



Panathlon Foundation, Novotel Hotel, Round Coppice Road, Stansted Essex CM24 1SF
01279 680980 Registered Charity No 1072638 (tony@panathlon.com)

Competition: Key Stage1 and Key Stage 2 Swimming Gala
Entry Criteria

- Panathlon Team involves 6-9 swimmers
- **ALL** swimmers must be able to 'swim' 10m with aids or without swimming aids
- Each team must include 2 swimmers capable of swimming 25m - 'unaided but with use of floats if required'
- All races are mixed gender, age & disability
- **BONUS POINTS – Disability Groups**
- Team Managers need to allocate **ALL** swimmers into Group A to D
- See last page of this document for Disability Group details

Rules & Race Descriptions – Primary

Race	Description	Rules
1	25m (one length) Freestyle	<ul style="list-style-type: none"> ● Swimmers will start in the water and can select any stroke, front or back. ● Each team to select one swimmer who can swim 25m unaided. ● The race will start at the deep end.
2	25m (one length) Backstroke	<ul style="list-style-type: none"> ● Swimmers should start in the water on their back ● Swimmers need to remain on their back throughout the race including the finish. ● Each team select one swimmer who can swim 25m unaided ● The race will start at the deep end.
10m Races note		<ul style="list-style-type: none"> ● Swimmers who compete in the 25m races are not eligible for the 10m races.
3	1 x 10m Freestyle	<ul style="list-style-type: none"> ● Swimmers will start in the water and can swim on their front or back
4/5	1 x 10m Flotation Device (2 swimmers)	<ul style="list-style-type: none"> ● Swimmers can select any flotation device to use in the race ● Swimmers will start in the water and can swim on their front or back ● An arm pull is allowed
6	2 x 25m Relay	<ul style="list-style-type: none"> ● Two freestyle legs ● Swimmers MUST start in the water – no jumping/diving ● The race will start at the shallow end – with an end wall touch as a legitimate takeover
7	4 x 10m Relay	<ul style="list-style-type: none"> ● Four freestyle legs

		<ul style="list-style-type: none"> Swimmers MUST start in the water – swimmers 1 and 3 at the wall end and swimmers 2 and 4 with the aqua leader 10m down the pool in contact with the noodle. Swimmers may use a flotation device
Team Challenges		Ensure that all swimmers get the opportunity to compete in at least 1 team challenge or relay race
8	Ball Shuttle/ Slam Dunk relay	<p>Two, or more, teams competing in the pool at the same time.</p> <ul style="list-style-type: none"> All 4 swimmers are in the water with swimmer 1 at one at the “wall” and the others staggered up the pool. <ul style="list-style-type: none"> - Swimmer 1 pushes a ball to swimmer 2 and returns to the wall. - Swimmer 2 pushes a ball to swimmer 3 and returns to the wall. - Swimmer 3 pushes a ball to swimmer 4 and returns to the wall. - Swimmer 4 shoots at a target and swims back to the wall, to join swimmers 1, 2 and 3 This is a timed race with the clock stopping when the whole team has returned to the wall. If the target is scored 5 seconds are taken off that team’s total time
9	Raft Race	<p>Two, or more, teams competing in the pool at the same time.</p> <ul style="list-style-type: none"> Swimmers start in the water at the wall with four objects on poolside. A large raft is approximately 10m away One at a time the swimmers need to swim with their object to the raft, place their object onto the raft and remain with the raft. The next swimmer will go once signalled by the official. When all four swimmers have their objects on the raft they return as a team to the finish position – the wall All swimmers must be in contact with the raft on the ‘final leg’ <p>NB – for safety reasons no swimmer is to be on the large raft</p>
10	Treasure Hunt	<p>Two or more teams competing in the pool at the same time.</p> <ul style="list-style-type: none"> A variety of pool toys are placed in the team’s lane – both sinking and floating. There will be the same number and same item in all lanes Teams have 60 seconds to collect as many items as possible and return them to the raft placed on poolside. Swimmers can only collect one item at a time. If they bring back 2 items, the officials will remove one of them. Each team has their four swimmers in the water to collect at the same time. For the item to count it must be placed on the raft on poolside. If an item falls back into the pool it must be placed back onto the raft. Swimmers are not allowed to throw items, they must swim with them. Once a swimmer has an item it must not be taken away by a member of another team. Sinking items retrieved score 2 points, floating objects one point



	Your Team Swimmers	Their Group (A-D)
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		

Please hand this top sheet only in to the officials table before race 1

If you have any queries regarding any of the information presented please do not hesitate to contact me in advance (07807984103) of submitting your entry.

Kind Regards,

The Panathlon Foundation/Hull Active Schools



TEAM SHEET – GALA RACES

	Competing swimmer's name – *note: race 1 and 2 must be different swimmers **races 3, 4 and 5 must be different swimmers – 25m swimmers cannot swim in 10m races	
Race 1 *25m Freestyle	1)	
Race 2 *25m Freestyle	1)	
Race 3 **10m Freestyle (flotation device optional)	1)	
Race 4 **10m with Flotation Device	1)	
**Race 5 10m with Flotation device	1)	

	Competing swimmer's name *** note: races 5 and 6 must be different swimmers	
Race 6 ***2 x 25m Freestyle Relay	1)	
	2)	
Race 7 ***4 x 10m Relay (Flotation device optional)	1)	
	2)	
	3)	
	4)	



Team Challenges

	Competing swimmer's name	
Race 8 Slam Dunk Shuttle	1)	
	2)	
	3)	
	4)	
Race 9 Raft Race	1)	
	2)	
	3)	
	4)	
Race 10 Treasure Hunt	1)	
	2)	
	3)	
	4)	



Group A Swimmers (3 Bonus Points*)

- Swimmers with a **severe physical impairment**
- Quadriplegia, Tetraplegia or multiple amputee/dysmelia (all 4 limbs affected) E.g. Cerebral Palsy, Spinal Cord Injury, Polio, Arthrogryposis, and others

NB: Some swimmers will only perform a stroke on their back.

Group B Swimmers (2 Bonus Points*)

- Swimmers with a **moderate physical impairment**
- Wheelchair users (2 limbs affected) e.g. Cerebral Palsy, Spinal Cord Injury, Polio, Spinabifida
- Achondroplasia - restricted growth i.e. dwarfism
- Hemiplegia - affects predominately same side
- Double amputee/dysmelia
- Visually impaired since birth no functional vision

NB: Some swimmers may perform strokes with 2 limbs only.

Group C Swimmers (1 Bonus Point*)

- Swimmers with a **minimal physical impairment**
- Single limb amputee/dysmelia.
- Single limb paralysis or severe joint restriction.
- Visual Impairment

Group D Swimmers (No Bonus Points*)

- Swimmers with **any other disability with no physical impairment**
- Hearing Impairment
- Learning Disability, Dyspraxia, ASD/ADHD
- Cystic Fibrosis

*Teams will be awarded 'bonus points' at the start of the competition as a one-off. If you have a swimmer from each category, you'll get the maximum 6 points before the Gala starts.