

**CORNISH NIPPER FROSTBITE CHAMPS 2022**

**Penzance Swimming Pool**

SATURDAY 26th March 2022 11am – 3pm 8-9yr old competitors.

 SATURDAY 26th March 2022 3pm – 7pm 10-11 yr old competitors.

Sunday 27th March 2022 10am – 1.30pm 12-13yr old competitors

Club

Team Manager

Address

Telephone Number

E-mail

Team managers Meeting at 10.30am

Registration fee for each Nipper is £15.00 Total fee due:

Payable to: Surf Life Saving Cornwall

BACS payment: a/c no. 02087510 sortcode 30-98-76.

Entry form only by email, on original excel spreadsheet to:

 dianegreen48@outlook.com

nigel.bowden@perranporthslsc.org.uk

**Closing Date for entries Monday 14th March 2022**

2022 Cornish Nipper Frostbite Championships Penzance.

**26th March start 11am 8-9yr old competitors.**

Flipper Race

|  |  |  |
| --- | --- | --- |
|  | 25m | 25m |
| Boys | 9 | 8 |
| Girls | 9 | 8 |

Rescue Tube Race with fins

|  |  |  |  |
| --- | --- | --- | --- |
|  | 50m |  | 2 |
| Open Boys | 8-9yr | Pairs | teams |
| Open Girls | 8-9yr | Pairs | Per club |

Manikin Carry – manikin empty

Refer to new manikin rules

|  |  |  |
| --- | --- | --- |
|  | 25m | 25m |
| Boys | 9 | 8 |
| Girls | 9 | 8 |

Medley Relay 4x25m

|  |  |  |  |
| --- | --- | --- | --- |
|  | 4 x 25m |  |  |
| Open Boys | 8-9yr | Team of 4 | 2 teams |
| Open Girls | 8-9yr | Team of 4 | Per club |

Board Race

|  |  |  |
| --- | --- | --- |
|  | 25m | 25m |
| Boys | 9 | 8 |
| Girls | 9 | 8 |

Board Rescue

50m

|  |  |  |  |
| --- | --- | --- | --- |
| Open Boys | 8-9yr  | pairs | 2 |
| Open Girl | 8-9yr  | pairs | Teams per club |

Board Relay 4x25m

|  |  |  |  |
| --- | --- | --- | --- |
| Open Boys | 8-9yr  | Team of 4 | 2 |
| Open Girl | 8-9yr  | Team of 4 | Teams per club |

2022 Cornish Nipper Frostbite Championships Penzance.

**26th March 2022 start 3pm 10-11yr old competitors.**

Flipper Race

|  |  |  |
| --- | --- | --- |
|  | 50m | 50m |
| Boys | 11 | 10 |
| Girls | 11 | 10 |

Rescue Tube Race with fins.

|  |  |  |  |
| --- | --- | --- | --- |
|  | 50m |  | 2 |
| Open Boys | 10-11yr | Pairs | teams |
| Open Girls | 10-11yr | Pairs | Per club |

Manikin Carry – manikin full

Refer to new manikin rules.

|  |  |  |
| --- | --- | --- |
|  | 25m | 25m |
| Boys | 11 | 10 |
| Girls | 11 | 10 |

Medley Relay 4x25m

|  |  |  |  |
| --- | --- | --- | --- |
|  | 4 x 25m |  |  |
| Open Boys | 10-11yr | Team of 4 | 2 Teams |
| Girls | 10-11yr | Team of 4 | Per club |

Board Race

|  |  |  |
| --- | --- | --- |
|  | 50m | 50m |
| Boys | 11 | 10 |
| Girls | 11 | 10 |

Board Rescue

|  |  |  |  |
| --- | --- | --- | --- |
|  | 50m |  |  |
| Open Boys | 10-11yr | Pairs | 2 Teams |
| Open Girls | 10-11yr | Pairs | Per club |

Board Relay 4x25m

|  |  |  |  |
| --- | --- | --- | --- |
| Open Boys | 10-11yr  | Team of 4 | 2 |
| Open Girl | 10-11yr  | Team of 4 | Teams per club |

2022 Cornish Nipper Frostbite Championships Penzance.

**27th March start 10am 12-13yr old competitors.**

Flipper Race

|  |  |  |
| --- | --- | --- |
|  | 50m | 50m |
| Boys | 13 | 12 |
| Girls | 13 | 12 |

Rescue Tube Race with fins.

|  |  |  |  |
| --- | --- | --- | --- |
|  | 50m |  | 2 |
| Open Boys | 12-13yr | Pairs | teams |
| Open Girls | 12-13yr | Pairs | Per club |

Manikin Carry – manikin full

Refer to new manikin rules.

|  |  |  |
| --- | --- | --- |
|  | 25m | 25m |
| Boys | 13 | 12 |
| Girls | 13 | 12 |

Manikin Relay 4x12.5m

Refer to new manikin rules.

|  |  |  |  |
| --- | --- | --- | --- |
|  | 4 x 12.5m |  |  |
| Open Boys | 12-13yr | Team of 4 | 2 Teams |
| Girls | 12-13yr | Team of 4 | Per club |

Medley Relay 4x25m

|  |  |  |  |
| --- | --- | --- | --- |
|  | 4 x 25m |  |  |
| Open Boys | 12-13yr | Team of 4 | 2 Teams |
| Girls | 12-13yr | Team of 4 | Per club |

Board Race

|  |  |  |
| --- | --- | --- |
|  | 50m | 50m |
| Boys | 13 | 12 |
| Girls | 13 | 12 |

Board Rescue

|  |  |  |  |
| --- | --- | --- | --- |
|  | 50m |  |  |
| Open Boys | 12-13yr | Pairs | 2 Teams |
| Open Girls | 12-13yr | Pairs | Per club |

Board Relay 4x25m

|  |  |  |  |
| --- | --- | --- | --- |
| Open Boys | 12-13yr  | Team of 4 | 2 |
| Open Girl | 12-13yr  | Team of 4 | Teams per club |

**2022 Cornish Nipper Frostbite – General Rules**

* The competition is for Nipper members of Surf Life Saving Cornwall and all competitors must be paid up members of their club and the SLSGB.
* Nippers can only compete in their own age group in all events. They must have the age group and competitor numbers marked on their hands.
* Nippers must wear uniform club/pool hats whilst competing.
* **Team numbers as on programme.**

The SLSGB approved **blue swell Nipper boards (the larger nipper boards are unsuitable for using in the pool)** are to be used in the events; all clubs need to bring 4 boards each, clearly marked with club name. Clubs also need to bring 1 foamed rescue tube, **1 nipper manikin**, **stopwatch** and fins, all clearly marked.

* All competitors can start by diving off the blocks, but 8-10yr will start in the water if we use the electronic timing
* There will be no parents allowed in the spectator’s area, nippers will be upstairs in the seating area with club coaches. Nippers will only be allowed on poolside when they are called for their race
* Only one named team manager and one named coach will be allowed on poolside. Nippers will be upstairs with coaches. Depending on the number of nippers in that session for your club will determine how many club coaches will be allowed.
* The Referee has the right to alter the programme in any way to ensure that the competition is completed.
* Although we are using the electronic timing, all clubs **must** bring a named timekeeper who must have had some practise with your Nippers at timing the events, may also need to provide 3 officials/helpers. Each club will be given a designated lane to time keep.
* All competitors **must be able to swim 50m**. Please give a relevant 25m freestyle time swim time so that heats can be seeded for electronic timing.
* The fastest eight competitors / teams will score points as follows;

Individual events: 1st10pts; 2nd8pts; 3rd6pts; 4th5pts; 5th4pts; 6th3pts; 7th2pts; 8th 1pts.

Team events : 1st 20pts; 2nd 16pts; 3rd12pts; 4th10pts; 5th8pts; 6th6pts; 7th4pts; 8th2pts.

**The competition will be run to The National Nipper Stillwater Rules and adapted for the 25m pool.**

## Age Groups

|  |  |
| --- | --- |
| **8yrs born 2014** | **9yrs born 2013** |
| **10yrs born 2012** | **11yrs born 2011** |
| **12yrs born 2010** | **13yrs born 2009** |

● This is a club event and the Nippers are competing as a team; **the points from all three Sessions** will be added together and the overall winning club will receive the Nipper Frostbite Trophy