



Surf Life Saving Mid North Coast Interbranch EOI 2023/24

SLSNSW Interbranch 2023

Expressions of Interest is sought from ALL SLSMNC Competitors in the Under 12 to Under 17 Age Groups seeking to nominate for selection in the Surf Life Saving Mid North Coast Interbranch Teams to compete in the SLSNSW Interbranch Championships to be held at Fingal Bay Beach SLSC on Saturday 2nd and Sunday 3rd December, 2023.

The 2023 SLSMNC interbranch Team will consist of a 40 competitors from Under 12 to Under 17. With a maximum of four (4) female and four (4) males per age group being selected.

To be considered for selection ALL competitors must meet the following requirements:

- Be a financial member with competition rights at a SLSMNC Club
- Meet the SLSA award, patrol and proficiency requirements as per the 2023/24 competitions requirements and any other subsequent bulletins issued prior to Friday 3rd November 2023.

SLSMNC Branch Selectors will be using the following criteria to make selections and use the following carnivals to gauge the current level of skill and fitness of the competitors:

- Interbranch Development Squad Under 12 to Under 17 Training Carnival at Lighthouse Beach, Saturday 14th October, 2023 from 8am - 12.30pm.
- SLSMNC Branch Carnival at South West Rocks on Saturday 4th and Sunday 5th November, 2023
- Previous selection in the SLSMNC Interbranch Team 2022
- Results from SLSNSW State Championships 2022/23 season

To be considered for selection ALL competitors must nominate via the nomination form, including Club endorsement, and forward to admin@slsmnc.com.au by close of business Friday 13th October, 2023.

Team Announcement

The announcement of the team will be no later than Wednesday 8 November, 2023.

Team Training

Upon selection all successful athletes will be advised of team training and uniform measurements including - dates, times and venues. It is expected that ALL successful athletes attend the nominated training sessions.

Costs

Upon selection each athlete will be required to pay a levy (this cost will determined at the next SLSMNC Branch Executive Meeting). The levy covers accommodation, transport, team uniform, some food and beverages. This levy will be billed directly to your club. It must be paid in full by close of business 24 November, 2023.

Code of Conduct

The selected athletes will need to adhere to any SLSA, SLSNSW and SLSMNC Code of Conduct. The SLSMNC Interbranch Team Management has the authority to remove any member who breaches the Code of Conduct and/or breaches and SLSMNC Team Protocol.

Additional Information

The following rules will apply for all competitors:

- Any competitor is permitted to compete up one (1) age division from their nominated age division for TEAM EVENTS ONLY
- Under 15s are permitted to compete up on one (1) age division for TEAM events only, however, an Under 15s competitors cannot compete in ski events unless they have obtained their Bronze Medallion as per section 2.3.4 of the SLSA Surf Sports Manual, 37th Edition, revised February 2023.

Event Compositions

Single Gender Events

- Surf Race - two (2) competitors per age group
- Board Race - two (2) competitors per age group
- Iron Person - two (2) competitors per age group
- Under 17s Ski - one (1) competitor per age group
- Cameron Relay - three (3) person relay, one runner, one team per age group per branch
- Sprint - one (1) competitor per age group
- Flags - one (1) competitor per age group
- Board Rescue - two (2) competitors per team, one (1) team per Branch
- All Age Board Relay - one (1) competitor per age group, one (1) team per Branch
- All Age Beach Relay - one (1) competitor per age group, one (1) team per Branch

Mixed Gender Events

- Mixed 6 Person Taplin - two (2) Swim, two (2) board two (2) ski, male and female in each leg
- Mixed Board Relay - two (2) person relay, one (1) male and one (1) female per age group, one (1) team per branch
- Ski Relay - two (2) person relay, one (1) male and (1) female, one (1) team per Branch
- Mixed Beach Sprint Relay - four (4) person relay, two (2) males, two (2) females, one (1) team per age group per Branch
- Mixed Beach 500 metres Relay - two (2) person U12 relay one (1) team per Branch
- Mixed Beach 1 kilometre Relay - two (2) person (U13-U17) one (1) male and (1) female, one (1) team per age group per Branch