**SlSClogo**

**Cornish Youth Stillwater Event 2019**

# Carn Brea Swimming Pool

**Saturday 30th March 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. The event is a club event and there is a team trophy.

**2. Individual Age Groups** Youth 13: aged 13 and under on 31st December

Youth 14/15: aged 15 and under on 31st December

Youth 16/17: aged 17 and under on 31st December

Youth 18/19: aged 19 and under on 31st December

**3. Team Age Groups**

Youth 15: all members of the relay team must be aged 15 under on 31st December

Youth 17: all members of the relay team must be aged 17 under on 31st December

Youth 19: all members of the relay team must be aged 19 under on 31st December

**TEAM EVENTS** \*Swimmers 14, 15yrs can swim up into the 16/17yrs relay, swimmers 16,17yrs can swim up into the 18/19yrs relay.

Swimmers can only compete in 1 relay team in each event, Clubs can enter 2 teams in each event.

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

The closing date for entries will be **Monday 18th 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 £10 per person and medals will be awarded**

**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 2 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 the 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

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**EVENTS**

**50m 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 Youth Stillwater 2018- Programme.**

Obstacle

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 50m | 50m | 50m | 50m |
| Boys | 18-19yr | 16-17yr | 14-15yr | 13yr |
| Girls | 18-19yr | 16-17yr | 14-15yr | 13yr |

4x 50m Obstacle Relay

Team of 4, 2 team per club

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 4x50m | 4x50m | 4 x 50m |  |
| Boys | U19yr | U17yr | U15yr |  |
| Girls | U19yr | U17yr | U15yr |  |

Manikin tow 75m

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 75m | 75m | 75 m | 75m |
| Boys | 18-19yr | 16-17yr | 14-15yr | 13yr |
| Girls | 18-19yr | 16-17yr | 14-15yr | 13yr |

Manikin carry with fins 75m

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 75m | 75m | 75 m | 75m |
| Boys | 18-19yr | 16-17yr | 14-15yr | 13yr |
| Girls | 18-19yr | 16-17yr | 14-15yr | 13yr |

4 x 12.5m Manikin Relay

Team of 4, 2 team per club

|  |  |  |  |
| --- | --- | --- | --- |
|  | 4 x 12.5m | 4 x 12.5m | 4x 12.5m |
| Boys | U19yr | U17yr | U15yr |
| Girls | U19yr | U17yr | U15yr |

4x 25m Medley Relay

Team of 4, 2 team per club

|  |  |  |  |
| --- | --- | --- | --- |
|  | 4 x 25m | 4 x 25m | 4x 25m |
| Boys | U19yr | U17yr | U15yr |
| Girls | U19yr | U17yr | U15yr |