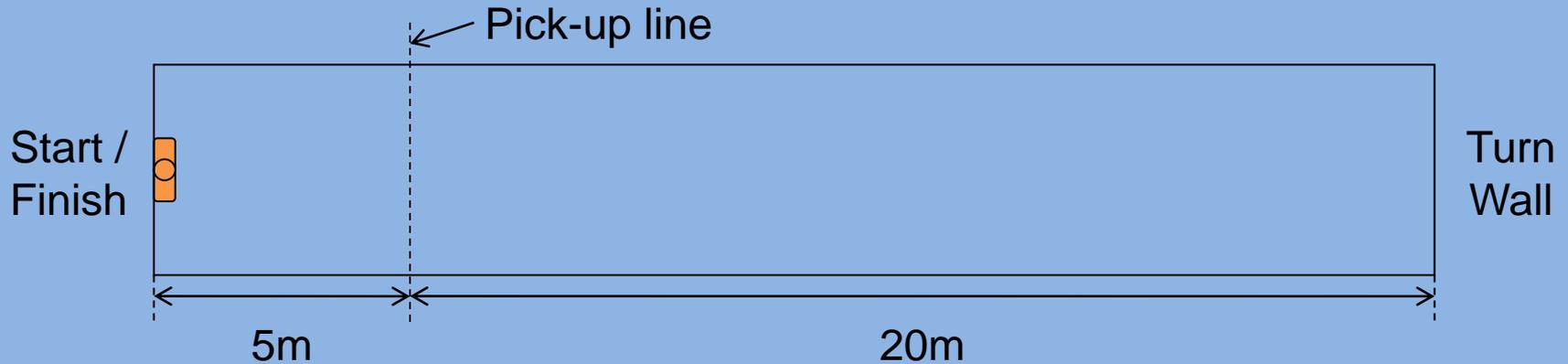


100m Manikin Tow with Fins

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The competitor swims 50m freestyle wearing fins and a rescue tube. After touching the finish edge the competitor fixes the rescue tube around a floating manikin within 5m of the wall and tows it 50m to the finish edge of the pool.



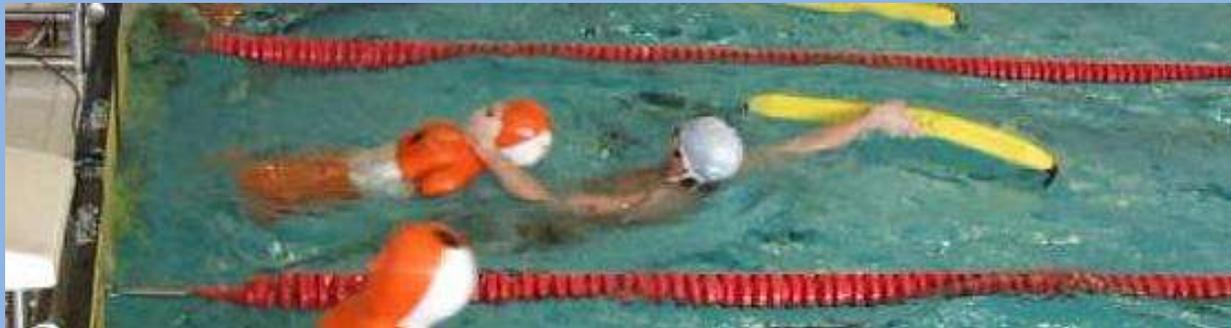
100m Manikin Tow With Fins – Basic Technique

⊙⊙⊙⊙ 15

The Pickup

These instructions assume you are wearing the webbing strap of the rescue tube across your body from your left shoulder to your right hip. There are 7 stages to the manikin pickup...

- 1) Touch the wall with your **left** hand, then transfer your **left** hand to the manikin's chin.
- 2) Hold the manikin's head against your chest and push backwards off the wall.
- 3) Grab the centre of the torpedo tube with your **right** hand. Your little finger should point towards the rope end - this will ensure that your hand is the correct way up.



100m Manikin Tow With Fins – Basic Technique

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The Pickup (Cont'd...)

4) Still holding the tube, put your **right** thumb in the centre of the manikin's chest.



5) Transfer your **left** hand to the clip and your **right** hand to the loop



6) Bend the tube around the manikin, clip the tube together without looking.

7) Turn and accelerate away down the pool.

100m Manikin Tow With Fins – Basic Technique

The Manikin Handler

- 1) The manikin should float in the water with its chest against the wall.
- 2) The handler should kneel on poolside, with one hand on each cheek of the manikin.
- 3) The handler should support the manikin so that it floats neutrally – if you hold it too high or too low it will bob around when you let go.
- 4) As soon as the competitor touches the wall, release the manikin and hold both hands up in the air to make it clear to the judges that you're not assisting in any way.

