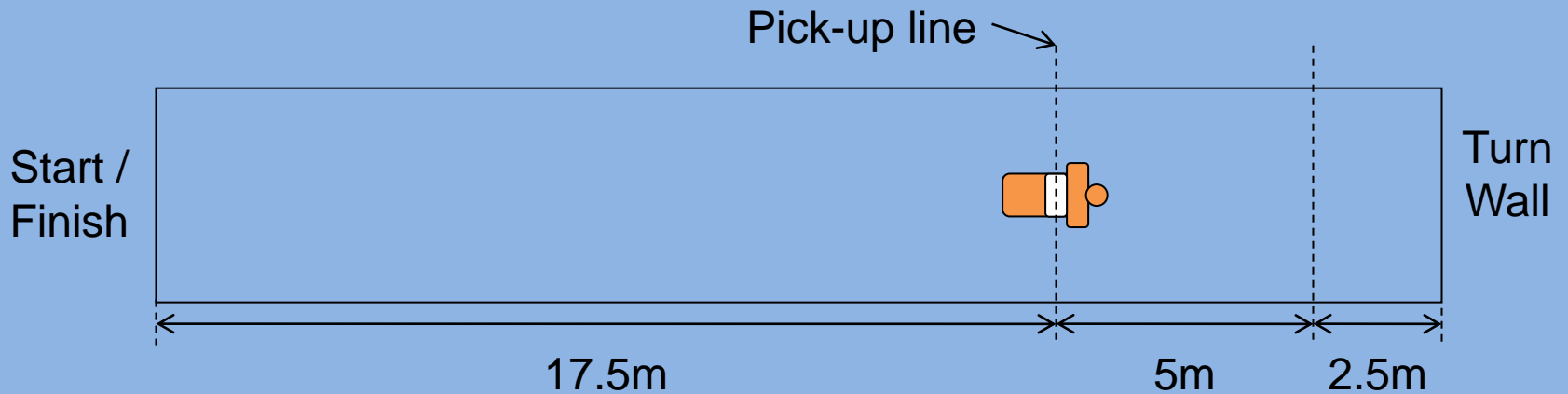


100m Rescue Medley

The competitor swims 50m freestyle, turns, dives, and swims underwater to a submerged manikin located 17.5m from the turn wall. The competitor recovers the manikin to the surface within 5m of the pick-up line and carries it the remaining 32.5m to the finish edge.



Rescue Medley – Basic Technique

Overview

The key to this event is to balance your speed on the approach swim so that you have sufficient air left to swim underwater and recover the manikin. Swim smoothly and breathe regularly on the approach swim. Stopping at the end to take a deep breath can really slow you down – try to tumble-turn straight into the underwater swim.

The Underwater Swim

- 1) Keep your head down, your arms outstretched and use a streamlined dolphin kick to swim underwater.
- 2) Swim relatively close to the bottom so that you don't have to reach down to grab the manikin.



Rescue Medley – Basic Technique

The Pickup

- 1) Avoid pulling the manikin towards you as you approach.
- 2) Grab the manikin firmly under the arms to ensure it doesn't slip as you surface.
- 3) Push hard off the pool floor to surface the manikin at a shallow angle.
- 4) Move the manikin into a towing position before you take your first breath.

