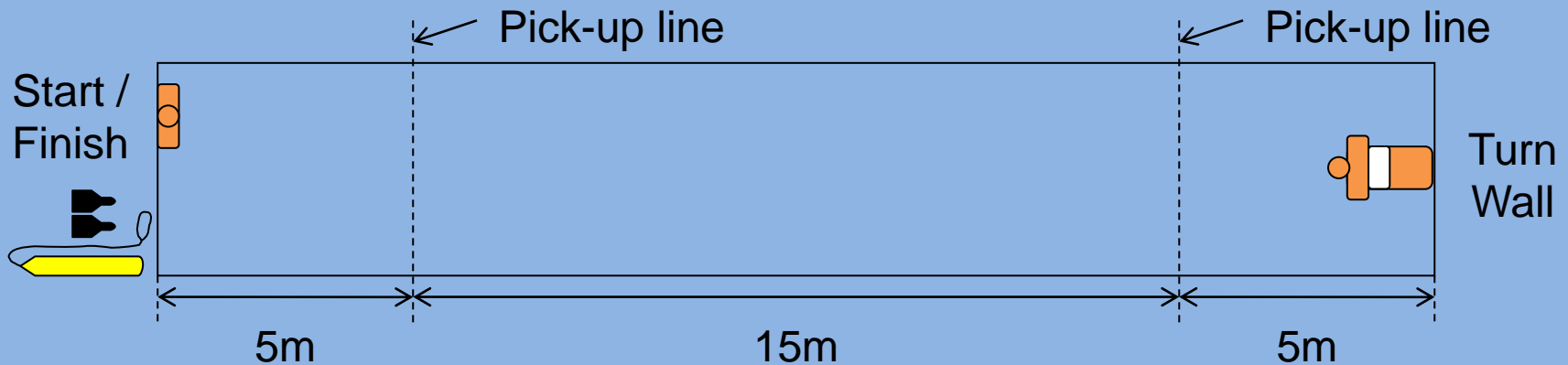


200m Super Lifesaver

The competitor swims 75m 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 and releases the manikin.

In the water, the competitor dons fins and rescue tube within 5m of the finish edge and swims 50m freestyle. After touching the wall the competitor fixes the rescue tube around a floating manikin within 5m of the turning edge and tows it to touch the finish edge of the pool.



Super Lifesaver – Basic Technique

⊙⊙⊙ 15

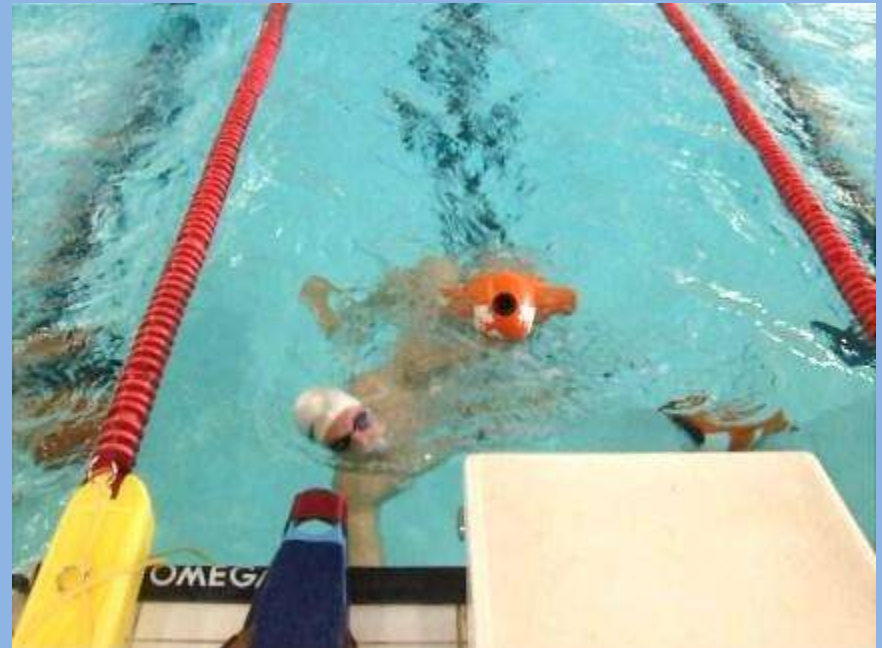
Overview

The super lifesaver event is essentially a manikin carry followed by a manikin tow with fins. Competitors can save a lot of time by donning the fins & tube smoothly.

Pre-event Preparation

Before the event, lay out your fins and tube on the poolside.

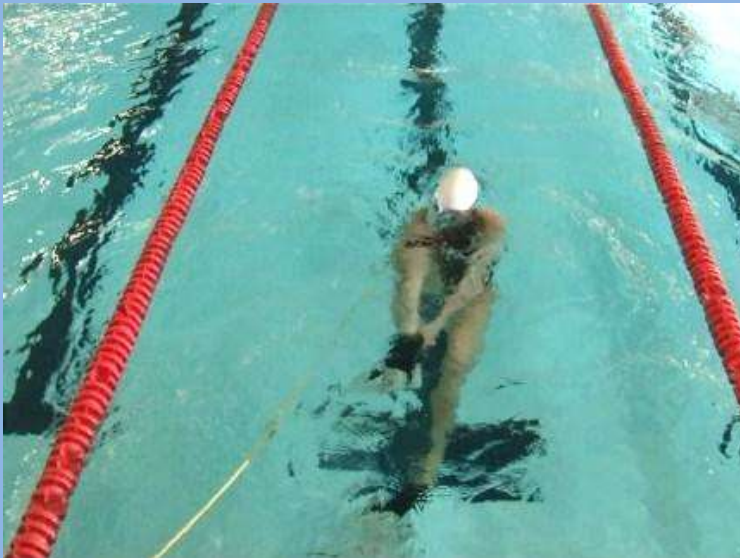
- 1) Your fins should be on top of each other, with the heels slightly overhanging the edge of the pool.
- 2) The rescue tube should be placed on the poolside between your fins and the edge of your lane.
- 3) The rope end of the tube should overhang the edge of the pool...
- 4) ...and you should hang the webbing loop on the heels of your fins.



Super Lifesaver – Basic Technique

Donning the Fins and Tube

- 1) With your right hand, reach through the webbing loop to grab the heels of your fins.
- 2) Use your left hand to pull the webbing loop over your outstretched right arm, over your head and onto your left shoulder...



- 3) Push hard backwards off the wall
- 4) Reach down and put one fin on.
- 5) Start finning gently with one leg as you don the other fin.
- 6) Turn and sprint down the pool