



National Still Water Championships 2020 **Senior Competition**

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

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

Events:- Full International Programme, full international event rules – 2017 edition

Rules for these events are available to download on iws.ie -

Age:- Senior Competitors must be born 2004. or older...

In individual events, medals will also be presented to Youth category, (u/18).

This will not adjust team points or relays

Equipment:- Standard Life Saving Manikin

Teams must use manikins provided at competition.

Competitors must use Rescue Tubes provided

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

Entry Fees :- €15 per person entered (max 6 per team) Teams of (1 – 6) boys / girls.

Cheques paid to IWS HQ before competition.

Entry Forms:- These can be 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

Seniors:-

Competitors must be born 2004 or older.

1. Competitors in 16th year (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 6, male or six female competitors.
3. Counties may enter **three competitors in each individual event 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.

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|------------------------------|-----------------|
| 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 |

Pool – Still Water

An introductory explanation of the different events is given hereunder.

200m Obstacle Swim

The competitor swims 200 m in freestyle during which he/she swims under eight (8) 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 edge of the pool.

100m Rescue Medley

The competitor swims 50m 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 5m pick-up line, and then carries it the remaining distance 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 to the surface within 10m of the turning edge. The competitor carries the manikin to the finish.

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

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.

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

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.

4x50m Obstacle Relay

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