



**PRESS RELEASE**

**11 Feb 2018**

### **Record turnout for IWS Sport Pool Rescue Championships in Limerick**

An increase in participation around the country led to a 22 per cent jump in entries for Irish Water Safety Sport's annual Pool Rescue National Championships this weekend (University of Limerick Pool, 11th & 12th February 2018).

A total of 380 competitors plus coaches and officials from 12 counties delivered 14 hours of competition that saw Co. Clare emerge dominant in four out of the five team series.

Several world and Irish records were broken over the weekend including Norma Cahill from Clare in the 100-metre Rescue Medley who took two seconds off the World Masters record to set a time of 1.28". Her daughter Roisin also set a national record in the same event. Earlier, Norma was unlucky to miss setting a new world time in the 100 metre Obstacle event by just half a second.

Cork were also to the fore in the results, winning the overall Masters series ahead of Waterford and Wexford while also placing third in both the Senior Mens and Junior Girls series.

"The turnout for the 2018 championship is a result of huge efforts by county teams in attracting more people, especially youth into this growing sport," commented John Leech, CEO of Irish Water Safety. "Upwards of 5,000 people take part in IWS events annually, both in pools and open water and sport plays a critical role in our national drowning prevention strategy."

Limerick will again host IWS Sport this year when Ireland will be the venue for the European Junior Championships for a five-day series in September. Teams from 15 nations will be in competition both in the UL Pool and also at Kilkee for the Surf championships.

Ends

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#### **Background information on pool competitions:**

##### **200 m Obstacle Swim**

The competitor swims 200 m in freestyle during which he/she swims under eight (8) immersed obstacles.

##### **50 m Manikin Carry**

The competitor swims 25 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pick-up line. The competitor then carries the manikin to the finish edge of the pool.

##### **100 m Rescue Medley**



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The competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at a distance of 17.5m. The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance to the finish edge of the pool.

### **100 m Manikin Carry with Fins**

The competitor swims 50 m freestyle wearing fins and then dives to recover a submerged manikin to the surface within 10 m of the turning edge. The competitor carries the manikin to the finish edge of the pool.

### **100 m Manikin Tow with Fins**

The competitor swims 50 m freestyle with fins and rescue tube. After touching the turning edge, the competitor fixes the rescue tube around a manikin floating at the surface at the edge and tows it to the finish.

### **200 m Super Lifesaver**

The competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within 5 m of the pick-up line and carries it to the turning edge. After touching the wall the competitor releases the manikin. In the water, the competitor dons fins and rescue tube and swims 50 m freestyle. After touching the wall the competitor fixes the rescue tube around a floating manikin within 5 m of the turning edge and tows it to touch the finish edge of the pool.

### **Line Throw**

In this timed event, the competitor throws an unweighted line to a fellow team member located in the water approximately 12.5m distant and pulls this "victim" back to the poolside.

### **4x25m Manikin Relay**

Four competitors in turn carry a manikin approximately 25 m each.

### **4x50 m Medley Relay**

The first competitor swims 50 m freestyle without fins. The second competitor swims 50 m freestyle with fins. The third competitor swims 50 m freestyle pulling a rescue tube and after touching the wall, passes the harness of the rescue tube to a fourth competitor who wears fins. The third competitor, playing the role of "victim," holds the rescue tube with both hands, while being towed 50 m by the fourth competitor to the finish.

### **4x50 m Obstacle Relay**

Four competitors swim 50 m freestyle each passing under two (2) obstacles.