



# INTERNATIONALE ONTMOETING EINDHOVEN



25-26 januari 2020

De Tongelreep  
Eindhoven

## PROGRAM LIFE SAVING RELAY COMPETITION

1. **C-category** MANIKIN-DIVING WITH TEAMS (4 persons)  
Swimmer 1 starts with a jump (surface within 5m.). He swims to the 25m.-line (eyes over the surface). There he dives to an orange manikin and brings it up with him. Immediately after number 1 the swimmers 2, 3 and 4 start. They swim to the 20m.line and wait for number 1. As soon as number 1 is back at the 20m.line (with the manikin) the 4 swimmers swim back to the start side in a family-transporting-grip.
2. **A-B-M** MANIKIN-DIVING WITH TEAMS (4 persons)  
See number 1.
3. **C-category** 4 x 25m MANIKIN-TRANSPORT  
Start in the water, one hand at the manikin, one hand on the poolside. Swimmers 1 and 3 hand over the manikin at the 25m-line sideways, at the exchange from number 2 to 3 swimmer number 2 has to touch the poolside before handing over the manikin.
4. **A-B-M** 4 x 25m MANIKIN TRANSPORT  
See number 3.
5. **C-category** 4 x 50m SWIMMING-RELAY
  1. 50m. backstroke with stick (no use of arms)
  2. 50m. freestyle
  3. 50m. breaststroke (eyes over the surface)
  4. 50m. freestyle with fins
6. **A-B-M** 4 x 50m LIFE-SAVING-RELAY
  1. 50m. freestyle with fins
  2. 50m. freestyle
  3. 50m. backstroke (no use of arms)
  4. 50m. towing (with number 2 as a subject)
7. **C-category** 4 x 50m RESCUE TUBE RELAY
  1. 50m. freestyle
  2. 50m. freestyle with fins
  3. 50m. freestyle with rescue tube
  4. 50m. freestyle with fins; towing no. 3 holding the rescue tube
8. **A-B-M** 4 x 50m RESCUE TUBE RELAY  
See number 7.
9. **C-category** 4 x 50m LINE-TOW-RELAY with a life harness  
Each team-member has to swim one time and has to tow one time. While swimming, the harness has to be over both shoulders. If not, the swimmer has to correct this before swimming on. A swimmer starts and swims to the 25m.-line. There he picks up a stick (handed by a team-member) and he will be towed back. At the start-side the second swimmer puts on the life-harness and does the same as number one, and so on.
10. **A-B-M** 4 x 50m LINE-TOW-RELAY with a life harness  
See number 9.



*B-A-M swim mixed according to entry times. There are separate trophies.*