



Registered Charity No.1032090

Cornish Youth Stillwater

Event 2024

Penzance Swimming Pool

Saturday 6th April 2024

10.15am – 2pm

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: **Sunday 24th March**

The entry fee will be £15 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 2 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 the age group needs to be marked on the competitors hand as the times are recorded by the code only.

Any queries please contact:

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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 Youth Stillwater 2020- Programme.

Obstacle

	100m	100m	100m	100m
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