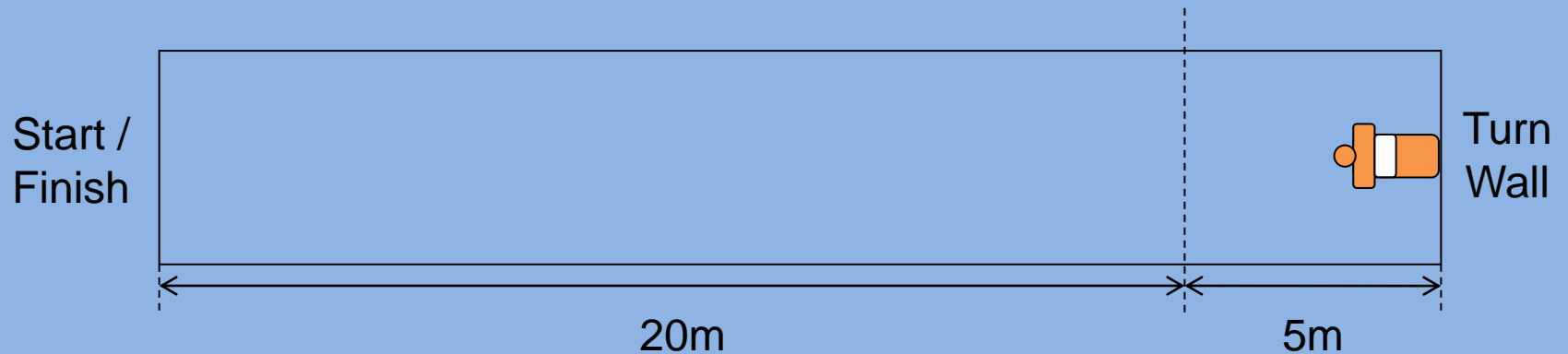


50m Manikin Carry

○○○ 15

The competitor swims 25m freestyle and dives to recover a submerged manikin to the surface within 5m of the turning edge. The competitor then carries the manikin 25m to the finish edge of the pool.



50m Manikin Carry – Basic Technique

○○○ 15

Overview

You should aim to be as streamlined as possible throughout the manikin pickup: dive and surface at a shallow angle and tuck your feet in during the turn. It is also critical to push really hard off the wall - this will allow you to transfer your momentum into the manikin and get it moving quickly. If you have timed the flick correctly, the manikin should lift off the floor and already be travelling down the pool as you push off the wall.

The Pickup

There are 7 stages to the manikin pickup...

- 1) **Dive** down smoothly at a shallow angle, with both arms outstretched.
- 2) **Reach** for the manikin's chin with your right hand and...
- 2) ...**flick** the manikin away from the wall and up off the pool floor.



50m Manikin Carry – Basic Technique

The Pickup (Cont'd...)

4) Use your left hand to fend off the wall; **turn** your body round and keep your head & legs tucked in.

5) **Push** hard off the wall with your legs and...

6) ...**grab** the manikin firmly around the neck.

7) Transfer the manikin into a towing position and **accelerate** down the pool.

