



Pairs Event 4

(Elite pairs only)

“SHASTA”

SWIM

Round 1 = 2:00 = 4 laps

Round 2 = 3:00 = 6 laps

Round 3 = 4:00 = 8 laps

Round 4 = 4:00 = 6 laps for time

There is :15 between each round.

Points Available: 150

(50 points for fastest time in round 1,

100 points for fastest overall finish)

Time Cap: N/A

Event Flow

Athletes will perform 4 rounds of lap swimming in a pool. As long as the required laps are completed in the allotted time, athletes will advance to the next round. A :15 rest period will be given after the time cap for each round. The 4th and final round is 6 laps for time.

Movement Standards

Athletes will start and finish each round in the water with all 4 hands touching the top side of the pool. At the sound of the whistle, athletes will complete the required number of laps for each round within the allotted time frame. Athletes may both work at the same time. A lap is 2 lengths in a 25 yard pool.

Athletes will not advance to the next round if they do not complete the required number of laps. Athletes can swim more or less laps for their team as long as the total number of laps are completed in the time frame and both athletes are at the Starting side of the pool. This means that athletes must swim in 1 lap increments. If a team fails to finish a round they'll be given credit for all laps and lengths completed.

The penalty for starting before the whistle will be a 10 second delay before starting the next round. The penalty for an early start in Round 4 is adding 10 seconds to the total finish time.

Athletes must start and finish each round with both hands clearly touching the pool deck on the south end of the pool. For all other laps, a touch of the wall with either hand, both hands, or feet is permitted (flip turns are acceptable). If an athlete uses the side of the pool, the lane dividers, or the bottom of the pool for assistance at any point, that lap will not be counted (an inadvertent touching of the poolside or lane divider will not warrant a no-rep). Enforcement of the “no-walking” rule will be up to the judge. If your feet touch the ground anywhere on the lane line marked in black tile at the bottom of the pool, that lap will not count (athletes must swim, not walk).

Scoring

Event 4 will be have two scores: Part A will be 50 points and Part B will be worth 100 points. Event 4A score is the fastest individual time on each team to complete the first round of 2 laps. Event 4B is the time for both athletes to complete a total of 6 laps in round 4, or the highest number of laps performed in an incomplete round.