



## 4 OBSTACLE SWIMMING

### 4.1 GENERAL

The course has a length of 50 m and consists of four standardised obstacles.

### 4.1 POOL

A covered or open-air 50 m swimming pool for CISM World Championships and Continental Championships.

A 25 m pool may be used for International Tournaments. If a 25 m pool is used in combination with par. 4.6.2 figure 13 the swimming discipline can be taken into account for the ranking list.

Obstacles and basic regulations will be identical for 50 m or 25 m pools.

### 4.2 COURSE

The race may take place in one or more lanes provided that they are parallel and identical.

### 4.3 STYLE

Free style. This means that the style is left to the discretion of the competitor. When finishing, the swimmer may touch the wall with any part of his body. Touching with his hand is not obligatory.

Crossing the timing equipment in order to leave the pool is forbidden and will be penalized.

### 4.4 DESCRIPTION OF OBSTACLES

Characteristics and methods of crossing:

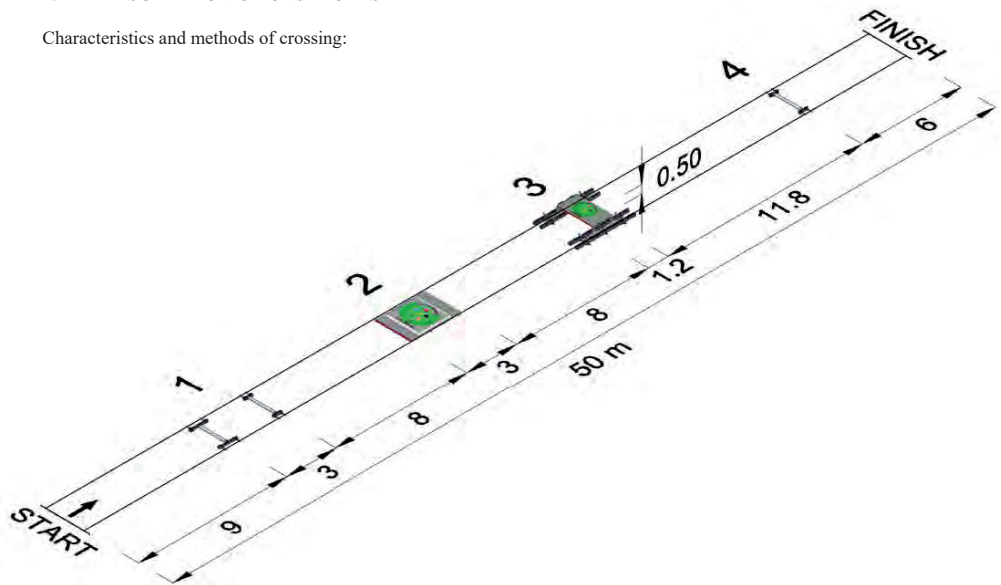
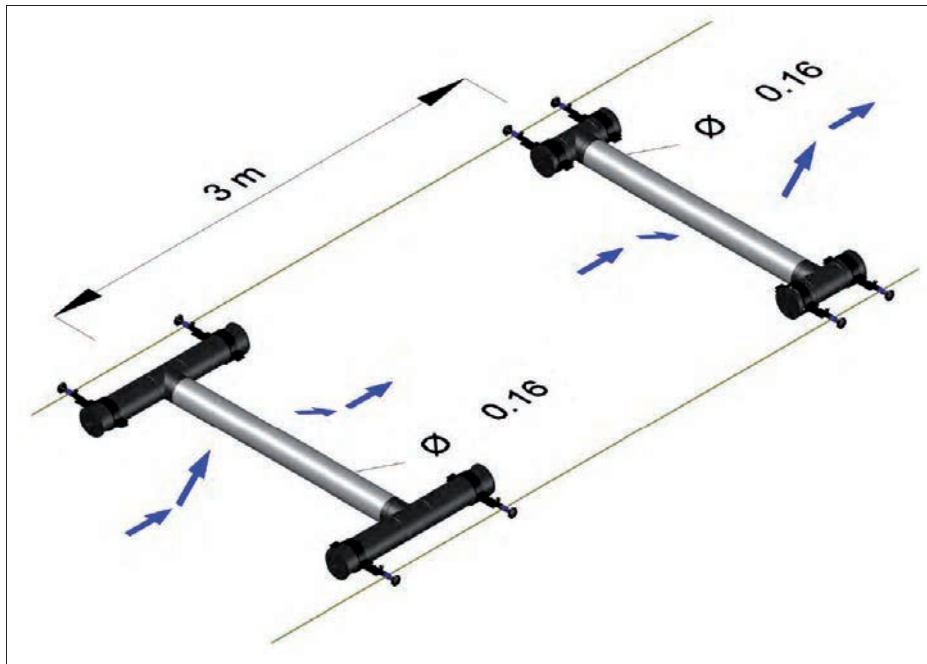


Figure 11: Obstacle swimming course



## OBSTACLE 1

## TWO BEAMS

Characteristics

Two tubular beams (diameter 16 cm) at right angle to the lanes. The distance between the two beams is 3 m, measured from the centre of the first beam to the centre of the second beam.

The first beam must be sturdily fixed to the tightly secured lines at surface level. The second beam is securely fixed to the lines. The surface of the first beam should not be slippery.

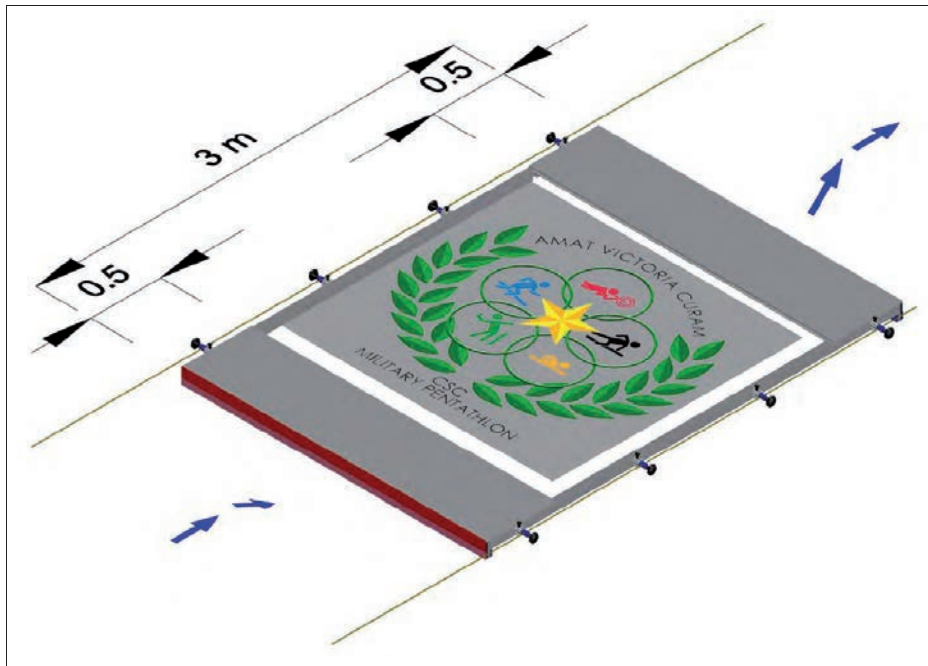
Crossing

Pass over the first beam and dive under the second one.



## OBSTACLE 2

## RAFT

Characteristics

A raft, 3 m long in a floating position. At the beginning and the end of the raft 50 cm must be completely covered, the rest may be covered.

At the beginning and at the end the obstacle must have a lath with an inner measure of 8 cm. See figure 12. The front side of the lath at the beginning of the obstacle must be clearly visible.

Crossing

Pass under the raft.

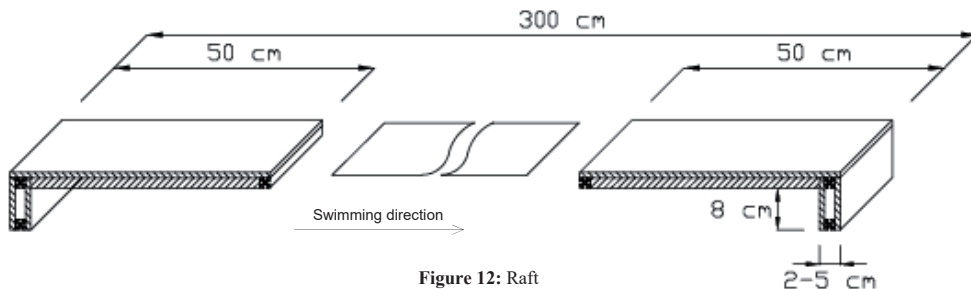
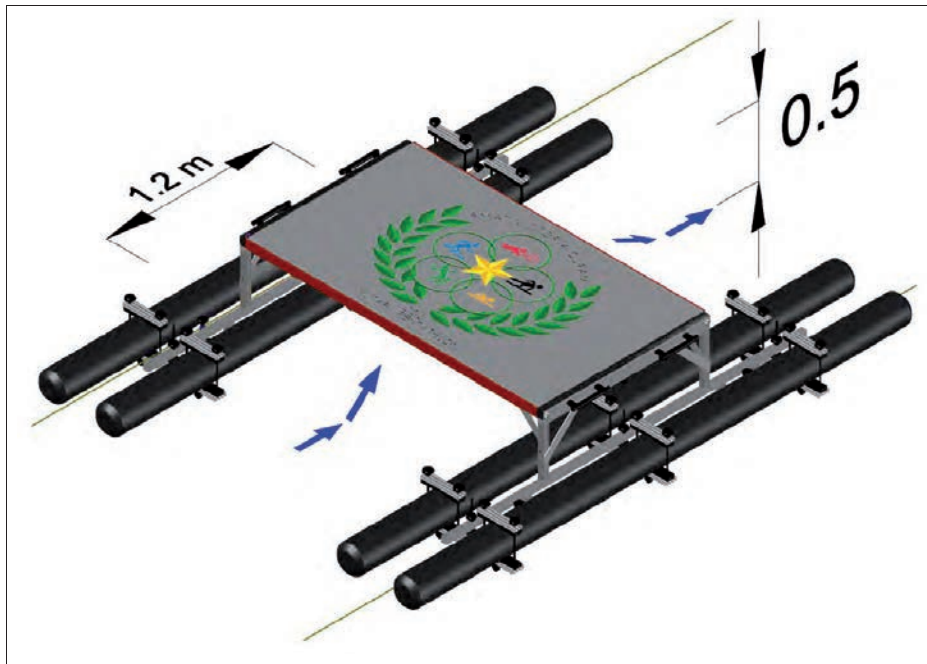


Figure 12: Raft



## OBSTACLE 3

## TABLE

Characteristics

A fixed platform on stays or floaters, carpet covered, placed 50 cm ( $\pm 1$  cm) above the water.

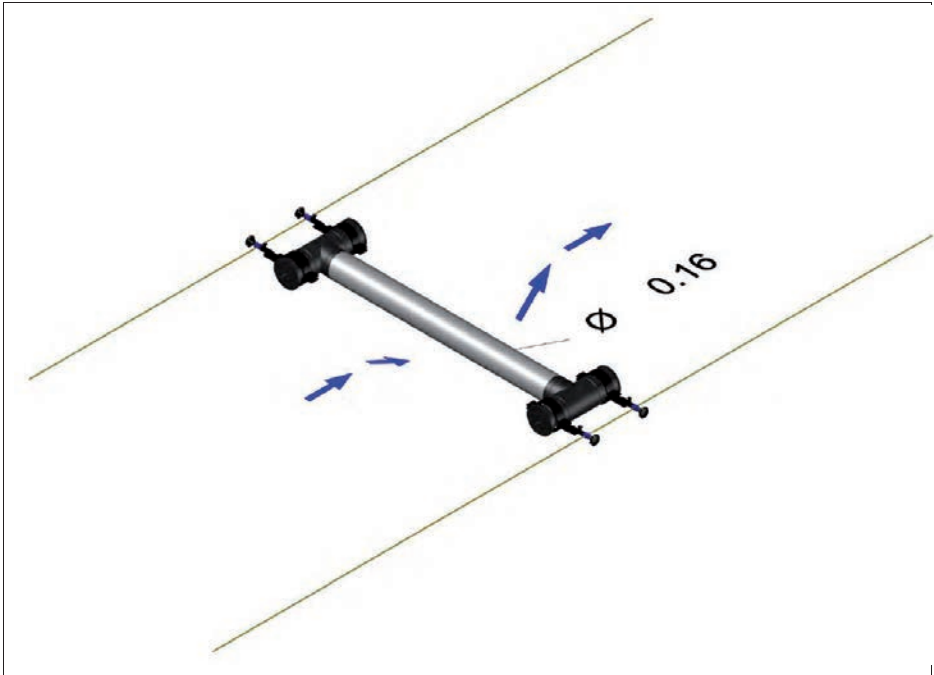
Length 120 cm ( $\pm 1$  cm). The width of the platform should cover the swimming lane.

Thickness of platform 5 to 8 cm.

The space between the platform and the water must be free.

Crossing

Surmount the platform without using the stays or floaters of the platform. Dive into the water from the far end side of the platform.

**OBSTACLE 4****BEAM**Characteristics

A tubular beam (diameter 16 cm) fixed to the tightly secured lines at surface level. The surface should not be slippery.

Crossing

Pass under the beam.

**4.5 DISTANCES BETWEEN OBSTACLES****4.5.1 50 m POOL**

Obstacle 1	9 m from the start
Obstacle 2	20 m from the start
Obstacle 3	31 m from the start
Obstacle 4	44 m from the start

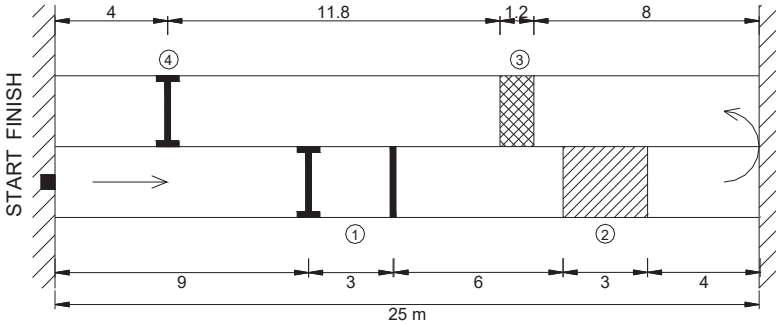
The distances will be measured to the centre of the beams (obstacles 1 and 4).



**4.5.2 25 m POOL**

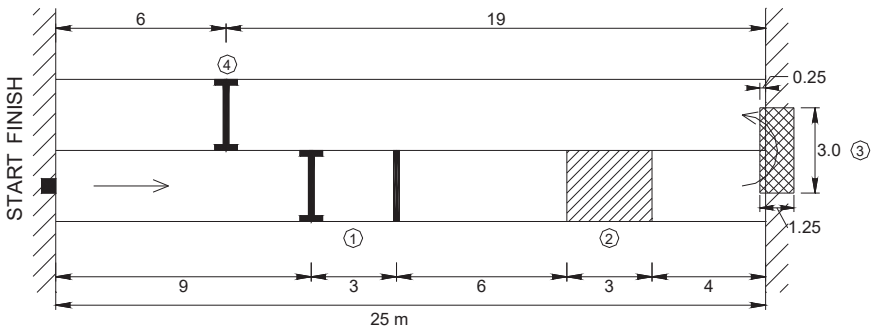
Distance specifications:

- Obstacle 1 9 m from the start
- Obstacle 2 18 m from the start
- Obstacle 3 8 m from the turn
- Obstacle 4 4 m from the finish



**Figure 13:** Obstacle swimming course for 25 m pool

Nordic/Dutch variant: This variant is applied in Nordic countries and the Netherlands.



**Figure 14:** Nordic/Dutch variant