

Skins Event

1. The opportunity to compete in the skins event will be offered to 8 male and 8 female swimmers aged 14 years and over, who have entered the fastest 200m I.M. time.
2. If less than 8 swimmers accept in either category wish to compete, we will invite swimmers 9th, 10th, 11th etc. into the event.
3. The skins competition is based on an individual medley, with all four strokes available to swim in each round. A random draw will take place before each round to decide the stroke to be swum.
4. Races will take place 3 minutes apart as demonstrated below:

Boys			Girls		
Race Number	Number of Swimmers	Race start time (minutes)	Race number	Number of Swimmers	Race start time (minutes)
1	8	0	1	8	1.5
2	7	3	2	7	4.5
3	6	6	3	6	7.5
4	5	9	4	5	10.5
5	4	12	5	4	13.5
6	3	15	6	3	16.5
7	2	18	7	2	19.5

5. At the end of each race, the swimmer who finishes last or is disqualified, will be eliminated from the competition.
6. Prize will be awarded to the male and female swimmers finishing 1st, 2nd and 3rd.

Rules for Skins Events

1. The SKINS race distance will be 50m.
2. Both the male and female events will begin with up to 8 male and 8 female swimmers.
3. Male and female heats will be run alternately with 3 minutes between each gender's races.
4. The promoter will select the stroke for each race through a random process such as drawing slips from a hat. Each time, the slip will be returned to the hat prior to the next race selection.
5. Each start will be made according to ASA starting procedure. The starter will give the command 'Take your Marks' and will then attempt to give the starting signal on either the 1.5 minute time slot or the 3.0 minute time slot for each race.
6. If a swimmer is 'moving at the start' the heat will continue and the swimmer 'moving at the start' will be eliminated at the end of the race instead of the slowest swimmer in that particular race.
7. If a swimmer "False Starts" and enters the water the remaining swimmers will be stood down and the race re-started when it is safe to do so. Health and Safety of all the swimmers is very important and the race cannot be re-started until safe to do so. The swimmer who "false started" will be eliminated instead of the slowest swimmer in that race.
8. If a swimmer is disqualified for a stroke infringement then they will be eliminated and not the slowest swimmer in that race. Strokes will be in accordance with FINA laws and Technical Rules.
9. The referee will determine the slowest swimmer, who is to be eliminated in each round using either Automatic Officiating Equipment (AOE) or placing judges and will inform the slowest or disqualified swimmer of this following every race. To determine this, if AOE is used, the referee will determine whether it operated correctly. If the placing judges determine the slowest swimmer, they will make the referee aware of their decision. The referee will then inform the eliminated swimmer. If the Placing Judges disagree on the swimmer to be eliminated, the Referee will make the decision. If no clear decision can be reached (e.g. a dead heat) all swimmers will swim in the next heat, where two swimmers will be eliminated.
10. The races proceed according to these rules with the races in each event being 3 minutes apart, until there is an overall male and female winner.
11. Swimmers will remain in their original assigned lanes throughout the event other than during the final, where the two middle lanes will be used.
12. At the end of each race, the Referee will enter on the swimmer's timecard the place attained in the event (i.e. 6th, 3rd, 5th etc).
13. In all matters pertaining to the Skins event not covered by these rules the Referee's decision is final.