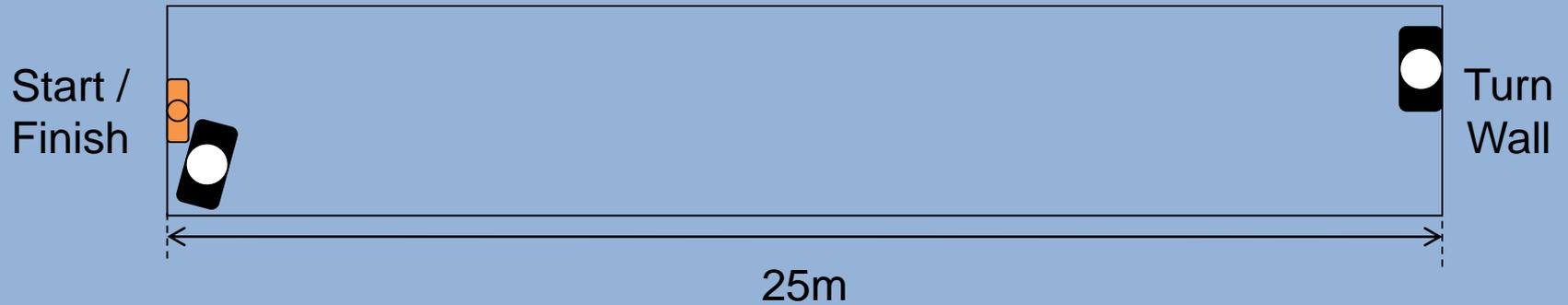


4 x 25m Manikin Relay

⊙○○○ 15

Starting in the water, four competitors take it in turns to carry a manikin 25m each.



Overview

The key to this event is to keep the manikin moving quickly at all times - as soon as you slow down the manikin will start to sink. Keep the manikin in line with your body to reduce drag and remember to keep its face clear of the water.

The Start

You may need to adapt this starting technique depending on which tow you use. If you do change the technique, remember to hold the manikin securely and try to keep it in line with your body to cut down drag.

- 1) Start in the water, facing the wall. Hold the wall tightly with your right hand.
- 2) The manikin should be facing the wall. Hold the manikin securely with your left hand in a cross-chest tow.
- 3) Keep the manikin as close to your body as possible so that you don't leave it behind when you start.
- 4) Use your legs to push backwards explosively off the wall. Reach backwards with your right hand to take your first stroke.

Manikin Relay – Basic Technique

The Tow

There are many different ways of holding the manikin. The cross-chest tow or armpit tow are best for beginners because they are secure and allow you to keep the manikin's face clear of the water. However, these alternative grips can be faster...



Chin Tow

- + Streamlined
- + Can use Sidestroke or Lifesaving Backstroke
- The chin is difficult to grip
- It can be hard to keep the face clear of the water

Head Tow 1

- + Streamlined
- + Can use sidestroke, LS back stroke or front-crawl (which is fast)
- + Works well with fins
- Needs a fast, powerful, stroke



Head Tow 2

- + Works well with fins
- + The manikin's face is held high out of the water
- Can feel awkward and can be very tiring
- Needs a fast, powerful, stroke



Manikin Relay – Basic Technique

The Changeover

You should aim to keep the manikin moving smoothly at all times throughout the changeover.

- 1) If you are towing the manikin with your left hand, you should keep to the right of the lane as you approach the wall. This will allow you to face the recipient as you pass the manikin.
- 2) Touch the wall with your right hand...
- 3) ...and push the head of the manikin around so that it is facing back the way you've come.
- 4) The recipient should reach for the manikin and push hard off the wall in a single, smooth motion.
- 5) As the recipient leaves the wall, they should concentrate on grabbing the manikin securely. The recipient should only transfer the manikin into the normal towing position once they're clear of the wall and the manikin is moving smoothly in the right direction.

