

GUIDE FOR 50m SKINS EVENT

SKINS

The eight fastest swimmers from the heats of the 200m individual medley events shall qualify for the SKINS finals. Swimmers will be seeded in spearhead order, seven heats swum at three minute intervals, the slowest swimmer will be eliminated from each of the heats, subject to any disqualifications. The faster in the final heat shall be the winner. Swimmers will remain in the same lane for all the qualifying heats of the event. Swimmers will be responsible to be at the start block for the time of their heat, **swimmers will not be reinstated if they miss their heat**. Slowest swimmers who dead heat will remain in the event for the next heat, two will be eliminated from this heat. The two fastest swimmers will swim in lanes four and five in the final heat, the faster from the last qualifier swimming in lane four. In the event of a dead heat in this heat the swimmers shall swim again.

The stroke to be swum for each heat will be determined by draw. The draw for the first round will be made by the referee. Subsequent rounds will be drawn by the eliminated swimmer.

Example :- Round 1 – backstroke,
Round 2 – breaststroke,
Round 3 – breaststroke,
Round 4 – butterfly, etc.

THIS IS NOT A CHAMPIONSHIP EVENT NO POINTS WILL BE AWARDED TOWARDS THE TOP AGE GROUP AWARD

HEAT 1 Start of event - swimmers line up in spearhead order. The first start will be a normal ASA event start i.e. Referee blows whistle, swimmers on blocks/in water – starter takes over - ‘ Take your marks ‘ – starting signal given – **timing is started** – the swimmers will swim 50m of designated stroke – when all swimmer have finished 50m swim – swimmers will get out of pool and the slowest swimmer will be eliminated (indicated by announcement and lane marker numbers placed on starting block) – swimmers recover

HEATS 2 to 6 at two minutes fifty seconds from the start of the previous heat - the starter will inform the swimmers that they have ten seconds until the start of the Heat – at three minutes from the start of the previous heat the starting signal will be given (the starter **WILL NOT** give the instruction ‘ take your marks ‘) – swimmers swim the heat. When all swimmers have finished 50m swim – swimmers will get out of pool and the slowest swimmer will be eliminated (indicated by announcement and lane marker number placed on starting block) – swimmers recover

HEAT 7 at two minutes fifty seconds from the start of the sixth heat – the starter will inform the swimmers that they have ten seconds until the start of Heat Seven – at three minutes from the start of the sixth heat the starting signal will be given (the starter **WILL NOT** give the instruction ‘ take your marks ‘) – swimmers will swim the seventh heat. The winner of this heat shall be declared the WINNER

NOTE The electronic timing display is provisional and may be over ruled by the Referee

HEAT 1 If any swimmer starts before the starting signal is given or is moving at the start they **will** be disqualified

HEATS 2 to 7 If any swimmer starts before the starting signal is given they will be disqualified (There will be NO STANDDOWN the race **will** start on the starting signal at the given time)

ALL HEATS Contravention of designated stroke law will result in disqualification.