

Chester le Street Junior Gala 2009 Skins Rules

The Skins will consist of 6 female swimmers and 6 male from each age group. Swimmers will be allocated lanes based on results of 100m IM heats and must remain in that lane for the duration of the skins.

2 Age Groups will run concurrently at the end of each session.

The first round of each the skins will be started in the normal manner. The younger age group swimmers going first, the older competitors will start 90seconds later.

After the first rounds of both age groups, 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 klaxon - there will be no other verbal instructions. (If the klaxon fails, a single whistle blow will indicate GO)

Each round of the skins will be at three minute intervals i.e. 9yrs round ---- 90 seconds later 10yrs round start ---- 90 seconds later 9yrs round ---- 90 seconds later 10yrs round start ---- etc.

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.

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

Freestyle	BLUE
Backstroke	ORANGE
Breaststroke	RED
Butterfly	GREEN

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 the guidance issued by the ASA in their document dated 1st July 2008.