmed programme will be out after entries close.

SATURDAY	
Events	**Division**
50m Swim with Fins	U11-14
50m Brick Carry	U11-14
U12 Male 100m Patient Tow with Fins	U14
U12 Female 100m Patient Tow with Fins	U12
U14 Male 150m Patient Tow with Fins	U14
U14 Female 150m Patient Tow with Fins	U14
Mixed 4x50 Medley Relay	U12, U14
Mixed 4x25 Brick Relay	U12, U14
50m Swim with Fins	U15+
50m Manikin Carry	U15+
100m Manikin Tow with Fins	U15+
200m Super Lifesaver	U19, Open
Open Male 4x50 Medley Relay	Open
Open Female 4x50 Medley Relay	Open
Mixed 4x50m Medley Relay	U15+
Open Male 4x25 Manikin Relay	Open
Open Female 4x25 Manikin Relay	Open
Mixed 4x25 Manikin Relay	U15+

SUNDAY	
Events	**Division**
50m Swim with Obstacles	U11-12
100m Swim with Obstacles	U13-14
Mixed 4x50 Obstacle Relay	U12, U14
50m Rescue Medley Brick	U11-14
Mixed 6x50 Mega Relay	U14
100m Swim with Obstacles	U15, Masters
200m Swim with Obstacles	U17+
Open Male 4x50 Obstacle Relay	Open
Open Female 4x50 Obstacle Relay	Open
Mixed 4x50 Obstacle Relay	U15+
Line Throw	U15+
50m Rescue Medley Manikin	U15
100m Rescue Medley Manikin	U17+
Open Mixed 6x50 Mega Relay	Open
100m Manikin Carry with Fins	U15+
Open Mixed 4x50 Pool Lifesaver Relay	Open

Event Volunteers:

Surf Life Saving events require many volunteers for them to run smoothly. The following are requirements that must be met by clubs when entries close. If these are not met at this time entries will not be accepted.

If clubs are having problems with these requirements, please email entries@surflifesaving.org.nz a minimum of **7 days before the entries close.**

Volunteer type	Number	Process
Official	1 per 10 competitors	Club lists these in Waves as "Official"
Water helper	2 per club	Club lists these in Waves as "Other Contact"
Timekeepers	Based on % entries per session	We will email your club, then turn up on day.

Event Photography:

If you are wishing to take photos at our competition, then please contact the sport team and request for access into competition arenas. Please note Use of Cameras and Video devices rules are covered under 2.25 in the Surf Sports Competition Manual.

- Please fill in the Media Agreement Form and send to entries@surflifesaving.org.nz
- Only applications from Surf Life Saving Members and Media Agencies will be accepted for consideration
- If access is gained, then a Vest will be issued and must be always worn

Communication:

Event Management utilizes a variety of tools to keep you updated with the latest event information and news. Before the event the following mechanisms will be utilized:

- Member Services News
- SLSNZ website
- Heja app

The code on the Heja app for our pool events is KM-201363

Key Contact:

If you have any queries or concerns, please feel free to contact the Sport Manager.

Tash Shackelford
Northern Region Sport Manager
entries@surflifesaving.org.nz

021 813 090