



Anna & Tom (and the North Pole)



present the 2016 Xmas Fun Gala

Rules

- HEALTH & SAFETY is a priority and there is to be **no running** on poolside
- No food on poolside
- No False starts – automatic disqualification for those pushing the rules
- No mobile phones on poolside (including team managers)
- Bring Poolside clothing to keep warm between events
- Sit and cheer on your team in their events
- All swimmers in a team must be given as near even number of events (excluding “small pool only” as they must swim in each of the “small pool” events - **bonus points** will be **deducted** if the balance is not deemed fair
- A Team manager can swim a maximum of 2 events between all Team’s Team Managers on top of the 1st event if they want to (not compulsory)

POOLSIDE QUIZ

Your completed quiz sheets need to be handed in to the desk when completed **BEFORE** event 8!! **No mobile phone or electronic devices to be used on poolside or the changing rooms – Judges and Officials will disqualify teams if this is seen.** There is 2 x 20 points up for grabs!!

JOKER

Choose one race to put your joker on, the joker card will double the amount of points you get in that race. You therefore want to try and choose the race you believe you may win. Jokers need to be handed in to the recorder 2 races before the event you want to place the joker on!!!



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Events

Event 1: Santa's Helpers

[MAIN POOL]

Swimmer: One Team Manager from list

A 50m sprint where competitors must be team managers, the only rule is that the swimmer should touch the wall at both ends. Points will be available for **speed, creativity, and distance travelled.**

Points awarding

Based on fastest times - Timekeeper/Judges & Referee will determine

Creativity and Distance travelled determined by Starter, Referee, Recorder and Announcer

Event 2: Keeping a Steady Head

[SMALL POOL]

Swimmers: Four from 9/under ("Small Pool Only" swimmers must be used)

One swimmer must balance a pull buoy on their head and walk or swim to the other end of the pool; if it falls off it must be replaced before moving forwards again; once the swimmer has touched the side of the pool they must hand the pull buoy to the next swimmer and so on; the team who reaches the finish first is the winner.

Points awarding

Based on fastest times - Timekeeper/Judges & Referee will determine.

Bonus points for perfect technique as Starter discretion.

Event 3: Floating Mushrooms

[MAIN POOL]

Swimmers: One swimmer from 12/under and one swimmer from 13/over

Two heats of, one for 12/u and one for 13/o, both heats will be awarded points. A swimmer from each team must hold a mushroom float on the surface of the water for as long as possible, without taking a breath. When whistle is blown, swimmers must submerge their face in the water and hold their breath. Swimmers cannot take another breath, when they take a breath they are out and will need to swim to the wall and climb out to cheer on their team mates.

Points awarding for each heat

Equal Points for 6th, 7th & 8th; equal Points for 4th & 5th; Points for 1st, 2nd & 3rd -

Timekeeper/Judges & Referee will determine



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Event 4: Walking on Water

[MAIN POOL]

Swimmers: 2 swimmers from 9/under group (no "Small Pool Only" swimmers) and 4 Main Pool swimmers (two from 12/under and two from 13/over). 2 team members must be at 25m end to support transition.

A 50m race in the main pool. Each team must use two floats to transport the first 9/u swimmer to the 25m end. The 9/u swimmer must crawl between the two floats; floats cannot be moved while a swimmer is on them by any of the swimmers in the water, or propelled by the swimmer on the float (i.e. pick up float 1 to which is put in front of float 2 to become 3 and so on, so it's a bit like building a bridge across the pool but you must dismantle one end before you can finish). At the 25m end, the first 9/u swimmer must transition off the float supported by two team members on the ledge, only once the first 9/u swimmer is safely onto the ledge can the two team members help the second 9/u swimmer onto the float. The four swimmers in the water must return the 9/u swimmer and floats to the other end using the same rules mentioned previously. At the 50m end the swimmers must get out of the pool, over the ledge, taking their floats with them; swimmers can help fellow swimmers still in the pool, however no help from other teammates at the 50m that were not swimming is allowed. The 9/u swimmer must not be the last swimmer out the water (this will be an automatic disqualification). Time will be taken when all the swimmers and floats are on poolside (i.e. off the ledge on pool deck).

Points awarding

Based on fastest times - Timekeeper/Judges & Referee will determine

Safety, Teamwork and Creativity determined by Starter, Referee, Recorder and Announcer

Event 5: Oldie and Youngy - 2 x 50m Sprint

[MAIN POOL]

Swimmers: One 13/over & one 10/under

No handicaps, so pick your swimmers wisely. Normal swimming rules apply starts & takeovers.

Points awarding

Based on fastest times - Timekeeper/Judges & Referee will determine



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Event 6: Young Floating Mushrooms

[SMALL POOL]

Swimmers: Two from 8/under (“Small Pool Only” swimmers must be used first)

Two heats, both heats will be awarded points. A swimmer from each team must hold a mushroom float on the surface of the water for as long as possible, without taking a breath. When the whistle is blown, swimmers must submerge their face in the water and hold their breath. Swimmers cannot take another breath, when they take a breath they are out and will need to swim to the wall and climb out to cheer on their team mates.

Points awarding for each heat

Equal Points for 6th, 7th & 8th; equal Points for 4th & 5th; Points for 1st, 2nd & 3rd -

Timekeeper/Judges & Referee will determine

Event 7: The Corkscrew Relay (8x25m relay)

[MAIN POOL]

Swimmers: 8 swimmers (no “small pool only” swimmers)

All swimmers start in the water. Each swimmer shall during their 25m alternate between one back and one frontcrawl arm stroke so that they are travelling in a twisting motion. The second and subsequent swimmers must wait in the water and not start their 25m until the previous swimmer has finished their 25m and touched the wall.

Note: All swimmers will start in the water there will be no diving. Dive in and you will lose a point for your team. The winning team will be the first team to get their eighth swimmer out of the water after the team has completed eight lengths. Points for all teams but remember lost points will count in overall total as well.

Points awarding

Based on fastest times - Timekeeper/Judges & Referee will determine



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Event 8: Sinker and Float Relay

[SMALL POOL]

Swimmers: Two from 8/under (“Small Pool Only” swimmers must be used)

A sinker is placed on a float; both swimmers in the water on opposite sides of pool; the first swimmers must get to other side of the pool without dropping the sinker; the float must touch the side of the pool before the second swimmer can return the float and sinker as per the first swimmer’s rules to the starting side.

Points awarding

Based on fastest times - Timekeeper/Judges & Referee will determine

Event 9: Water Polo Race – 8x25m relay

[MAIN POOL]

Swimmers: 8 swimmers (no “small pool only” swimmers)

All swimmers must start in the water. This race will begin at the deep end of the pool. The swimmers must swim with a ball whichever stroke they like and however they like. Once the swimmer gets to the last set of flags the swimmer must stop swimming and throw the ball to the other swimmer, who will be waiting in the water to catch it. **Hint:** Think carefully about which end of the pool swimmers should start from.

Points awarding

Based on fastest times - Timekeeper/Judges & Referee will determine

Event 10: Jumping Backwards Race

[SMALL POOL]

Swimmers: Two from 8/under (“Small Pool Only” swimmers must be used)

Two heats, both heats will be awarded points. Swimmers must start in the water facing towards the wall with their hands on the edge. When the starter goes, they jump to the other side backwards (facing the start side).

Points awarding for each heat

*Equal Points for 6th, 7th & 8th; equal Points for 4th & 5th; Points for 1st, 2nd & 3rd -
Timekeeper/Judges & Referee will determine*



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Event 11: The Biggest Bomb

[MAIN POOL]

Swimmers: One main pool swimmer

Swimmers may start on the ledge or on the blocks, the aim is to achieve the biggest and best splash. Each bomb will be carried out separately and judged by timekeepers/judges. Points will be available for **biggest splash, best splash, creativity, and distance travelled from side of pool.**

Points awarding

Starter, Recorder, Announcer, Timekeeper/Judges & Referee will determine

Event 12: Treasure Hunt

[SMALL POOL]

Swimmers: Two from 8/under ("Small Pool Only" swimmers must be used)

Swimmers must collect as many objects from the pool as possible. Only one swimmer from each team is allowed in the water at any one time and only one object can be retrieved at a time. Different points are up for grabs for different objects. The team with the most points at the end of the allotted time are the winners.

Points awarding

Starter, Timekeeper/Judges & Referee will determine

Event 13: Santa's Sleigh (50m race)

[MAIN POOL]

Swimmers: 2 swimmers from 10/under group (no "Small Pool Only" swimmers) and 4 Main Pool swimmers (two from 12/under and two from 13/over). 2 team members must be at 25m end to support transition.

The first 10/u swimmer sits on a float and is pushed by older swimmers. The float must be touching the wall at the start of the race. The first swimmer must swap with the second swimmer at 25m. At the 25m end, the first 10/u swimmer must transition off the float supported by two team members on the ledge, only once the first 10/u swimmer is safely onto the ledge can the two team members help the second 10/u swimmer onto the float. The team must return the float and second 10/u swimmer to 50m end. The winner is the team which complete the 50m first.

Points awarding

Based on fastest times - Timekeeper/Judges & Referee will determine



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Safety, Teamwork and Creativity determined by Starter, Referee, Recorder and Announcer

Event 14: Swimming in Tandem relay (4x25m) [MAIN POOL]

Swimmers: 3 swimmers from 10/under group (no "Small Pool Only" swimmers) and 3 from 12/under group and 2 from 13/over group

Two swimmers will swim 25m together: one only using their arms, one only using their legs. The swimmer using their legs will hold onto the swimmer in front's ankles. To start the swimmer behind must touching the wall and be holding onto the other swimmers ankles. The swimmer behind has to hold onto both legs of the swimmer in front for the whole length. All swimmers for all legs start in the water and when the swimmer from the previous length touches the wall. The winner is the first person in the tandem to touch.

Points awarding

Based on fastest times - Timekeeper/Judges & Referee will determine

Safety, Teamwork and Creativity determined by Starter, Referee, Recorder and Announcer

Event 15: Underwater Brick Relay [MAIN POOL]

Swimmers: 4 swimmers (no "small pool only" swimmers)

Run in two heats, 1st heat (Lanes 1,3,5 & 7), 2nd heat (Lanes 2,4,6 & 8). One swimmer may be in the water at a time. Upon start signal the 1st swimmer must enter the water, once above the brick they must take a breath, dive down and move the brick placed at 5m flags along the floor whilst remaining under the water. Once a swimmer has returned to the surface for a breath they must return to the start by swimming. Once the swimmer has touched the wall the next swimmer may enter the water, this continues until all swimmers can had their turn. The team who has moved brick the furthest will win. In the event of a tie the referee will use time taken as the tie breaker.

Points awarding

Based on distance – Starter & Referee will determine



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Event 16: The Christmas Canon

[MAIN POOL]

(18 swimmers and a non-swimming Team Manager)

(5 x 10m & 13 x 25m)

Swimmers: All swimmers must take part; swimmers may do 2 individual lengths to make up the numbers as long as every swimmer does at least one length in one of the pools (i.e. a swimmer cannot do both a Small and Main pool leg).

Relay involving all swimmers, using small and main pool. It will start with 5 lengths in the Small pool where the swimmers (must include the "Small pool only" swimmers) must take the baton/ring from one side of the pool to the other, touching the wall, then hand the baton/ring to next swimmer (note: this can be done by walking, swimming or both). The fifth swimmer must hand the baton/ring to the Team Manager **who will walk the baton/ring** to the 25m end of the main pool and hand to the 1st main pool swimmers. In the main pool the baton/ring must be transferred to the next swimmer - both swimmers must be out of the water for the transfer to take place and before the next leg of the relay begins.

Points awarding

Based on fastest times - Timekeeper/Judges & Referee will determine