



Autumn Meet Skins Information

Haven Point, South Shields

28th and 29th September 2019

This meet is licensed by ASANER as Level 3

Skins Rules

The Skins will consist of 12 female swimmers and 12 male swimmers, in age groups 12/Under, and 13+. Swimmers will be allocated lanes based on results of 200m IM heats and must remain in that lane for the duration of the skins, apart from the last race where the faster swimmer will be in lane 3, and the slower swimmer in lane 4 (based on the finishing order of the penultimate race).

The first round of each skins will be started in the normal manner.

After the first round, all subsequent heats will be started as follows:-

10 seconds before the start, the official starting the race will inform the competitors '**10 seconds swimmers**'

The signal to GO will be a single blast of the Starter's whistle – there will be no other verbal instructions.

Each round of the skins will be at three minute intervals; with 2 age groups there will be 90 seconds between race starts.

In the event that a swimmer is adjudged to have committed a false start, then that swimmer will be the "eliminated" swimmer from that heat, regardless of the finishing positions.

The stroke for the first heat of each Skins will be drawn out of the bag by the organisers prior to the start. The stroke for each subsequent heat will be drawn from the bag by the eliminated swimmer from the previous heat. (Backstroke ledges will not be used during the skins)

For the stroke draw, a coloured shape will determine the stroke.

Freestyle	GREEN
Backstroke	BLUE
Breaststroke	YELLOW
Butterfly	RED

In the event of a dead heat for last position in a heat of the Skins, both swimmers will be eliminated.

All decisions on placings will be made by the referee, and any other matters not covered above will be managed by the promoters, in accordance with guidance issued by the ASA. Times achieved at the Skins event are not eligible for the ASA Rankings Database.

Prizes

1st - £50

2nd - £30

3rd - £20