



National & Regional Nipper Championships 2020

NATIONAL VENUE: National Aquatic Centre, Dublin

DATE: Friday 10th April 2020 (Good Friday)

TIME: Warm up 9am, start 9.45am

ENTRIES: Entries will be automatic – Top four in each region automatically qualifies. The remaining places are made up of the next best times across the country from the regional events. Top 4 from each of 3 regionals = 12 + 8 next fastest times. Max 20 in each race. (In the event of any ties the number of places to times reduces)

FEES: €10.00 per swimmer, per competition, to cover all events

Regional Nipper Stillwater Competitions:

Munster Regional Nipper Pool Championships

Date: Sun 22th March Time: TBC Venue: University of Limerick

Entries Deadline: Sun 10th March

Entries: waterfordsls@gmail.com

Leinster Regional Nipper Pool Championships

Date: Monday 15th March Time: TBC Venue: The Watershed, Kilkenny

Entries Deadline: Fri 8th March

Entries: leinstersls@gmail.com

Ulster/Connaught Regional Nipper Pool Championships

Date: 29th March Time: TBC Venue: Ballyshannon Leisure Centre

Entries Deadline: 24th March

Entries: seamus@oneillsballyshannon.com

Points to Note:

- **New Rules (see end of doc) for 8-9 year old competitors.**
- Fibreglass Fins Are Not Permitted For Nippers
- All Competitors Must Wear County Hats.
- AGE-GROUPS: Individual 8,9,10,11,12,13,14 (No 8's competing at Nationals)
- Relays - 2 Age Categories. 9 - 11 Yrs And 12 - 14 Yrs
- Please include entry times to ensure correct seeding.

Order of Events:

1. Girls 25/50m Obstacle 8-14
2. Boys 25/50m Obstacle 8-14
3. Girls 4 x 25m Obstacle Relay 9-11
4. Boys 4 x 25m Obstacle Relay 9-11
5. Girls 4 x 25m Obstacle Relay 12-14
6. Boys 4 x 25m Obstacle Relay 12-14
7. Girls 25m u/w + fins 8-14
8. Boys 25m u/w + fins 8-14
9. Girls 50m rescue tube 10-14
10. Boys 50m rescue tube 10-14
11. Girls 25m rescue tube 8 & 9
12. Boys 25m rescue tube 8 & 9
13. Girls 13yrs – 25m manikin carry
14. Boys 13yrs – 25m manikin carry
15. Girls 14yrs – 50m manikin carry +fins
16. Boys 14yrs– 50m manikin carry +fins
17. Girls 4 x 25m Medley Relay 9-11
18. Girls 4 x 25m Medley Relay 12-14
19. Boys 4 x 25m Medley Relay 9-11
20. Boys 4 x 25m Medley Relay 12-14

Points to Note:

- All events are heat declared winner – no finals. Medals will be presented in each age group; 8 year age group will receive an overall participation medal only.
- Counties must name a team manager who will be responsible for the swimmers at the competition. Failure to do so will result in entries not being accepted.
- Each County must provide 3 timekeepers per Regional Competition and 2 timekeepers for National Competition. Counties with 7+ competitors must provide a referee and with 20+ competitors must provide min 2 referees for the Regional & National events.
- All competitors MUST be members of IWS
- Timekeepers, Equipment Helpers, Marshals, Medal Presenters, and Table Operators do not need to be WSI members.
- All coaches, Team Managers & Referees are to be full WSI, Garda Vetted Members.

Breakdown of Events:

1. 25m under water swim + fins:-

From a dive, at deep end, swimmers with fins on, swim 25m under water to end wall. Swimmers may surface during length for air, but no over-arm stroke will be permitted. Any types of rubber/plastic fins are permitted but must not exceed 65cm in total length. No Fibreglass fins.

2. 50m Obstacle swim:-

From a dive, swimmers will swim 2 lengths, under one obstacle each length. Swimmers must surface after dive, before obstacle, and again, before turn. They must surface after the turn before obstacle on 2nd length and again before finish.

3. 50m Rescue Tube:-

From a dive, at deep end, swimmers swim 25m. Touch wall, put on fins and rescue tube. Swim 25m to finish. SWIMMERS MUST TOUCH WALL FIRST – then, swimmers put on fins and tube. Swimmers may stand, if in shallow water. No Fibreglass fins.

4. 4 x 25m Obstacle Relay.

4 swimmers. Swimmer 1 and 3 from dive at start end, swimmers 2 & 4 water start, at opposite end. Rules as Obstacle race above.

5. 4 x 25m Medley Relay:-

4 swimmers. No fibreglass fins.

The first competitor swims 25 m freestyle without fins. The second competitor swims 25 m freestyle with fins. The third competitor swims 25 m freestyle pulling a rescue tube and after having touched 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 25 m by the fourth competitor to the finish. Swimmer 1 & 3 from dive, swimmer 2 & 4 in water push off.

25M Manikin Carry with Fins: For 13yr age group. Competitors start in the water holding the empty manikin at the surface with one hand and the starting wall/block with the other hand. On the starting signal the competitor must then carry the manikin 25M to the finish wall. The finish is judged on the competitor touching the finish wall/block whilst still holding the manikin.

50M Manikin Carry with Fins: For 14yr age group. This event will operate similar to the 100M Manikin Carry with Fins for Juniors & Seniors. It will have an in water start and not a dive start. Competitors swim 25M freestyle wearing fins and recover a submerged junior manikin to the surface within 10M of the turn wall. Manikins must be placed in the deep end of the pool between 1.8M & 3M deep as per the rule book. Competitors need not touch the turn wall of the pool. Competitors may push off the bottom when surfacing with the manikin.

****RULE CHANGES FOR 8 & 9 YEAR OLD COMPETITORS****

1. All individual events for 8 & 9 year old competitors are now 25m events.
2. 8 year old competitors will compete at regionals in individual events only, but no 8 year old competitors will compete at National Championships.
3. 9 year old competitors may compete at National Championships, but the 25m rescue tube will be removed from the programme.
4. Shown below is the list of 25m Individual events for 8 & 9 year old competitors.

1. 25m Obstacle swim:

From a dive, swimmers will swim 1 length, under one obstacle. Swimmers must surface after dive, before obstacle.

2. 25m under water swim + fins:

From a dive, at deep end, swimmers with fins on, swim 25m under water to end wall. Swimmers may surface during length for air, but no over-arm stroke will be permitted. Any types of rubber/plastic fins are permitted but must not exceed 65cm in total length. No Fibreglass fins.

3. 25m Rescue Tube: Regional Championships Only – Not at Nationals

Competitors start in the water holding the wall with one hand, they must remain motionless with 2 feet on the wall and the other arm straight down and beside the body. When the start goes, competitors must put on the fins and tube and swim 25m to the other end.