



# NOTTINGHAM LEANDER SC

PRESENT

## The Tony Holmes Sprint Meet 2025



6<sup>th</sup> July 2025 at Harvey Hadden Sports Village

### Medley SKINS Information

Licensed Meet Level 3 - 3EM250988

(Swim England Regulations and Technical Rules of Swimming)

- The top six swimmers in both Female and Open/Male 100m Individual Medley in the Junior (14/Under) and Senior (15/Over) age groups will be invited to swim in the Medley Skins Event to take place at the end of the heats in Session 2 i.e. before the commencement of the finals. These swimmers will be announced (with reserves) following the 100m Individual Medley heats and those wishing to withdraw must report to the Timing Suite within 15 minutes of the announcement in order for reserves to be included if a swimmer does not wish to take part.
- Fifteen minutes before the Medley Skins Event a Technical Briefing will take place for all Medley Skins Swimmers near the group change area next to the timing suite.
- All Skins races will be a 50m race.
- All heats will be swum under Swim England Technical Rules and Regulations, and the stroke for each round will be drawn at random by the Lead Referee. The first round will be started in the normal way with the stroke displayed 15 seconds before this. Rounds will then take place at 3 minute intervals, with the Starter giving a 15 second warning and the stroke being displayed only during this 15 second warning. It is the swimmers' responsibility to be ready, with any backstroke rounds starting in the water as normal.
- After each round the last swimmer will be eliminated as indicated by the Referees. However, the swimmers must not leave the water until the last swimmer has been notified. In the event of a technical infringement, the swimmer(s) will be D/Q'd and no other competitor will be taken out in that round. In the event of a dead heat for last place all swimmers will progress and 2 swimmers will leave in the next round.
- The winner of the final round Senior and Junior in both events (Female and Open/Male) will be deemed the winner. All six Competitors in each of the four events will then be presented with cash awards.