

NOTES FOR 'SKINS' SET UP AND RUNNING

Before the gala is publicised

- arrange the programme so that swimmers have time to rest after the 50 Free heats and before the Skins at the end of the programme, and the results staff have time to process the results of the heats

Before the gala starts

- brief results staff that we will need to know the 6 fastest boys and 6 fastest girls with their times.
- brief starter, chief timekeeper, announcer and referees on procedures (see below)
- decide whether the boys and girls Skins are going to be swum separately or together

After the 50 Free heats have been swum

- as soon as the 12 names are known, get the announcer to announce the names of the swimmers so they don't disappear (2 lots of 6 names announced probably)
- spearhead the races: fastest in lane 3, 2nd fastest in lane 4, 3rd in lane 2, 4th in lane 5, 5th in lane 1, 6th in lane 6.

At the end of the regular programme, before the Skins

- call the participating swimmers together to brief them on the procedures and assign lane numbers
- clear the area behind the blocks of everyone except the participating swimmers
- turn off all pace clocks if possible

The race

- Start the race as per a normal race. One watch is started by the chief timekeeper who stands beside the starter. Other officials watch the turn and help place.
- At the end of the race, eliminate the last swimmer, using AOE to help if needed. Award the 6th place prize. Keep the announcer in the loop.
- 2 minutes and 50 seconds after the start of the first race, give a 10 second warning to the swimmers.
- 3 minutes after the start of the first race, sound the starting signal (no words or other warning given)
- At the end of the second race eliminate the last swimmer and award the 5th prize.
- 5 minutes and 50 seconds after the start of the first race, give a 10 second warning.
- 6 minutes after the start of the first race, start the 3rd race.
- Continue in this fashion until a winner is declared.

If the boys and girls races are run simultaneously

- the whole Skin process takes about 13 minutes (4 x 3 minutes plus 50 metre racing) with a lot of down time – boring to watch. Then another Skin is raced with swimmers of the opposite sex. To cut down on time, and to make it more exciting, the Skins can be run at the same time.
- follow the same procedure but at approx 1 minute 30 seconds after the start of the first race of the first Skins, start the second set of Skins with swimmers of the opposite sex.
- 2 watches will be required; one for the girls' races and one for the boys'

Points to note

- one referee should start the races and coordinate placings
- another referee should stay behind the blocks to keep that area clear of all supporters etc, and to run any errands that need doing.