



**CAPE WINELANDS
AQUATICS**

50m SKINS

Competition Rules

A SKINS event is an exciting series of back-to-back races which operate on a knockout basis, with the two remaining swimmers racing each other in a head-to-head final race.

1. Swimmers need to enter the 50m Freestyle event during the Winelands SL4 gala to be eligible to participate.
2. The top 8 Men and Top 8 Women irrespective of age will be selected from the abovementioned event during SL 4 to participate in the SKINS competition.
3. These top 8 swim the 50m free again (Men & Women separately) in the SKINS competition and the top 4 progress to the semi-final.
4. The top 4 of each gender swim again in the Semi-final
5. FINALS: from the Semi-final, the top 2 (Men & Women separately) will swim again for 1st and 2nd place and the remaining 2 swim out for place 3 & 4 during the same start in the FINAL where the positions are determined for the prize money below.

PRIZES for both Men and Women:

- 1st place wins R800
- 2nd place wins R500
- 3rd place R300
- 4th place R100

The prize money will be given to the Club who will distribute the funds according to their Club policy.

Who will be.....
**The Last one
Standing!**