**SlSClogo**

**Cornish Open/Masters Stillwater Event 2019**

# Carn Brea Swimming Pool

**Saturday 6th April 2019**

**4.00 – 9.00pm**

**1. Eligibility.** The Stillwater Event is closed to members of Surf Life Saving GB who are members of a club affiliated to Surf Life Saving Cornwall. This is a club event and as there will be no medals given, everyone will have the chance to compete in the team events.

**2. Individual Age Groups.** The minimum age for this event will be 16. i.e. those born in 2003.

The individual age groups will be Seniors 16-29yrs Male/Female

Masters (age group ranges to be determined prior to the event) 30+

**Seniors 16-29yrs:** Male/Female

**Masters 30+yrs:**  Male/Female

**3. Team Age Groups.**  Open and Masters Age Group

**4. Closing Date and submission of entries:**

The closing date for entries will be **Monday 25th March** please send the entries by

e mail to the Secretary:

[dianegreen@freenetname.co.uk](mailto:diane@greensticksurf.co.uk)

**The entry fee will be £5 per person.**

**5. Heat Draws:** All events will be decided on a heat-declared winner basis.

**6. Club Helpers and Timekeepers:** Each competing club must supply a timekeeper and an official/helper

**7. Equipment:** Clubs to bring their manikins, marked with the club name, 2 yellow tubes and their own fins, as well as a stop watch for the timekeeper.

**8 Point scoring:** Points will be awarded for the first eight places.

**9. Events:** The rules are as for Nationals but the events have been adapted to accommodate a 25metre pool.

**10.** Please give all your competitors a club code, code number and age group needs to be marked on the competitors hand as the times are recorded by the code only.

Any queries please contact:

Diane Green

Secretary Surf Life Saving Cornwall

Tel. No. 01209 842570

Mobile 07794825140

dianegreen@freenetname.co.uk

## Cornish Stillwater Events

**100m Obstacle Race**

350mm obstacle situated at 12.5 metres.

**4 x 50m Obstacle Relay**

**75m Manikin tow with fins.**

With Fins on, dive start – swim to shallow end, pick up and adorn rescue tube – swim back to collect manikin – tow to end of the pool – touch end of the pool to finish

**75m manikin carry with fins**

With Fins on, dive start – swim 50m – dive down to pick up manikin and carry to the end of the pool – touch end of pool to finish.

**4 x 25m Manikin Relay**

Competitor 1 starts in the water holding the manikin with 1 hand and the other hand on the edge of the pool – swims with the manikin to competitor 2 who is waiting in the water 1 hand on the side of the pool – the manikin is handed over – this is repeated to competitor 4 who swims the last leg – touch end of pool to finish.

**4 x 25m Medley relay**

Competitor 1 dive start – swims 25m – touch wall

Competitor 2 in water with fins – swims 25m – touch wall

Competitor 3 dive start with torpedo – swims 25m – pass torpedo to competitor 4 who is in water with fins on, competitor 4 tows competitor 3 to end of pool to finish.

**SLS Cornwall Open/Masters Stillwater Programme.**

Obstacle

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 100m | 100m | 100m | 100m |
| Male | Open | 30-39yr | 40-49yr | 50+ |
| Female | Open | 30-39yr | 40-49yr | 50+ |

4x 50m Obstacle Relay

Team of 4, 2 teams per club

|  |  |  |
| --- | --- | --- |
|  | 4 x 50m | 4x 50m |
| Male | Open | Masters |
| Female | Open | Masters |

Manikin tow 75m

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 75m | 75m | 75m | 75m |
| Male | Seniors | 30-39yr | 40-49yr | 50+ |
| Female | Seniors | 30-39yr | 40-49yr | 50+ |

Manikin carry with fins 75m

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 75 m | 75m | 75m | 75m |
| Male | Seniors | 30-39yr | 40-49yr | 50+ |
| Female | Seniors | 30-39yr | 40-49yr | 50+ |

4 x 12.5m Manikin Relay

Team of 4, 2 teams per club

|  |  |  |
| --- | --- | --- |
|  | 4 x 12.5m | 4x 12.5m |
| Male | Open | Masters |
| Female | Open | Masters |

4x 25m Medley Relay

Team of 4, 2 teams per club

|  |  |  |
| --- | --- | --- |
|  | 4 x 25m | 4x 25m |
| Male | Open | Masters |
| Female | Open | Masters |