



Registered Charity No.1032090

Cornish Youth Stillwater Event 2025

Penzance Swimming Pool

Saturday 5th April 2025

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: send the entries by email to

The entry fee will be £15 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, their own fins, as well as a stopwatch 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.

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 |