



# STOCKPORT SWIMMING CLUB

## The Winnie Bowlas Memorial Rosebowl

Novelty Relay Gala For **Novice** Swimmers Only

*Saturday 10<sup>th</sup> July 2010, With a 5.30 pm start*

Venue: Cheadle Leisure Centre,  
Shires Drive,  
Cheadle.  
SK8 1JR

### Rules:

- There will be three age groups
  - 8 Years of age on the day
  - 10 Years and under
  - 12 Years and under
- Mixed Events will be swum Girl, Boy, Girl, Boy,
- Mixed Canon to be swum Girl, Boy in age group order.

### SCORING

Points will be awarded as follows



1<sup>st</sup> place -----5 points  
2<sup>nd</sup> place ----- 4 points  
3<sup>rd</sup> place ----- 3 points  
4<sup>th</sup> place ----- 2 points  
5<sup>th</sup> place ----- 1 point  
DQ -----Nil Points



# Winnie Bowlas Memorial Trophy

## Rules

1. All swimmers must enter the water feet first i.e. 'jump in' **NOT** DIVE IN.
2. Only 8 year olds may help each other with objects i.e. t-shirt.
3. Mixed events are swum as girl, boy, girl, boy with 4 different swimmers for each mixed events.
4. Medley relays are swam as follows:

Age	Stroke 1	Stroke 2	Stroke 3	Stroke 4
<b>8 &amp; U (age on the day)</b>	BK	BR	BR	F/C
<b>10 &amp; U</b>	BK	BR	F/C	F/C
<b>12 &amp; U</b>	BK	BR	FLY	F/C

5. All novelty events must start out of the water at the side of the pool.

### **Balloon Race**

On command 'GO' swimmers must pick up the balloon, jump in and swim across then climb out and hand over the balloon to the next competitor and so on. The race finishes in the water at the wall.

### **Rings Race**

On command 'go' swimmer must pick up the rings, put one on each arm, jump in and swim across, climb out and take off rings and pass to next swimmer. Race continues and finishes in the water at the wall.

### **T-Shirt Race**

On command 'GO' swimmers must pick up t-shirt, put on t-shirt properly i.e. both arms and head must be in one hole each, jump in, swim across and climb out then remove the t-shirt, hand t-shirt to next swimmer and so on. Race continues and finishes in the water at the wall.

### **Cannon Relay**

On command 'GO' swimmer must pick up float, jump in and swim across then climb out and hand float to 2<sup>nd</sup> swimmer who already has a float, swimmer must be in contact with the wall, 2<sup>nd</sup> swimmer just in the water with two floats. Race continues until last swimmer finishes in the water at the wall with 6 floats.

