

# Surf Life Saving Association of Wales

## 2024 WELSH STILLWATER CHAMPIONSHIPS

**Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> January**

**Wales National Pool, Swansea**

**Manager's Meeting: 08:00**

**Warm Up: Small pool (08:15 onwards)**



## To Include the Youth, Open and Master Championships

### Purpose

The Surf Life Saving Association of Wales Stillwater Championships is the most prestigious event for Pool Event in Wales.

Stillwater Lifesaving is a sport that involves various lifesaving skills and techniques, which are practiced in pool environments across the county where our lifeguards and aspiring lifeguards hone skills that will keep our beaches safe.

The event celebrates the very best of our future Surf Life Savers as our members compete for their friends and against their fellow athletes.

- To provide the best possible life saving experience for all with the view to encouraging long-term active participation.
- To provide opportunities for members to actively participate in and enjoy life saving and competition in an aquatic environment.
- To ensure our members are safe on beaches through building knowledge and experiences in the Surf programme.
- To develop a team based philosophy encompassing leadership, camaraderie, teamwork, and fun.
- To promote social, emotional and physical growth and development in a healthy and safe environment.

### About this document

This document provides you with all the information you need to know to enter the Welsh Stillwater Championships 2024. While it contains the typical logistical information surrounding the event, it also incorporates very important details that a parent and/or guardian must be aware of this in entering their child into this event.

### Entry Information

Entries may be made using the SLSA Wales Online Event Entry System on Tahdah. Your club has access to this system and will process your entries. Following the close of entry as detailed below, entry fees will be invoiced directly to your club for payment prior to the competition. The event entry system will not allow competitors to enter events if they have not met the requirements before close of entry.

Entries Open: **18:00 Thursday 7<sup>th</sup> December 2024**

Entries Close: **18:00 Thursday 11<sup>th</sup> January 2024**

#### Event Fees

Individual Events	£5.00
Pairs Events	£6.00
Team Events	£6.00
Official Protest Fee	£15.00



**Team Manager's** must be added to the team manager session on tahdah. Please ensure your contact details are up to date on tahdah on the online system to ensure that the relevant person receives all updated information directly. Failure to list a team manager may mean that you will miss out on vital information.

**Seeded Races:** All events will be decided on a heat-declared winner basis, heats will be seeded according to entry times. Heats for individual events will be drawn based on entry times as declared on the entry forms. The fastest declared entry times will be drawn in the last heat. Where no entry time or an incorrectly formatted entry time is declared the individual will be drawn in the first/early heats. The entry system allows you 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, then please leave this blank. Clubs deliberately entering false times to elevate athletes in the seeded heats, may be eliminated from these events at the Event Managers discretion without right of recourse by the club.

**Entry Checks:** Following the close of registrations, Entry Sheets are expected to be published on the event link. Team managers must check their clubs entries and notify the event manager of any scratchings and or team changes using the forms provided to clubs at this time.

## Event Rules

The championships are open to members of SLSA Wales affiliated clubs. Non-members should email [sport@sawales.org.uk](mailto:sport@sawales.org.uk).

**Competitors are only permitted to compete for one club per year (Jan-Dec) in SLSA Wales & SLSGB competitions.** Their first-choice club is the one with which they first enter any Welsh or GB National Championship (Stillwater or Open water) in the calendar year. Where there are disputes and differences, there are rights to an appeal. However, all team managers are reminded that they have a responsibility to their competitors to make them fully aware of these matters.

This event will be conducted under the rules contained in the [ILS Competition Manual](#), including any additional requirements as communicated by the Event Management Committee.

Additionally members entering this event are bound by the following rules:

- SLSA Wales Constitution
- SLSA Wales Bye-Laws
- Applicable SLSA Wales Code of Conducts (Note: The Event Management Committee reserve the right to exclude competitors from further competition for poor or 'un-sportsman like' behaviour. This also applies to parents, managers and supporters)
- UK Anti-Doping (UKAD) policy

Copies of these documents are available from the SLSA Wales website.



## Age Groups

A competitor's age and eligibility age group (s) is determined by how old he or she is as at 31st December of the year in which they are participating in the competition.

### Individual

- Youth 13 Competitors will reach the age of 13 in the year of competition.
- Youth 15 Competitors will reach the age of 14 or 15 in the year of competition.
- Youth 17 Competitors will reach the age of 16 or 17 in the year of competition.
- Senior Men and Women will reach the age of 16 or over in the year of competition.
- Masters individual events may be conducted in five-year age groups from 30 years of age to over 65 years of age e.g., 30 - 34, 35 – 39, 40 – 45, ... ,65 years plus.

### Paired Events

**Competitors are only permitted to enter one race per event.**

E.g. a thrower and catcher cannot enter one event and then swap around (catcher becomes thrower etc.) and enter the same event in the age group.

**Youth/Seniors** – all competitors should meet the age criteria as defined above.

**Masters** two-person paired events may be conducted in the same age groups as individual however this is based on the age of the youngest team member. **i.e.** a team member can age down but not up

### Team Events

**Competitors are only permitted to enter one team per event.**

E.g. a 14 year old could compete for the Youth 17 manikin relay but not in the Youth 15 and Youth 17 Manikin relay. Similarly a 43 year old could compete in the 120+ medley relay but not the 140+ in the medley relay as well.

A Youth 17 can move into open events on the basis they are old enough, i.e. turn 16 in the year of competition. They are permitted to do this in addition to their age group relay due to the two age groups being in two different championships.

### **Youth**

Youth 13: All members of the relay team will reach the age of 13 in the year of competition.

Youth 15: All members of the relay team will reach the age of 14 or 15 in the year of competition.

Youth 17: All members of the relay team will reach the age of 14, 15, 16 or 17 in the year of competition.

### **Senior**

All members of the relay team will reach the age of 16 or over in the year of competition.

### **Masters**

Total Age 4-person Team Events	120+	140+	170+	200+
Ages to be included	120-139	140-169	170-199	200+

Pool four-person team events are conducted as total-age events with competitors whose ages total 120-139 years, 140-169 years, 170-199 years, 200-229 years, and 230 years or more. The total of the four competitors' ages determines the team's age group. For example, a team comprised of a 30-year-old, a 40-



year-old, a 50-year-old, and a 60-year-old (= 180 years) would compete in the 170-199 years age group. But a team composed of a 30-year-old, a 30-year-old, a 49-year-old and a 60-year-old (=169 years) would compete in the 140+ age group.

**Masters & Senior team** races will run in two categories:

Open – Male and Female (No set numbers number of either sex, could be all male or all female)

Female – Female only

**NB: to be eligible for ILS/ILSE records teams need to wholly single sex.**

## Athlete / Team Substitutes

Name swaps will be allowed during this competition as long as the following conditions are met:

- The name swap is recorded on the official sheets (available at the competitor liaison).
- The paperwork is handed in at least 5 events prior to the event taking place.
- The replacement swimmer is already registered to take part in another individual race over the competition.
- The replacement swimmer will not break one of the age group conditions of this document.

## Event Photography

All formal photographers inside the venue will need prior approval from the Event Manager. If you wish to take photos at our competition, then please read the Media Accreditation Application Information here and apply for access into competition arenas.

## Team Managers

You will also be required to read the team managers circular and event safety plan which will be released before the event [here](#).

## Club Officials

Each competing club must supply at least **one qualified official** plus a timekeeper for the duration of the competition. If there are insufficient helpers, the organisers may cancel one or more events on the day.

**If a club does not supply anybody, that club will not be cleared on the day to compete.**

## Competition Safety Plan

The Competition Safety Plan will be made available through the event page prior to the event commencing. The document is also available for viewing in the Event Management Area during the event.

Parent, Guardian, Coach, Team Manager and Club Obligations It is the responsibility of clubs, through their coaches and manager, to ensure that each individual competitor is competent to safely compete in the events in which they are entered. It is therefore the clubs responsibility to ensure that competitors who are not yet competent to compete in any of their events are withdrawn from an event rather than expose them to unnecessary risk or potential harm by encouraging or coercing competitors to compete, particularly against their will.

## Events

**The following events will be contested:**

- 50m Manikin Carry (13, 15,17, Senior & Masters age groups)



**SLSA WALES / CABM CYMRU**

- 100m Manikin Carry with fins (13, 15,17, Senior & Masters age groups)
- 100m Manikin Tow with Fins (13, 15,17, Senior & Masters age groups)
- 100m Rescue Medley (**15, 17, Senior & Masters age groups only**)
- Super Lifesaver (**17 and Senior only**)
- 4 x 25 Manikin Relay (13,15, 17, Senior & Masters age groups)
- Rope Rescue (13, 15, 17, Senior & Masters age groups)
- 4 x 50m Medley Relay (13, 15, 17, Senior & Masters age groups)
- Pool Lifesaver Relay (17 & Senior Only)

SLSA Wales will be following the [current International Lifesaving Federation \(ILS\) competition Rulebook](#)

## Entry Restrictions

Unlimited entry to all individual events **except:**

- **50m Manikin Carry** ~ where only **4 female and 4 male competitors per club per age category** may be entered.
- **100m Rescue Medley** ~ where only **4 female and 4 male competitors per club per age category** may be entered.
- **Super Life Saver events**, ~ where only **4 female and 4 male competitors per club per age group** may be entered.
- **Rope Rescue PAIRS** ~ where only **4 pairs per female and 4 pairs per male competitors per age group** may be entered.

Up to **three teams** per club may be entered in any team event provided all team members satisfy the age criteria for that age group.

## Specific Event Updates

### 50m Manikin Carry

- The manikin carry rules have been amended to improve fair judging of events by removing the disqualification for the manikin being gripped or grasped by the throat (neck), mouth, nose, or eyes, or carried with an arm over or around the throat (neck) of the manikin. See section 3.2 of the rulebook.
- Youth 13 – All competitors will use the smaller nipper manikins

### 100m Manikin Carry with fins

- The manikin carry rules have been amended to improve fair judging of events by removing the disqualification for the manikin being gripped or grasped by the throat (neck), mouth, nose, or eyes, or carried with an arm over or around the throat (neck) of the manikin. See section 3.2 of the rulebook.
- Youth 13 – All competitors will use the smaller nipper manikins

### 100m Manikin Tow with Fins

- No change

### 100m Recue Medley

- Masters – all masters age will now swim 17.5m underwater as per the rulebook.

### 200m Super Lifesaver

- No change

### Rope Rescue

- No change



### Manikin Relay

- Youth 13 cannot swim up to another relay

### Medley Relay

- Youth 13 cannot swim up to another relay

## Aggregate Trophies and Medals

Medals will be presented for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place in all individual events and all team events. In addition, there will be a Youth Trophy, an Open Trophy and a Masters Trophy. An overall aggregate trophy combining the Youth, Senior & Masters aggregate of the Welsh clubs only, produce the Welsh Stillwater Champions.

1 <sup>st</sup> ~ 50 pts	9 <sup>th</sup> ~ 28 pts
2 <sup>nd</sup> ~ 45 pts	10 <sup>th</sup> ~ 26 pts
3 <sup>rd</sup> ~ 41 pts	11 <sup>th</sup> ~ 24 pts
4 <sup>th</sup> ~ 38 pts	12 <sup>th</sup> ~ 20 pts
5 <sup>th</sup> ~ 36 pts	13 <sup>th</sup> ~ 18 pts
6 <sup>th</sup> ~ 34 pts	14 <sup>th</sup> ~ 16 pts
7 <sup>th</sup> ~ 32 pts	15 <sup>th</sup> ~ 14 pts
8 <sup>th</sup> ~ 30 pts	16 <sup>th</sup> ~ etc

In addition there will be aggregate points awarded on the following basis which go forward to determine the Super Club of the year. The other events that form part of the Super Club Trophy will be Nipper Stillwater, Youth Stillwater, Senior Stillwater, Masters Stillwater, Nipper Ocean Championships, Youth Ocean Championships, Senior Ocean Championships, Masters Ocean Championships and the IRB Championships.

## Points Scoring

The fastest 16 competitors / teams will score points as follows:

1 <sup>st</sup> ~ 20 pts	9 <sup>th</sup> ~ 8 pts
2 <sup>nd</sup> ~ 18 pts	10 <sup>th</sup> ~ 7 pts
3 <sup>rd</sup> ~ 16 pts	11 <sup>th</sup> ~ 6 pts
4 <sup>th</sup> ~ 14 pts	12 <sup>th</sup> ~ 5 pts
5 <sup>th</sup> ~ 12pts	13 <sup>th</sup> ~ 4 pts
6 <sup>th</sup> ~ 11 pts	14 <sup>th</sup> ~ 3 pts
7 <sup>th</sup> ~ 10 pts	15 <sup>th</sup> ~ 2 pts
8 <sup>th</sup> ~ 9 pts	16 <sup>th</sup> ~ 1 pt

## Communication

Event Management utilise a variety of tools to keep you updated with the latest event information and news.

- [SLSA Wales Event Page](#)
- Facebook - @sawsales
- Twitter - @sawsales
- Instagram - @sawsales

## Key Contact

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



**SLSA WALES / CABM CYMRU**

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Surf Life Saving Association Wales

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## Event Programme

A draft programme is located on the event page. Please note that it is subject to change depending on the number of entries. **Depending on the number of entries the Super lifesaver may be run at the end of the day Saturday.**

