



Registered Charity No.1032090

Cornish Open/Masters Stillwater Event 2025

Penzance Swimming Pool

Saturday 5th April 2025

2pm – 6pm

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 2006.

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-Men's, ladies

Masters Age Group - Mixed

4. Closing Date and submission of entries:

The closing date for entries will be **Friday 29th March**

The entry fee will be £10 per person (no medals given).

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, 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.

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 12.5m 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	100m
Male	Open	30-39yr	40-49yr	50-59	60+
Female	Open	30-39yr	40-49yr	50-59	60+

4x 50m Obstacle Relay

Team of 4, 2 teams per club

	4 x 50m	4x 50m
Male	Open	
Female	Open	
mixed		Masters

Manikin tow 75m

	75m	75m	75m	75m	75m
Male	Seniors	30-39yr	40-49yr	50-59	60+
Female	Seniors	30-39yr	40-49yr	50-59	60+

Manikin carry with fins 75m

	75 m	75m	75m	75m	75m
Male	Seniors	30-39yr	40-49yr	50-59	60+
Female	Seniors	30-39yr	40-49yr	50-59	60+

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
Mixed		Masters

4x 25m Medley Relay

Team of 4, 2 teams per club

	4 x 25m	4x 25m
Male	Open	Masters
Female	Open	Masters
Mixed		Masters