

UTILITY SWIMMING EVENT IN THE NAVAL PENTATHLON

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Abstract: Naval Pentathlon has five disciplines: Obstacle race (305 meters) with 10 obstacles; Lifesaving swimming race (75meters) with 5 separate features with working dress, Utility swimming race (125 meters) with 6 separate features with swim-fins; Seamanship race (270 meters) with 7 separate features with land work and slalom rowing around buoys; Amphibious cross-country race (2500 meters) with 5 separate features with 50 meters shooting, 100 meters water passage paddling, 25 meters grenade throwing.

Keywords: Naval pentathlon, utility swimming race, underwater swimming, passes over the barrel obstacle, rifle carrying.

1. INTRODUCTION

Naval Pentathlon is an individual, male and female, competition consisting of the following five events: obstacle race; lifesaving swimming race; utility swimming race; seamanship race; amphibious cross-country race. An "Individual champion" is determined by the overall result in the five events. The team champion is determined by adding the individual results of a country's team. The regulations prescribe the way a CISM (International Council of Military Sports) military world championship shall be conducted. I'm present in the next principal characters about 2nd event in naval pentathlon: lifesaving race. The Life-Saving Race is conducted in a swimming pool, preferably 25 m long and more than 2 m deep (picture nr.1). The distance of the race is 75 m (3 x 25 m) and there are five (5) separate features. If the swimming pool is longer than 25 m a bulkhead must be put into the pool so that each leg of the course is 25 m. A pool shorter than 25 m cannot be used.

This race is conducted in the same pool as the one used for the Life-Saving Race. The overall distance of

the race is 125/100 m, during which the competitor shall perform six/five (6/5) separate features.

General rules

Any swimming stroke may be used. Each competitor shall be equipped with swim-fins. Dress shall be optional bathing costume goggles and fins (no mono fins). If a competitor fails to perform any of the features correctly he will have to try again until he has succeeded or accept a specified penalty.

The track will be set up on two (2) lanes. Features No. 3, 4 and 5 will be set up in the right lane. The competitor starts on the left lane. After feature No. 2 he moves to the right lane. After feature No. 5 he moves to the left lane.

Touching the wall with any part of the body or the fins will make the turns.

If the competitor makes a flip turn but doesn't touch the wall, he must go back and touch the wall. If a competitor doesn't touch the wall in a turn there will be a 20 sec penalty.

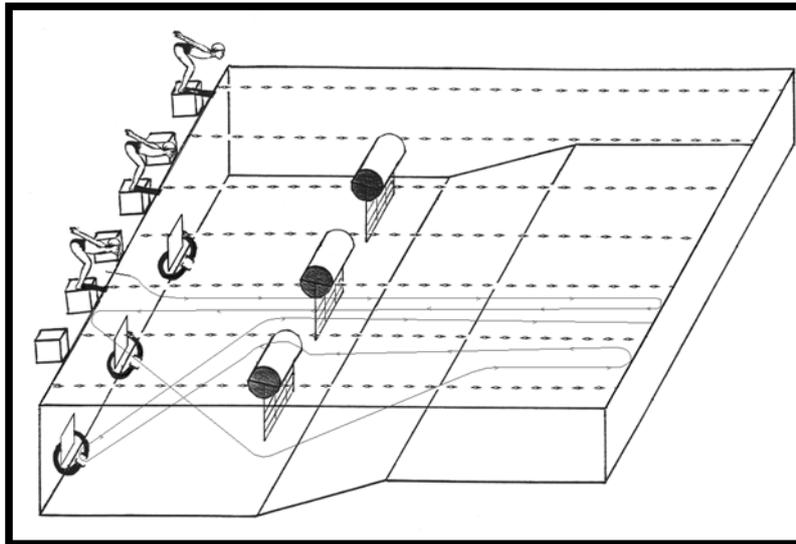


Figure 1

Specific rules male

Feature No. 1 - Start.

Characteristics - Dive from the starting block/edge of the pool.

Condition - Start and swim 25 m, free style.

Feature No. 2 - Rifle carrying. Distance from the start - 25 m.

Characteristics - A rifle with a weight of about 3 kg. It shall be laid out at the edge of the pool, in a fix way (see sketch) by the organizer.

Condition - The competitor shall take the rifle from the edge of the pool (25m) and carry it unaided until he reaches the opposite side of the pool (50 m), where he has to leave the rifle outside the pool after touching the wall.

If the competitor fails to leave the rifle outside the pool or leaves it before first touching the wall there will be a 15 sec. penalty for each fault.

Feature No. 1F - Start.

Characteristics - Dive from the starting block/edge of the pool.

Condition - Start and swim 25 m free style (Thereafter go to feature No. 3).

Feature No. 3 - Passing under a net obstacle. Distance from the start – 60/35 m.

Characteristics - A net with its lower edge at least 70 cm from the bottom. With a chain reaching from each side down to the bottom.

Condition - Pass under the net. If the competitor fails to pass under the net he must, without disturbing any other competitor, swim at the side of the net (preferable on the left lane).

If the competitor fails to pass under the net there will be a 15 sec. penalty.

Feature No. 4 - Pass over the barrel obstacle. Distance from the start - 90/65 m.

Characteristics - A cylindrical float made of wood or metal, as shown in sketch, held in position by lane lines. The cylinder shall be covered with neoprene or carpet and freely rotate and submerge when a competitor passes over it. Height above the water is 25 cm.

Condition - Pass over the barrel. If the competitor fails to pass over the barrel he must swim, at the side of the barrel, on the right side lane.

If the competitor fails to pass over the barrel will be a 15 sec. penalty.

Feature No. 5 - Underwater work. Distance from the start - 100/75 m.

Characteristics - Two hoses at the end of the pool. The joined ends of the hoses are 3.00 m from the surface. Should the pool be only less than 3.00 m deep, the hoses shall be placed at the bottom. The hoses should be attached to the pool or weighted 50 cm from the ends to limit upward movement. The two couplings shall be of the fixed joint type.

The two hoses shall be standard shipboard fire-fighting hoses. The sponsoring nation shall provide participating nations with the specifications of the type of couplings to be used.

Condition - Uncouple the hoses.

If the competitor fails to uncouple the hoses there will be a 15 sec. penalty.

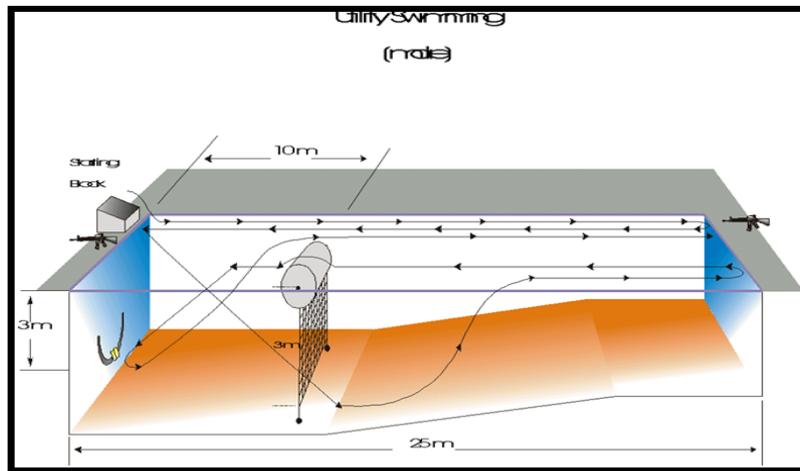
Feature No. 6 - Final sprint. Distance from the start 100-75 m.

Characteristics - Distance 25 m.

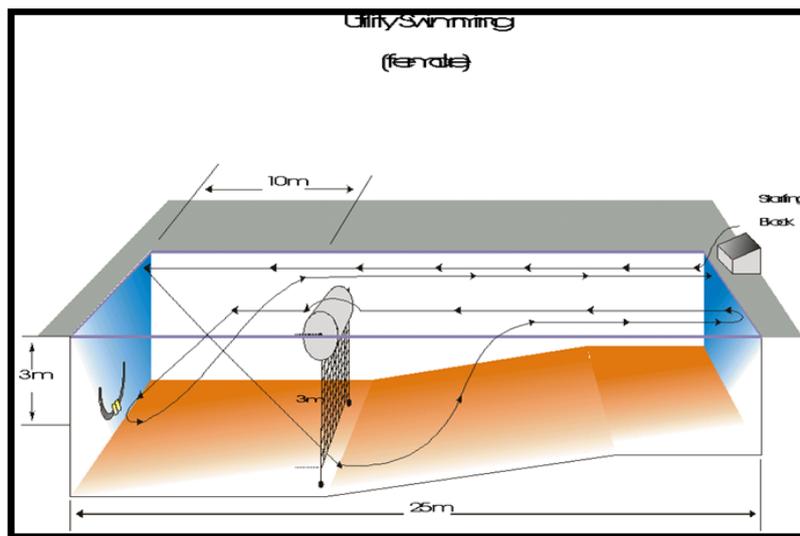
Condition - Swimming free-style.

The race is finished when the swimmer touches the end of the pool.

Overview Utility swimming race male



Overview Utility swimming race female



REFERENCES

*** Naval Pentathlon - CISM Regulations 2010