



**MID NORTH COAST**  
NEW SOUTH WALES

# **Newcastle Permanent**

## **Surf Life Saving Mid North Coast Branch Championships**



Hosted by Port Macquarie SLSC  
Flynn's Beach

**Saturday 7<sup>th</sup> March 2026**

Beach Events U8 to Masters  
Cadet, Opens & Masters Water events

**Sunday 8<sup>th</sup> March 2026**

**Water Events U8 -U14**

Back up beach – Lighthouse Beach

**Backup Date: One day only – Sunday 15<sup>th</sup> March 2026**

<b>Summary:</b>	Outlines the requirements and procedures to enter the 2025/26 Newcastle Permanent Surf Life Saving Mid North Coast Branch Championships to be held at Port Macquarie SLSC on Saturday 7 <sup>th</sup> and Sunday 8 <sup>th</sup> March 2026.
<b>Action:</b>	<ul style="list-style-type: none"> <li>• Entries open <b>Monday 16<sup>th</sup> February 2026</b></li> <li>• Complete and submit entries via Live Heats by <b>11pm Tuesday 3<sup>rd</sup> March 2026</b></li> <li>• <b>NOTE: No late entries will be accepted after this date including at the Carnival (excludes changes to team events) *</b></li> <li>• Complete the <a href="#">Team Manager Form</a> by <b>midnight Tuesday 3<sup>rd</sup> March 2026</b>.</li> </ul>

## 1. INTRODUCTION

The 2025/26 Newcastle Permanent Surf Life Saving Mid North Coast Branch Championships attracts competitors from our eight clubs, U8's to Masters, providing an opportunity to unite over a two (2) day carnival showcasing one of Australia's most iconic volunteer movements, Surf Life Saving.

This year's event will be held at Port Macquarie SLSC on Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup> March 2026.

This document outlines the key information relating to the 2025/26 SLSMNC Branch Championships. Please note that SLSMNC may issue subsequent communications which may supersede the information provided in this Circular.

## 2. ADDITIONAL RESOURCES

- The current [38<sup>th</sup> Edition Surf Sports Manual](#) (Revised October 2025)

## 3. GENERAL CONTENT

- Entries are to be completed online by Clubs or individual competitors using Live **Heats**. Should any club have any questions regarding entries, please get in touch with Leanne Hatherly at - [carnivalentries@slsmnc.com.au](mailto:carnivalentries@slsmnc.com.au)
- Entries open **Monday 16th February 2026**.
- Complete and submit entries via Live Heats by **11pm Tuesday 3<sup>rd</sup> March 2026**.
- **NOTE: No late entries will be accepted after this date including at the Carnival (excludes changes to team events) \***
- Complete the Team Manager Form by **midnight Tuesday 3rd March 2026**. The Team Manager Form includes Clubs logging their Team Manager contact details. This is to ensure all event communications such as changes to timetables, re-locations etc. can be sent via SMS and Email.
- **Note: Clubs and/or competitors are reminded to check all entries prior to the close of entries at 11pm Tuesday 3<sup>rd</sup> March 2026 for any omissions and errors.**
- **Note: SLSMNC will only respond to calls or emails from Club Team Managers regarding entries. SLSMNC will be reverting all calls and emails from individual members back to clubs.**

- Please only enter competitors that intend to compete. The number of competitors impacts Official quotas (see table over page). Large numbers of entries can also influence scheduling, and events may be removed from the program due to time constraints.
- A program will be published after entries are closed.

#### 4. 2025/26 SLSMNC BRANCH CHAMPIONSHIPS COMPETITION COMMITTEE

The 2025/26 Branch Championships Competition Committee (CC) will direct all matters relating to the actual conduct of the competition. The CC may (subject to the rules in the Surf Sports Manual 38<sup>th</sup> Edition and event rules, any subsequent correspondence) postpone, cancel and/or alter any or all Championship events, and alter the venue of the competition.

The Competition Committee will meet on Thursday 5<sup>th</sup> March 2026 to assess predicted conditions.

#### 5. 2025/26 SLSMNC BRANCH CHAMPIONSHIPS SAFETY EMERGENCY COMMITTEE

The 2025/26 Branch Championships Safety Emergency Committee (SEC) will direct all matters relating to the safety of the competition.

A review of the following will be conducted at each CC and SEC meeting:

- a) Risk Assessment of the current conditions of the beach, environmental risks and back of beach area.
- b) Injury management statistics.
- c) Current weather predictions.
- d) Competition statistics.

The SEC may consult and seek advice from appropriate officials, athletes and other personnel on local weather, surf conditions and safety issues when required. The SEC will then advise the CC.

The SEC is responsible for enacting the contingency plan for this event. The Safety Operations Manual developed for this event is to be applied by the Referee when considering and making recommendations, in consultation with relevant emergency services and lifesaving authorities.

#### 6. VOLUNTEER REQUIREMENTS

##### 6.1 Officials

A quota system for clubs to provide Accredited Officials **based on the number of competitors entered** (not the number actually competing) is in place for the 2025/26 Newcastle Permanent SLSMNC Branch Championships.

The Officials quota remains in place for the 2025/26 season and superseded any prior versions of the Officials quota from previous years. Officials, as a minimum requirement, must have a current Core Official accreditation.

## Officials Quota

Competitors Entered	Officials Required
0 to 4	Nil
5 to 8	1 Official
9 to 15	2 Officials
16 to 25	3 Officials
26 to 35	4 Officials
36 to 50	5 Officials
51 to 65	6 Officials
66 to 75	7 Officials
76+	8 Officials

Please be aware the Official quota system is based on the number of competitors entering the event, not the number of competitors starting. Clubs are reminded, before entering their competitors into the entry system that they **MUST** meet the Officials quota.

**If clubs do not provide sufficient officials according to the provided quotas, SLSMNC may take further action, which could include standing down all competitors from that club from competition until such time as the required officials are present.**

### 6.2 Water Safety

All Clubs are required to provide the number of Water Safety Personnel (WSP) as communicated through the Water Safety Roster.

WSP will need to supply their own orange rash vet, orange cap, fins and rescue tube. All WSP must have a minimum current proficient SRC and be a current financial member. Rescue boards for water safety will be used at the discretion and direction of the Water Safety Supervisor (WSS) in the respective competition area.

WSP are to attend the briefing provided by the Water Safety Supervisor and sign the water safety log book located at the Administration Tent on the beach.

### 6.3 Powercraft

To ensure the safety of all competitors competing in the 2025/26 SLSMNC Branch Championships, a Powercraft roster will be implemented. Clubs will be identified based on the total number of entries for the event.

Powercraft Drivers/Operators and crewpersons must fulfil the following requirements.

- **IRB Driver:** Be a current financial SLS member and be a proficient Silver Medallion IRB Driver.
- **IRB Crewperson:** Be a current financial SLS member and be a proficient IRB Crew Award.
- **RWC Operator:** Be a current financial SLS member and be a proficient RWC Operator Award.

- **Both IRB and RWC:** Be experienced in ALL levels of surf conditions and competent to deal with all surf conditions.

All IRB Drivers and Crew must bring with them their current SLSNSW Powercrag licence, personal compliant PFD, helmet, and appropriate clothing.

#### **6.4 First Aid**

All First Aid will be provided by SLSMNC Branch members.

### **7. ELIGIBILITY TO COMPETE**

For clubs to be eligible for Championships Competition, clubs must have their Life Saving Agreement (LSA) in place for competitors to represent that club.

All competitors must meet the SLSA award, patrol and proficiency requirements as per the 2025/26 proficiency competition requirements.

All competitors must be current financial members of a club.

No AGE competitor will be eligible to enter the Carnival if they have not completed their Junior Competition Skills Evaluation (ocean proficiency), and it is processed in Surfguard. All U14's must hold a Surf Rescue Certificate.

All Cadet, Open and Master competitors must have current proficiency up to 31<sup>st</sup> December 2026.

**All members must be proficient to participate in the event.**

### **8. ENTRY FEES**

The entry fee per competitor at the 2025/26 SLSMNC branch Championships is **\$10.00** (incl. GST).

**Entry fees are not refundable if members do not take part in this carnival.**

### **9. LIVEHEATS**

SLSMNC will be using Live Heats for on-beach carnival management. All competitors are required to have a Live Heats Race Tag with them which will be used throughout the event. All competitors will be signed into the event using Live Heats and all event racing will be marshalled and recorded using Live Heats.

It will be the responsibility of the club to ensure all competitors have race tags. First-time competitors (for this season) will be assigned a race tag once entries close. A time and venue to collect race tags will be communicated to each club before the carnival. There is a \$5 charge to the club for any race tags that need replacing due to loss.

Competitors must have a race tag to compete. Competitors must wear the race tag that is assigned to them. **NO TAG = NO START**

## 10. EVENTS

The following events shall be conducted in their respective age group areas by the requirements of the Surf Sports Manual 38<sup>th</sup> Edition.

### BEACH EVENTS – CADETS, OPENS, MASTERS

UNDER 15 YEARS	UNDER 17 YEARS	UNDER 19 YEARS
Male Beach Sprint	Male Beach Sprint	Male Beach Sprint
Female Beach Sprint	Female Beach Sprint	Female Beach Sprint
Male Flags	Male Flags	Male Flags
Female Flags	Female Flags	Female Flags
Mixed Beach Relay	Mixed Beach Relay	Mixed Beach Relay
2km Beach Run	2km Beach Run	2km Beach Run

OPEN	MASTERS 30-59 YEARS	MASTERS 60+
Male Beach Sprint	Male Beach Sprint	Male Beach Sprint
Female Beach Sprint	Female Beach Sprint	Female Beach Sprint
Male Flags	Male Flags	Male Flags
Female Flags	Female Flags	Female Flags
Mixed Beach Relay	Mixed Beach Relay	Mixed Beach Relay
2km Beach Run	2km Beach Run	1km Beach Run

### BEACH EVENTS – U8S TO U14S

UNDER 14 YEARS	UNDER 13 YEARS	UNDER 12 YEARS
Male Beach Sprint	Male Beach Sprint	Male Beach Sprint
Female Beach Sprint	Female Beach Sprint	Female Beach Sprint
Male Flags	Male Flags	Male Flags
Female Flags	Female Flags	Female Flags
Mixed Beach Relay	Mixed Beach Relay	Mixed Beach Relay
2km Beach Run	2km Beach Run	1km Beach Run

UNDER 11 YEARS	UNDER 10 YEARS	UNDER 9 YEARS
Male Beach Sprint	Male Beach Sprint	Male Beach Sprint
Female Beach Sprint	Female Beach Sprint	Female Beach Sprint
Male Flags	Male Flags	Male Flags
Female Flags	Female Flags	Female Flags
Mixed Beach Relay	Mixed Beach Relay	Mixed Beach Relay

UNDER 8 YEARS	BEACH TEAM EVENTS
Male Beach Sprint	<b>All Age Beach Relay</b> - U8 – U14 (one team per club) <b>Junior March Past</b> - U8 - U14 (one team per club) <b>Senior March Past</b> - U15 - Masters (one team per club)
Female Beach Sprint	
Male Flags	
Female Flags	
Mixed Beach Relay	

## WATER EVENTS – CADETS, OPENS, MASTERS

UNDER 15 YEARS	UNDER 17 YEARS	UNDER 19 YEARS
Male Surf Race	Male Surf Race	Male Surf Race
Female Surf Race	Female Surf Race	Female Surf Race
Male Board	Male Board	Male Board
Female Board	Female Board	Female Board
Ironman (no ski)	Ironman	Ironman
Ironwoman (no ski)	Ironwoman	Ironwoman
Board Rescue Mixed	Board Rescue Mixed	Board Rescue Mixed
Male Tube Race	Male Ski	Male Ski
Female Tube Race	Female Ski	Female Ski
Board Relay Mixed	Male Tube race	Male Tube Race
	Female Tube Race	Female Tube Race
		Ski Relay Mixed

OPEN	MASTERS
Male Surf Race	Male Surf Race
Female Surf Race	Female Surf Race
Male Board	Male Board
Female Board	Female Board
Ironman	Ironman
Ironwoman	Ironwoman
Board Rescue Mixed	Board Rescue Mixed
Male Ski	Male Ski
Female Ski	Female Ski
Ski Relay Mixed	Ski Relay Mixed
Male Tube Rescue	Male Tube Rescue
Female Tube Rescue	Female Tube Rescue

***Open & Masters Iron events will have a standard leg order of swim, board followed by ski.***

## WATER EVENTS – U8S TO U14S

UNDER 14 YEARS	UNDER 13 YEARS	UNDER 12 YEARS
Male Surf Race	Male Surf Race	Male Surf Race
Female Surf Race	Female Surf Race	Female Surf Race
Male Board	Male Board	Male Board
Female Board	Female Board	Female Board
Ironman	Ironman	Ironman
Ironwoman	Ironwoman	Ironwoman
Board Rescue	Board Rescue	Board Rescue
Board Relay Mixed	Board Relay Mixed	Board Relay Mixed

UNDER 11 YEARS	UNDER 10 YEARS	UNDER 9 YEARS
Male Surf Race	Male Surf Race	Male Surf Race
Female Surf Race	Female Surf Race	Female Surf Race
Male Board	Male Board	Male Board
Female Board	Female Board	Female Board
Ironman	Board Relay	Board Relay
Ironwoman	Board Rescue	Board Rescue
Board Rescue		
Board Relay Mixed		

UNDER 8 YEARS	WATER TEAM EVENTS
Male Wade	<b>Buchanan Relay</b> - U8 - U10 – maximum 3 teams per club <b>Junior Cameron</b> – U11/U12 Mixed – Maximum 3 teams per club <b>Senior Cameron</b> – U13/U14 – Maximum 3 teams per club <b>All Age Board Relay</b> U9 – U14 – one team per club
Female Wade	
Wade Relay	

***Iron events and the Buchanan Relay will have a standard leg order of swim followed by the board.***

## **11. GENERAL INFORMATION**

### **11.1 Results**

**Points are allocated to all competitors and will accumulate over the 3 carnivals.**

1<sup>st</sup> = 6 points   2<sup>nd</sup> = 5 points   3<sup>rd</sup> = 4 points   4<sup>th</sup> = 3 points   5<sup>th</sup> = 2 points   6<sup>th</sup> = 1 point

In the case of a dead heat for positions 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> each competitor will receive a respective medal, and the following medal allocations will apply:

- Dead heat for 1<sup>st</sup> place: Two (2) gold and one (1) bronze will be awarded (no silver will be awarded).
- One competitor in 1<sup>st</sup> place, dead heat for 2<sup>nd</sup> place; One (1) gold and two (2) silver will be awarded (no bronze will be awarded).
- One competitor in 1<sup>st</sup> place, one competitor in 2<sup>nd</sup> place, dead heat for 3<sup>rd</sup> place: One (1) gold, one (1) silver and two (2) bronze will be awarded
- Dead heat for 1<sup>st</sup> place and dead heat for 2<sup>nd</sup> place: Two (2) gold and two (2) bronze will be awarded (no silver will be awarded).

### **11.2 Handlers**

Handlers must be current financial members of a SLSMNC club. Those who handle for a competitor who is not a financial member of a SLSMNC club will not be covered under the SLSMNC Insurance Policy. Handlers are required to wear a high visibility vest and club cap (or at the discretion of the referee; may wear a high visibility bib/jacket type garment).

### 11.3 Team Managers Meeting

A compulsory Team Managers Meeting will be held each morning of the competition. It is expected that Team Managers and/or dedicated Club personnel are in attendance to receive vital event-specific information.

Team Managers must be available on the beach for the duration of the carnival and not be Officials, water safety, competitors or Age managers.

## 12. SUPPLEMENTARY INFORMATION

- **U15 COMPETITORS** - must remain in the U15 age category for individual and team events.
- **ALL COMPETITORS** - can only compete in their own Age Category in individual events. Competitors can only compete in their own age team event and one other age team event.
- **AGE COMPETITORS** - can only move up one age group for team events. Excludes U8 competitors, they can only compete in U8 water events.
- **ALL COMPETITORS** must have their age group on their arm and or upper leg e.g.: U14, 40's etc
- **CADETS, OPENS & MASTERS** – will assemble on the beach under the SLSMNC marquees. Competitors to bring their craft down onto the beach.
- **U8 - U14's COMPETITORS** - will be marshalled on the beach under the SLSMNC marquees in designated Age Groups. Parents are to remain in the viewing areas and stay clear of the field of play.
- **TEAM EVENTS** – clubs with multiple teams in an event must mark each member of the team i.e.: A, B C etc. Teams must have the required number of competitors to start. A team member cannot compete twice in the same team or in another team in the same event. Mixed team events can be all-male, all-female or mixed-gender.
- **AGE MANAGERS** - must be dressed in Club clothing that identifies them as Age Managers.

## 13. SCRUTINEERING

Whilst it is encouraged that all Members and Clubs have their craft and equipment inspected regularly by an accredited scrutineer/s, all surf craft carrying manufacturers' compliance decals and/or an SLSA endorsed sticker would guarantee the craft meets SLSA standards and therefore, do not require a Scrutineering Sticker.

## 14. SPONSORS RASH VESTS

It is a preference for all competitors to wear a pink rash vest that has the Newcastle Permanent rash vest supplied by their Club, to promote the major sponsor of this event.

Competitors may be requested to wear the approved Lycra vest as part of the medal presentation.

## **15. MEDIA AND PHOTOGRAPHY**

### **13.1 Drones**

For the safety of competitors, officials and spectators, SLSMNC prohibits the use of drones or Unmanned Aerial Vehicles (UAV) at this event by members and/or the public. SLSMNC may capture footage of the event using drones.

### **13.2 Photography**

As a condition of entry, all competitors agree to have photos and videos taken during the event to be used for promotional material by SLSMNC.

SLSMNC will not be issuing media/photography accreditation to team members or Clubs. Professional photographers will be attending, and material will be available via social media and to Clubs on request. Clubs are welcome to take photographs from outside the competition area.

Only SLSMNC approved photographers are allowed in the competition area identified by wearing an SLSMNC blue Media team vest.

### **13.3 Media Statements**

No competitor, team manager, official or spokesperson for a club shall make media statements that could bring the Branch Championships, its sponsors, or officials into controversy or disrepute. Such statements will be a breach of policy and could potentially result in sanctions against members involved. Please note that statements to the media regarding the Branch Championships will be made by authorised spokespeople.

## **16. HEALTH & WELLBEING**

The welfare of all competitors is of paramount importance, and athletes or their parent/guardian, in the case of underage competitors, should seek advice before the competition from a qualified professional for any health concerns if required.

Any competitors or officials who suffer illness or injury before or at the 2025/26 Branch Championships **MUST** seek medical clearance before resuming their normal activities including training and competition.

**All insurance claims are to be made through iCare.** Members need to meet the below criteria.

- a) The member is a current SLSNSW financial member.
- b) While undertaking a genuine, authorised activity as a surf lifesaver/volunteer, the member was not receiving remuneration or reward. The member must be performing the activity voluntarily and without obligation.

## **17. BEHAVIOUR/MISCONDUCT**

Any misconduct while at the Championships will not be tolerated. This includes the days leading into the competition and any official social activities following the conclusion of the Championships. Offending members risk disciplinary action against both themselves and their Clubs.

Parents or supporters, particularly those appointed as Officials, are not allowed to assist competitors during the competition. Any breach of this policy may result in the disqualification of an athlete from the remainder of the competition and is at the discretion of the Referee.

Parents or supporters must also understand that they are role models for young athletes. Clubs should make sure that parents and supporters understand that abuse of officials, other competitors or clubs will not be tolerated. Team Managers and Club Presidents should ensure that their parents and supporters understand their role in this competition and that expected standards of behaviour are clearly explained.

Please refer to the Surf Sports Manual 38<sup>th</sup> Edition sections 2.27 SLSA Code of Behaviour and 22.28 Abuse/Inappropriate Behaviours and the [SLSA Policy 6.05 - Member Protection Policy](#).

## **18. PROTESTS**

All protests shall be lodged with the SLSMNC Branch Liaison Officer in accordance with the procedures set down in the current edition of the SLSA Surf Sports Manual and any subsequent bulletins and shall identify the specific sections/clauses in the Competition Manual and or event rules upon which the protest is based.

Protest Forms are available from the Liaison Officer. An 'Appeals Fee' of \$110.00 will be invoiced to the Club for each appeal.