ICEBREAKER DESIGNATED OPEN MEET 2008- Rules for the Skins Competition

1. There will be two Age Groups: -

Junior	13 yrs and under.
Senior	14 yrs and over

2. For each age group the six fastest swimmers in the 200 metres individual medley will be invited to take part. Reserves will be selected, and swimmers advised in the same way as finalists for the evening sessions. In order to ensure that all lanes are occupied please indicate within 30 minutes of the skins competitors being announced of your intention to take part.

3. There will be five rounds, each round will comprise of a 50 metre race. Swimmers will be spearheaded for the first round in accordance with the times achieved in the 200m I.M. all five rounds to be swum in the same lane.

4. The stroke to be swum will be determined by drawing a coloured ball from a bag prior to the start of each round. The stroke drawn will be announced as soon as it is drawn and again immediately following the whistle, prior to each round. The ball will be replaced in the hat after it is drawn.

5. The stroke selected must be swum in accordance with the ASA Racing Technical rules.

6. The starting sequence in the first round will be in accordance with the ASA Racing Technical Rules. The starting signal of each subsequent round will be given exactly 2 minutes after the start of the previous one. In the second and subsequent rounds there will be no preparatory command "Take your Marks." This will be replaced by a whistle blast 10 seconds before the starting signal, which will be given by the klaxon. In the event of a failure of the starting signal this will be replaced with a shout of “Go” from the starter.

7. Any swimmer performing a false start will be disqualified unless they return to the end of the pool and start normally.

8. The AOE will be used to determine the finishing order, the slowest swimmer will be eliminated in each round. In the event of a failure of the AOE then manual placings will be used. In the event that one or more swimmers have been disqualified for a false start or other infringement of the ASA Racing Technical Rules then the slowest swimmer will not be eliminated.

9. In the event that two or more swimmers are eliminated then the subsequent rounds shall continue without elimination until the appropriate round. For example if two swimmers are disqualified for a false start in round one, no swimmers will be eliminated in round 2. One swimmer will be eliminated in round 3 as normal.

10. In the event of a tie for last place, both swimmers will continue into the next round. In this event two swimmers will be eliminated from the next round. In the event of a tie in the final there will be a further round, the stroke being determined in accordance with para. 4, the starting sequence to be accordance with para. 6.

11. It is the individual swimmer's responsibility to be in their starting position at the start of each round. The starting signal will not be delayed in the event that a swimmer is missing, or has suffered some other "gear" failure.

12. Any swimmer receiving countdown assistance prior to the start will be disqualified.

13. The winner will be the swimmer who is placed first in the final round. Prizes will be awarded as follows: -

1st - £25 2nd - £10

There will also be a prize of £5 for the winner of each of the first four rounds

The balls drawn from the hat will represent the following strokes: -

RED	**Backstroke**
YELLOW	**Breaststroke**
WHITE	**Butterfly**
BLACK	**Freestyle**