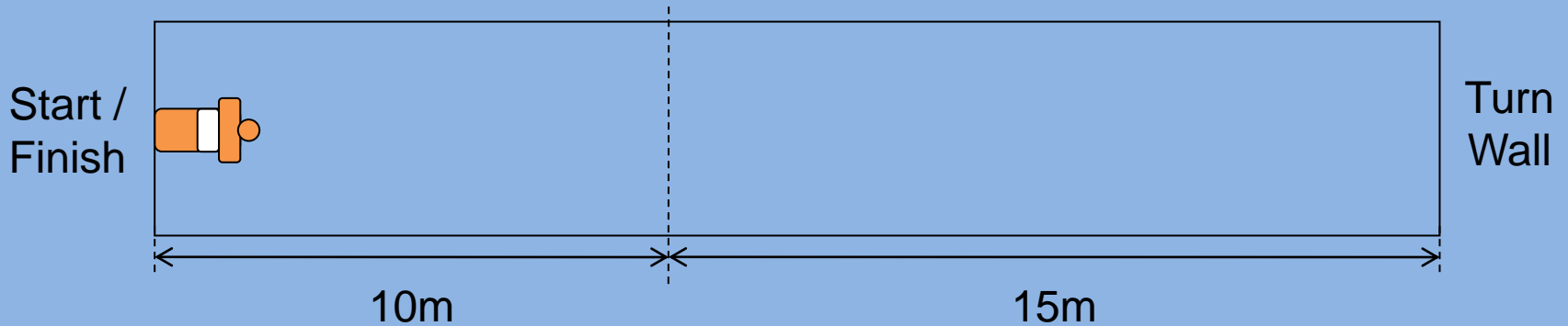


100m Manikin Carry with Fins

The competitor swims 50m freestyle wearing fins and dives to recover a submerged manikin to the surface within 10m of the turning edge. The competitor then carries the manikin 50m to the finish edge of the pool.



100m Manikin Carry With Fins – Basic Technique

Overview

This event is essentially the same as the manikin carry without fins, although some modifications to the basic technique are required because of the fins.

The Pickup

During the manikin pickup you need to be especially careful to tuck your feet in – if you get it wrong, the increased drag caused by your fins will slow you down considerably.

Turn with your back to the wall...

...tuck your knees up to your chest...

...and keep your feet together.

Your heels will lead the blades of your fins through the turn, decreasing drag.



100m Manikin Carry With Fins – Basic Technique

The Tow

When towing a manikin with fins, aim to be as streamlined as possible. Use a front-crawl scissor kick and keep the manikin in line with your body. The extra power provided by the fins mean that the head-tow is the best grip.

1) Keep the manikin high on your back – this will keep its face out of the water and keeps its body clear of your legs.

2) If you're holding the manikin with your **right** hand, turn your head to the **left** to breath so that you're not fighting against the weight of the manikin.

3) When swimming with fins, your front-crawl arm stroke needs to be relatively short and faster than normal to keep up.

