The 2010 Victorian Pool Lifesaving Competition will continue to run along last year’s new structure, with the new look and feel of competitions and training preparing athletes for selection into the future State Teams.

LSV once again will run events at Wyndham, King Club and finish the season at MSAC, where the Senior Victorian Pool Lifesaving Championships will be held.

The ‘DASH FOR CASH’ event will be conducted for senior competitors only, with competitors able to compete against each other to win prize money in the Open Freestyle events.

Also Victorian Nippers, who may aspire to State Team members & Australian representatives in the future, are encouraged to attend the junior events this winter to build their lifesaving skills in fun and inclusive events.

### Club Championship Point Score
This season sees the inclusion of a new Club Championship Point Score, with the club having the highest overall point score from all State Championship events become the Victorian Club Champion of the Year.

This Point scoring will commence at the Victorian Masters Championships and finish at the Victorian Pool Lifesaving Championships in August 2010.

### Events to be included in the Club Championships Point Score
- Victorian Masters Championships
- Victorian Lifesaving Championships (Juniors & Seniors)
- Victorian IRB Championships
- Victorian Pool Lifesaving Championships (Juniors & Seniors)

It is important that your club participates at both the Junior and Senior Competitions to be part of this Championship.
Registrations
As with previous LSV Aquatic Sport Events, club administrators will need to enter the list of team members into the online registration system. Please find the link below -

If you require usernames or passwords please contact Drew Urlichs – Aquatic Sports Manager.

Note: The username and passwords are the same as Summer Beach & IRB carnivals

Dates and Venues

<table>
<thead>
<tr>
<th>Date</th>
<th>Carnival &amp; Venue</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, 2 May 2010</td>
<td>Junior Carnival # 1 – King Club</td>
<td>2:30 pm – 6:00 pm</td>
</tr>
<tr>
<td>Sunday, 16 May 2010</td>
<td>Junior Carnival # 2 – King club</td>
<td>2:30 pm – 6:00 pm</td>
</tr>
<tr>
<td>Sunday, 30 May 2010</td>
<td>Junior Carnival # 3 – Wyndham</td>
<td>2:30 pm – 6:00 pm</td>
</tr>
<tr>
<td>Sat 5 - Sun 6 June 2010</td>
<td>Australian Pool Rescue Lifesaving Championships - MSAC</td>
<td>8:00 am – 5:00 pm</td>
</tr>
<tr>
<td>Sunday, 6 June 2010</td>
<td>Senior Carnival # 1 (MSAC) – Results from Aussies</td>
<td></td>
</tr>
<tr>
<td>Sunday, 20 June 2010</td>
<td>Victorian Junior Pool Lifesaving Championships – King Club</td>
<td>2:00 pm – 6:00 pm</td>
</tr>
<tr>
<td>Sunday, 18 July 2010</td>
<td>Senior Carnival # 2 - Wyndham</td>
<td>2:30 pm – 6:00 pm</td>
</tr>
<tr>
<td>Sunday, 1 August 2010</td>
<td>Senior Carnival # 3 - Wyndham</td>
<td>2:30 pm – 6:00 pm</td>
</tr>
<tr>
<td>Sunday, 8 August 2010</td>
<td>Victorian Pool Lifesaving Championships - MSAC</td>
<td>2:00 pm – 6:00 pm</td>
</tr>
</tbody>
</table>

Venue Details:
Wyndham Leisure & Events Centre
88 Derrimut Road
Hoppers Crossing, VIC 3029

Melbourne Sports & Aquatic Centre MSAC

Re-Creation Health Club Sandringham
150 Tulip Street
Cheltenham, VIC 3192

Prize Money
For the following events there will be cash prizes of $100 for the winner of each of the following:

1. Open Women’s 100m Freestyle ‘Dash for Cash’ (at all Senior Events)
2. Open Men’s 100m Freestyle ‘Dash for Cash’ (at all Senior Events)

Age Group Reminders:
- Junior Carnivals – Under 8’s, 10’s & Under 12’s
- Senior Carnivals – Under 14’s through to Open

For more information please visit www.lifesavingvictoria.com.au/poolcompetition

The 2010 Pool Competition Handbook will be made available in May 2010.
**Victorian Pool Lifesaving Training Times**

There is an opportunity for all Lifesaving Athletes to come and train with our Victorian Coaches in the winter months before and during the pool season leading up to the Championships and Interstate Competitions.

Part of this training is to enhance your skills and introduce new members to Pool Lifesaving and other competitors from around the state.

Our coaches are on the look out for new talent, so come down to Life Saving Victoria's Pool training, every Sunday at MSAC.

All Training is between 6:00 pm - 7:30 pm
- Sunday, 18 April
- Sunday, 25 April
- Sunday, 2 May
- Sunday, 9 May
- Sunday, 23 May
- Sunday, 30 May

The Pool Training is also an indicator to athletes wanting to be part of the selection into the Victorian Pool and Beach State Teams. Teams are selected from members who attend pool training and pool competitions throughout the season. Make sure you don’t miss out on a great opportunity to represent your state.

Please contact the Victorian State Pool Coach James Evans for more details on - 0404 065 093 or jamesevo76@hotmail.com