



Bunbury Masters Swimming Club
invites your members to our
2017 LiveLighter “Sprints & Skins” Event

Date: Saturday 26th August 2017
Venue: South West Sports Centre (LC indoor)
Address: 1 Rotary Ave, Withers (Bunbury)
Warm up: 11:30pm **Meet start:** 12:15pm

EVENTS

1. a) 200m IM (qualifier for **Splash-for-Cash SKINS**); OR b) 100m Freestyle
2. 50m Butterfly
3. 50m Freestyle (qualifier for **Freestyle SKINS**) – we encourage ALL swimmers to enter this.
4. 50m Breaststroke
5. 50m Backstroke
6. 50m ‘Random’ Relay (all swimmers will be invited to participate – rules explained on day)
7. 50m Handicap Freestyle SKINS (3 rounds @ 4 minute intervals, 1-2 eliminated per round)
8. 50m **Eyes@Australind Splash-for-Cash SKINS** (\$210 cash in prizes)
5 rounds @ 3 minute intervals, 1 eliminated per round
Rounds 1-4 cover all medley strokes (reverse IM order), Freestyle Final.

THIS EVENT IS OPEN TO ALL MASTERS SWIMMERS

Event Rules

- Swimmers may enter up to **three** Sprint events (events 1-5) plus all invited in *Random Relay*
- Swimmers will qualify for at most **one** SKINS event.
- Fastest 7 Male and 7 Female in 200m IM will qualify for the feature event: *Splash-for-Cash SKINS*.
- Freestyle SKINS: 2-4 age groupings – decided on the day to provide the best possible competition.
- Masters Swimming Australia Rules apply to events 1-5. Separate rules for *Random Relay* & SKINS.
- Prizes: ‘Closest to Nominated Time’ by 15-year age-groups (M/F); plus *Relay* & SKINS winners.
- Entry fee: **\$15.00** per swimmer (includes pool entry and refreshments), spectators free.
Club payments to be made via eftpos to Bunbury Masters:
BSB 066-507 A/C 00908496 using ‘SKINS’ + your **Club Code** (eg SKINS WBB) as Reference.

Please process entries via **Team Manager** and Email to bluesky.jules@gmail.com, ensuring that all participants are financial members of your club when accepting their entry.

Any problems or queries, please contact Julie O'Connor (0418-936059, bluesky.jules@gmail.com).

Preliminary entries welcomed ASAP, final entries with payments close Friday, 18th August.

Note: coach bookings close Thursday 17th August, email info@mswa.asn.au to secure your seat!



About the SKINS Event

The Bunbury “*Sprints & SKINS*” event is a fun event, suitable for everyone. Due to smaller numbers, it is run in a very relaxed atmosphere, with a great afternoon tea and prizes.

This year Masters Swimming WA is providing a free luxury coach to bring people to the event.

This year we have included a choice of a 200m IM or 100m Freestyle as event 1, followed by 50m sprints in any of the four strokes. Swimmers may enter up to 3 sprint events (events 1-5). All swimmers will be invited to swim in the *Random Relay*, plus we will include as many people as possible in either the *Freestyle SKINS* or the *Splash-for-Cash SKINS* events.

Random Relay: This is a fun relay comprising a mix of traditional strokes and swimming drills to ensure that everyone can enjoy a relay even if they don't have sufficient swimmers from their club participating to take part in a traditional relay. Swimmers are grouped to ensure as many clubs as possible are represented in each team. Although there is a small prize for the winning team, the emphasis for this event is definitely on “*fitness, friendship & fun*”!

Freestyle SKINS: Swimmers who don't qualify for the feature *Splash-for-Cash SKINS* event may be grouped according to age-group and 50m Freestyle time to create up to 4 competitive groups. The *SKINS* format involves a series of three 50m Freestyle sprints at 4 minute intervals, with the slowest 1-2 swimmers being eliminated each round. Each group will likely start with 6-7 swimmers, with 4-5 in round two and 3-4 in the final round. The handicap system gives slower swimmers a head-start of up to 5 seconds to ensure the races are all close and exciting, with everyone having a chance of winning.

Splash-for-Cash SKINS: This is the feature event of the program and is very exciting for both spectators and swimmers. The fastest 7 men and 7 women from the 200m IM will qualify. The event consists of up to five 50m sprints at 3-minute intervals with the Mens and Womens events alternating each round so there is a race start every 1.5 minutes. Rounds 1-4 consist of each of the four Medley strokes (in reverse IM order), followed by a Freestyle final. There will be a maximum of 7 swimmers in round one, with the slowest swimmer being eliminated each round, until there are 3 swimmers left in the Final. **Eyes@Australind** have kindly provided \$210 to be split as prize money for this year's event.

Bunbury is a great location, an easy 2-hour drive from Perth with plenty of affordable accommodation for anyone who wants to make a weekend of it. The pool is a superb indoor 50m pool with excellent support facilities and plenty of free parking.

The event offers plenty of prizes via a raffle, many swimmer prizes (including for closest to nominated time in any one of the sprint events by M/F in 15-year age-groups), plus cash and other prizes for the first, second and third place getters in the feature *Splash-for-Cash SKINS*.

Come and give it a try!

