

## **Benowie District Swimming Carnival Notes and Information**

<b>When:</b>	Saturday 8 <sup>th</sup> November 2008	<b>Where:</b>	Galston Aquatic Centre
<b>Start Time:</b>	4:00pm (for 4:30pm)	<b>Finish Time:</b>	around 9.00pm
<b>Cost:</b>	\$5.00 per cub/swimmer \$3.00 per spectator (paid to Akela on the day)	<b>Food:</b>	Bring own food/drink

### **Wear Full Uniform**

#### **Rules:**

- ◆ Age for races will be the age of cub on the day
- ◆ All swimmers must have pack name and age written on upper arm using permanent marker (comes off with soap)
- ◆ Points will be awarded for attendance, participation and race position
- ◆ When starting the races the caller will say, "Take your mark", Gun will go off.
- ◆ Pack relay consists of 5 swimmers, 4 Cubs, & 1 Leader/Adult.
  - The 4 Cubs must have a combined age of 34 or less = One x 7,8,9,10 or 8,8,9,9
  - The Adult can be any age (or at least over 18)
  - 2 cubs must be on a kickboard
  - 2 cubs must be on a noodle
  - The Adult/leader **must** be on a noodle
- ◆ Parents and other children are welcome to attend the carnival, but only Cub Scouts (and New Chums) to participate in the races.
- ◆ Judges decision is final

#### **Competitive Events (25m)**

Age heats and finals for

- Freestyle
- Backstroke

#### **Novelty Events (Kickboard & Noodle – 25m)**

- ◆ These will be open events for any cub or leader that wishes to participate
- ◆ Depending on Numbers these events may be run in age groups

#### **Iron Cub Event**

Each Cub Scout entering is responsible for bringing the following:

- ◆ Pair of shorts
- ◆ T-shirt
- ◆ Pair of Flippers
- ◆ Mask & Snorkel
- ◆ Boogie board

#### **Helpers required**

- ◆ Scorer (1)
- ◆ Judges (3)
- ◆ Starter (1)
- ◆ Marshals (2)
- ◆ Announcer (1)
- ◆ Life savers (don't forget your swimming costume) (2)
- ◆ General help (everyone)

### **The Iron Cub for 8 & 9 year olds**

- ◆ **Two** helpers required one at each end of the pool.
- ◆ These helpers are to assist the Iron Cub out of the pool at the end of each leg and must be from another pack.
- ◆ Helpers are to assist Iron Cub from the pool, place equipment at edge of pool, but may not otherwise assist.
- ◆ Race begins at shallow end of pool,
- ◆ Iron Cub clothed in Shorts and T-shirts
- ◆ Iron Cub jumps into the pool (clothed)
- ◆ Iron Cub swims 25mtrs
- ◆ Iron Cub removes clothing whilst treading water and places the clothing at the edge of the pool.
- ◆ Helper, assists Iron Cub from pool
- ◆ Iron Cub puts on their flippers, mask and snorkel.
- ◆ Iron Cub swims 25mtrs using flippers, mask and snorkel as they are intended to be used. I.e. mask over eyes snorkel in mouth and face under water for the full 25mtrs leg. **If this is not done correctly the cub will be disqualified.**
- ◆ Helper assists the Iron Cub from the pool,
- ◆ Iron Cub removes mask and snorkel
- ◆ Iron Cub jumps back into the pool with boogie board and flippers
- ◆ Iron Cub swims 25 mtrs
- ◆ Helper assists the Iron Cub from the pool, Iron Cub leaves the boogie board and flippers on the edge of the pool and swims final 25m leg, freestyle.
- ◆ Total 100metres.
- ◆ Judges will be assigned to each lane; disqualification will be enforced if Iron Cub rules are not adhered too.

### **The Iron Cub for 10 year olds**

- ◆ Each Iron Cub needs **one** helper, at the deep end of the pool.
- ◆ This helper is to assist the Iron Cub out of the pool at the end of each 50m leg and must be from another pack.
- ◆ The helper may assist Iron Cub from the pool, place equipment at edge of pool but may not otherwise assist.
- ◆ Race begins at shallow end of pool
- ◆ Iron Cub is clothed in Shorts and T-shirts
- ◆ Iron Cub jumps into the pool full clothed
- ◆ Iron Cub swims 25mtrs
- ◆ Iron Cub is to remove T-shirt and shorts whilst treading water
- ◆ Clothing to be placed at the edge of the pool
- ◆ Iron Cub is then helped from the pool
- ◆ The Iron Cub puts on flippers, mask and snorkel
- ◆ Iron Cub swims 50mtrs.
- ◆ This 50mtr leg must be swum using flippers, mask and snorkel as they are intended to be used. I.e. mask over eyes snorkel in mouth and face under water for the full 50m leg.
- ◆ Iron Cub is helped from the pool removes mask and snorkel
- ◆ Iron Cub jumps back into the pool with boogie board and flippers
- ◆ Iron Cub swims 50mtrs
- ◆ Helper assists the Iron Cub from the pool, Iron Cub leaves the boogie board and flippers on the edge of the pool
- ◆ Final 50m leg is swum freestyle.
- ◆ Total 175 metres.
- ◆ Judges will be assigned to each lane; **disqualification will be enforced if Iron Cub rules are not adhered too.**