**HEMEL HEMPSTEAD DISTRICT SCOUTS**

**Swimming Event Instructions and Rules for 2025**

This is a Cub and Scout Swimming Event and it is expected that all Groups will participate in a fair and friendly competitive spirit. All participants are expected to be able to fully complete events that they are entered into a safe way within their swimming capabilities. Strokes should be recognisable with freestyle meaning the use of any stroke. Leaders must enter teams in accordance with the rules. Disqualifications will only occur for major breaches of rules that gain significant advantage over other competitors/teams. The organising team’s decision in these matters will be final.

**Times:**

The pool and changing areas are booked from 7.00pm until 10.00pm and we hope to start the first race at 7.15pm. Please note we need to exit the building by 10pm so the event needs to run smoothly! **Cubs and Scouts should arrive at 6.45pm for the 7.15pm start and should arrive and depart in uniform including group scarves.**

**Eligibility for Events:**

**Each young person can swim one individual and 2 relay races (including the squadron event).** A Cub may be entered for an older aged event ONLY if there is no one available from the appropriate age group. No one may enter an age group lower than their chronological age. Cubs competing in the under 9 races must be under 9 on the day of the event. Scout races are for Scouts aged 10 – 14.5 who must be active Scouts and who have not moved to Explorers. Combination teams from Groups without enough competitors will be accepted with the agreement with the organiser.

**Each Group may only enter one Squadron relay team regardless of how many Cub and Scout Teams they enter overall. The squadron event can comprise of the best 4 Cubs and the best 4 Scouts from across their Group’s Teams.**

**Team Registration:**

Team sheets should be completed and handed in to the admin table **before the event begins** and competitors must not swap teams after this. Groups may enter a maximum of the number of Cub Packs and Scout Troops they have within the Group. Teams within each Group should be denoted by letter, ie. Group name – Team A, Group name – Team B etc. Competitors will be asked to wear wrist bands to denote their teams and Groups.

**Heats and Lanes:**

For width races children will be lined up and enter the water so that the shortest children by height will be nearest to the shallow end of the pool. Length races will start at the deep end. Relays will start at the shallow end. There will be no lane ropes used during the gala. There will be two heats for each event and the split will be announced once all teams have registered. The split will remain the same for the duraction of the event.

**Event Procedure:**

Leaders are expected to ensure that their young people know which event number they are in, their own name(!) and the name of the Group and team to which they belong so that points can be correctly allocated at the end of the race. Competitors will be called to gather for their event behind the training pool TWO RACES BEFORE theirs. The marshals will organise the heats and place competitors ready for the Starter so **no Leaders should accompany competitors to the start but can bring their competitors to the gathering area if required.** All competitors must start their race in the water (ie. no diving). The race taking place will be announced over the tannoy system after the young people have entered the water. **After the tannoy has announced the event there should be silence while the starter starts the race.** The starter will say “TAKE YOUR MARKS” and then blow a whistle for the race to start. Races where a competitor makes a false start will be recalled with a series of blasts on the whistle. At the end of the race all competitors will be given a ‘Position Ticket’ which they must take to the admin table and give their details to the scorers before returning to their group.

**Note:** **Leaders are responsible for ensuring their competitors and finalists get to the start of their races. Events started without one of the competitors will not be rerun and the missing competitor(s) will forfeit their place and the points for that event.**

**Points and Scoring:**

Points will be awarded as follows:

* For the Heats every competitor will be awarded 1 point each if they finish the race. The first three in each heat will go through to the final.
* For the Finals the winner will receive 6 points, second 5 points, third 4 points, fourth 3 points, fifth 2 points and sixth 1 point.
* For the Squadron events (31 and 32) which will be timed finals, the fastest team will receive points equal to the number of teams competing in the Squadron. The points will then be awarded in descending order down to 1 point for the slowest team. Ie. If there are 10 teams in the Squadron, the winner will be awarded 10 points, 2nd place 9 point etc.

The Cub Competition will be won by the Cub Team with most points. The Scout Competition will be won by the Scout Team with the most points. The Group competition will be won by adding the points from each Group’s best scoring Cub Team, best scoring Scout Team and overall position in the Squadron event.

**Poolside and Changing Areas:**

All Cubs, Scouts and leaders to sit together under the sign bearing their Group title.

No uncovered outside footwear, food or drink or running on the poolside.

Leaders are responsible for supervision and behaviour of their young people in the changing rooms and on the poolside.

Young people should keep clear of the pool/water’s edge at all times when not competing.

The changing room area must be left clean and tidy.

Parents may watch the event from the viewing area but should not go onto poolside.

**Results:**

Results will be calculated and positions may be announced at points throughout the evening. All results will be announced as soon as possible after event 32.

**The End of the Evening:**

The building is hired until 10.00 p.m. and the pool staff are only present until that time. We are expected to vacate the building by this time. Cubs and Scouts should therefore be sent to change as soon as their final event has finished. The presentations will be made on poolside as soon as the scores have been calculated.

We hope you enjoy the event and cheer on all the competitors!