

Swimming Relay Competition

1. OBJECT OF THE ACTIVITY

The object of the activity is for a team of four members to successfully complete a 25-metre relay race on grass, dressed in arm floaties, swimming caps and swimming goggles, with each team member to handover their arm floaties, swimming caps and goggles at the relay changeover between each 25-metre leg.

2. EQUIPMENT/PROPS (Canberra Airport to supply)

- Arm floaties
- Swimming caps.
- Swimming goggles.
- Marked lanes or area for running.

3. TEAMS

There will be 4 members per team.

Gameplay:

1. RACE SETUP Each team will line up in their designated lane or starting area. There will be 2 team members on one side of the field and two team members on the other side of the field. The race consists of four legs, with each leg being 25 metres long. Each team member will run one leg (25 metres).
2. COSTUME REQUIREMENTS Each team member must wear arm floaties, a swimming cap, and swimming goggles during their leg of the race. Equipment/props will be provided for each team.
3. STARTING THE RACE At the signal to start, the first team member begins running towards their team members on the other side of the field.
4. CHANGEOVER PROCEDURE After completing their 25-metre leg, the team member must remove and hand over the arm floaties, swimming cap, and goggles to the next team member to run. That team member must put on those items before starting their own 25-metre leg. This is repeated until all 4 team members have completed their relay legs.
5. RUNNING PROCEDURE Team members must run within their designated lane or area.
6. WINNING THE RACE The first team to successfully complete all four legs of the race with proper costume changeovers and within the rules of the race wins. Points will be awarded to the fastest team, second fastest team and third fastest team.

7. SCORING 15 points will be awarded to the fastest team, 10 points will be awarded to the second fastest team and 5 points will be awarded to the third fastest team. These points will count toward the team's overall points tally for the Event.
8. PENALISATION If there are improper costume changes or lane violations, the infringing team member must return to the end of the field where they commenced their relay leg and start again.
9. SPORTSMANSHIP All teams have read and agreed to the Terms and Conditions. Any team or team member who does not appear to be participating within the spirit or rules of the Event will be asked by the Event Organiser's representative to exit the Event.