



National Still Water Championships **Junior Competition 2020**

Venue:- UL (University of Limerick), 50m pool

Feb 15th & 16th Feb 2020. Sat. Warm up 8am, start 9am
Sun Warm up 8am, start 9am

Age:- Competitors must born 2004,2005, 2006
ALL COMPETITORS MUST BE MEMBERS OF IWS

Entry Fees :- €15 per person entered. Teams of (1 – 5) boys / girls.
Entry fees posted to Water Safety HQ before competition.

Equipment:-

Teams must use manikins / tubes provided at competition.

Fins – Max 65cm(inc strap/ shoe) x 30cm wide

Junior competitors will use the new Junior manikin for all events except the 100m manikin tow with fins, which will be with adult manikin – exactly the same as the senior event.

Please note revised event distances – using the junior manikin, events will follow the same format, distance and rules as the Senior events

Entry Forms:- These can be completed & e-mailed to sport@iws.ie CLOSING
DATE:- Feb 1st STRICTLY

**Forms must include Date of Birth for all team members,
Membership numbers and Entry times**

Juniors:-

14 to 16 years - born 2004, 2005, 2006

1. Competitors 16, born 2004, may compete on Senior teams – to clarify:-
They may compete as both juniors and seniors, however as all competitions are on the same day, there will be overlap of events.
Competitors run the risk of missing events, as races will run as planned without waiting for competitors entered in both categories.
2. Teams consist of min 1, to max 5, competitors.
3. Counties may enter **three competitors in the individual events and one team** in each of the team events
4. Competitors must wear County Swim cap.
5. **All events are Heat Declared Winner (HDW)**

Order of Events:- (Subject to Change on the day if Required)

Saturday - Female followed by Male.

- | | |
|------------------------------|-----------------|
| 1. 100m manikin tow + fins | Senior, Juniors |
| 2. 200m Super lifesaver | Senior, Juniors |
| 3. 100m manikin carry + fins | Senior, Juniors |
| 4. 50m manikin carry | Senior, Juniors |
| 5. 100m rescue medley | Senior |
| 6. 4 x 25m manikin relay | Juniors, Senior |

Sunday - Female followed by Male

- | | |
|------------------------------|---------------------------|
| 1. Line Throw | Seniors, Juniors, Masters |
| 2. 200m Obstacle | Seniors |
| 3. 100m Obstacle | Juniors, Masters |
| 4. 4 x 50m Obstacle relay | Seniors, Juniors, Masters |
| 5. 4 x 50m Medley relay | Seniors, Juniors, Masters |
| 6. 100m manikin tow + fins | Masters |
| 7. 50m manikin carry | Masters |
| 8. 100m manikin carry + fins | Masters |

Junior Events Pool - Still Water

Junior competitors will use the new Junior manikin for all events except the 100m manikin tow with fins

An explanation of the different events

100m Obstacle Swim

The competitor swims 100 m in freestyle during which he/she swims under four (4) immersed obstacles.

50m Manikin Carry

The competitor swims 25m freestyle and then dives to recover a submerged manikin. The competitor then carries the manikin to the finish edge of the pool.

100m Manikin Carry with Fins

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

100m Manikin Tow with Fins

The competitor swims 50m freestyle with fins and rescue tube. After touching the turning edge, the competitor fixes the rescue tube around a manikin, within 5m, and tows it to the finish. **Note:- the adult half filled manikin is used for this event (same as senior event)**

200m Super Lifesaver

The competitor swims 75m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within 5m 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 50m freestyle. After touching the wall the competitor fixes the rescue tube around a floating manikin within 5m 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 25m each.

4x50m Medley Relay (same as seniors)

The first competitor swims 50m freestyle without fins. The second competitor swims 50m freestyle with fins. The third competitor swims 50m 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 50m by the fourth competitor to the finish.

4x50m Obstacle Relay (same as seniors)

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