

National Still Water Championship 2020

Masters Competition

Venue:- UL (University of Limerick), 50m pool
Feb 16th 2020. Sun 8am warm up, start 9am

Age:- Masters must be a minimum of 30 years of age in the competition year. Born 1990 or older.
Medals will be presented in 4 age categories:- 30-39yrs, 40-44, 45-49 and 50+ yrs

Entry Fees:- €15 per person entered...Posted to HQ before competition.

Rules:- full international event rules – 2017 edition
Rules for these events are available to download on iws.ie -

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
All competitors must be members of IWS**

Masters Individual Events

100m Manikin carry + fins
100m Manikin tow + fins
50m Manikin carry
100m obstacle

Team Events

Line Throw
4 x 50 Obstacle relay
4 x 50 Medley relay

Masters:-

1. All competitors must wear County swim cap.
2. There will be separate awards for male and female, however the organisers reserve the right to run as mixed races, in the event of a small number of entrants.
3. **All events will be heat declared winner – NO FINALS**

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

Pool - Still Water

An introductory explanation of the different events is given hereunder.

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 to the surface within 5m of the pick-up line. The competitor then carries the manikin to the finish.

100 m Manikin Carry with Fins

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

100 m 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 floating manikin, within 5m, and tows it to the finish.

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.

4x50m Obstacle Relay

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

4x50m Medley Relay

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 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 50m by the fourth competitor to the finish.