



## A Guide to Competition Swimming

There are various types of competition available to swimmers in competitive squads

1. **Club Championship:** 5 gala's throughout the year. **You must enter at least 3 if you wish to continue to be a member of Swordfish, Piranhas or Sharks squad.** These are a great way to try out different strokes and distances that you may not be confident with, in a familiar environment for £1 a race!!
  
2. **Open Meets:** There are many open meets held all over the country on a regular basis. Usually outside of the county championship season (which is January/February in most counties across the UK). Open Meets are an excellent opportunity to race in different pools, experience the buzz of Olympic and National venues and to compare your speed to other swimmers of the same age that you have never met. There are different types of Open Meets aimed at different levels of ability. You must attend 4.
  - a. Level 1/2 meets: These are for the top swimmers. There is the need for a qualifying time to be able to enter and are frequented by GB squad swimmers
  - b. Level 3 Meets: This simply means they are licensed and any time you achieve will be automatically put on the ASA rankings database and you can use times achieved at these meets to enter the county and Midland championships if fast enough. There are generally split into
    - i. A/B Galas
    - ii. B/C GalasThe meet organiser has the right to set time 'maximums' to set gradients of swimmers to encourage swimmers to improve and come through the ranks to ultimately aim towards level 1 galas.

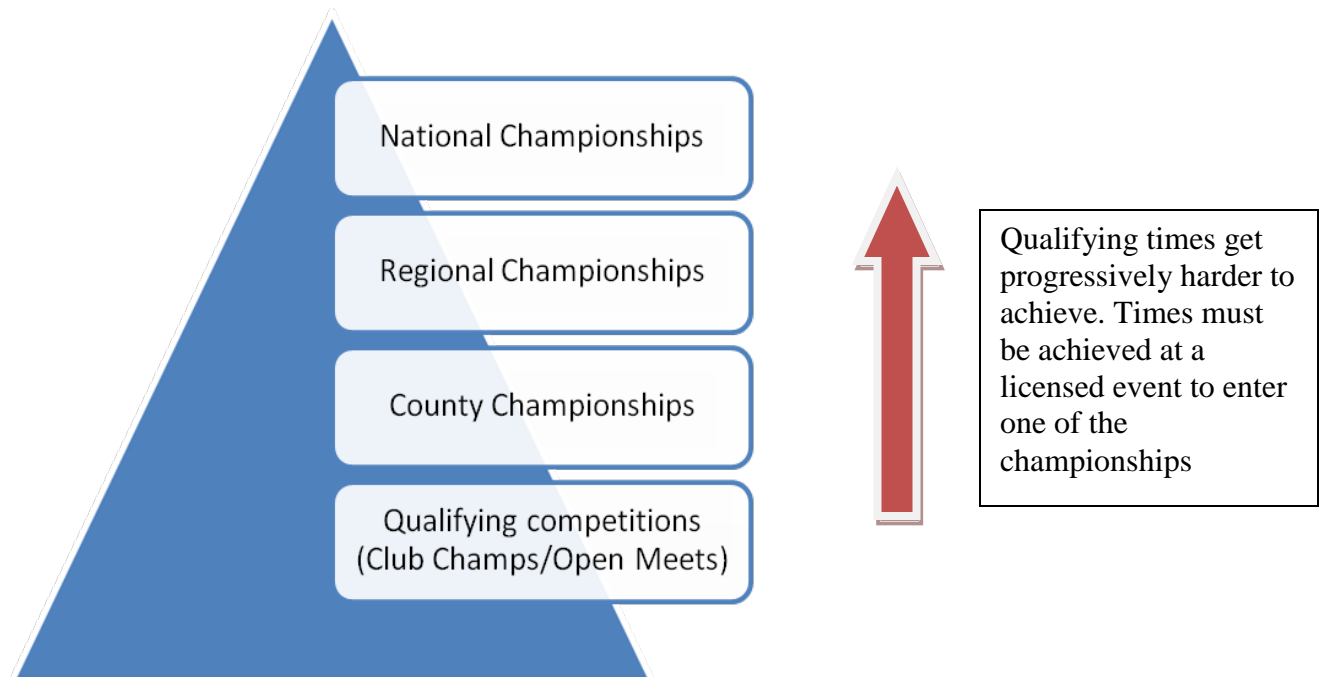
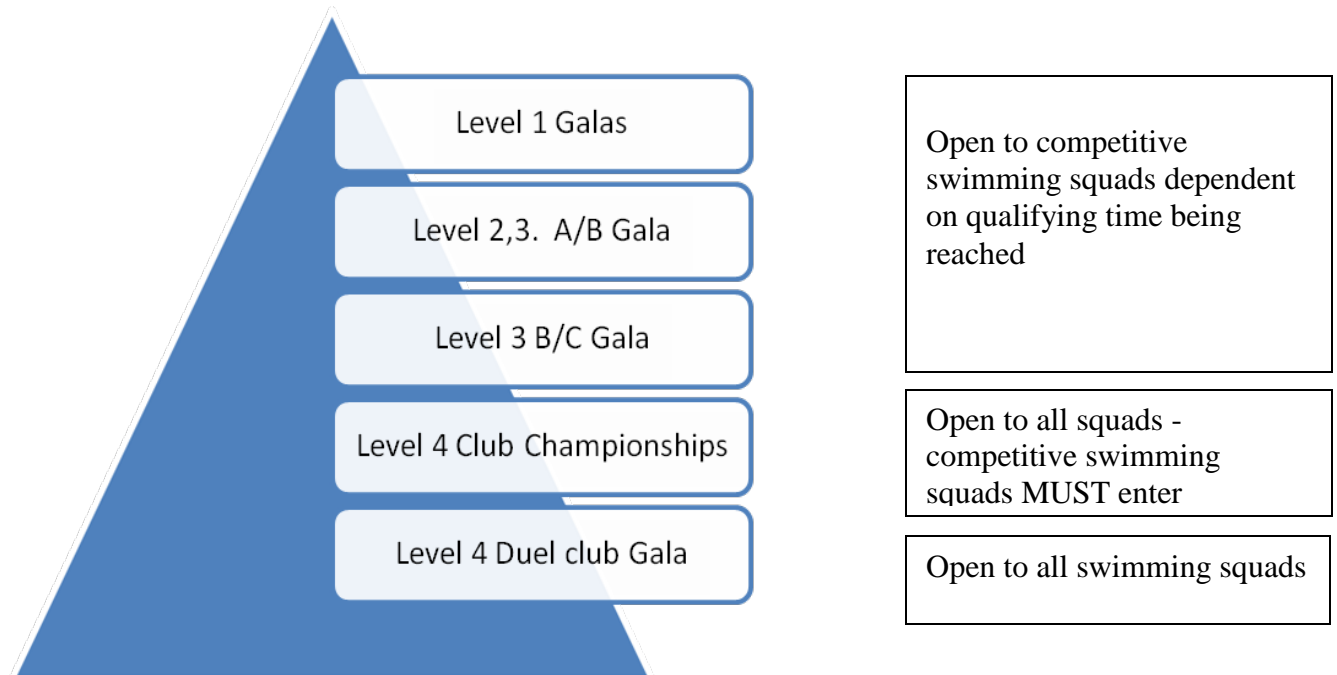
**SWORDFISH MUST ATTEND 2+ and SHARKS AND PIRANAH'S MUST ATTEND 4+ open meets between September in one year and August the next year .**

3. **Leagues:** The club enters various leagues throughout the year. The main 2 are in Lincolnshire and are the 'Junior League' appropriate for 9-12 year olds and the 'Senior League' appropriate for 10 years and over in various age groups. You get selected to represent the club in these galas, based on times held by the club, which you will have achieved in Club Championships and Open Meets. So the more Open Meets you enter the better chance you have of getting a good time registered for club selection. A team sheet is put on the notice board prior to an upcoming gala. If selected you are expected to make every effort to attend and represent the club.
  
4. **Dual club:** This is an invitational gala where a swimmer is selected to swim for the club against another club. Age groups and events decided by the host club.

# CRITERIA FOR COMPETITIVE SQUAD SWIMMERS



## A Guide to Competition Swimming (Progression Summary)



# CRITERIA FOR COMPETITIVE SQUAD SWIMMERS



## How Do I enter an Open Meet?

It might seem complicated, but once you know where to find information and who to talk to then it really is quite simple.

Main Organiser: Mark Smith

Coaches to ask for advice: Mark Smith & Tony Bindon

There is a competition calendar for the year - this is held in 3 places

1. Notice board upstairs (this is the competition notice board)
2. Gainsborough Dolphins Website [www.gainsboroughdolphins.co.uk](http://www.gainsboroughdolphins.co.uk)
3. Clubs official FACEBOOK page.

When a gala is imminent, a notice is put on the notice board upstairs similar to that on the next page. You then need to do 4 things –

1. Ensure your child is ASA category 2 and you know what the number is - if you are unsure of this please ask the desk on a Sunday. This is a legal requirement before swimming competitively.
2. Review the detailed entry requirements (sessions, event running order and qualifying times on the hosts website - this is accessed through the competition calendar via a link on Gainsborough Dolphins website or direct on the host clubs website).
3. Decide, with your child, which events they would like to enter.
4. Fill in ALL the details on the form and give back to Mark or Bev with the correct money, ensuring your Club fees are up to date prior to entry.

Costs of open galas range from £5 - £10 per event dependent upon the venue and level of the gala. Club championships are £1.00 per event.

It would help you if you kept a log book of your times for various strokes and distances. This makes entering galas easier and provides a motivation reference to try and improve. As you enter more galas you will build up quite a reference on the ASA rankings website [www.swimming.org/britishswimming](http://www.swimming.org/britishswimming);

You then search via results, rankings, individual and just put ASA number or surname in the box. As you start off in B/C galas it is OK to enter 'No Time' until you gain one officially.

**A coach will always be on poolside during competitions to ensure swimmers get to events on time, are aware of the rules and any last minute tips to bring the best out of the swimmers.**

# CRITERIA FOR COMPETITIVE SQUAD SWIMMERS



## Blank Entry Form Example DUMMY MEET 2018

### Gala at venue????????????, hosted by ?????????????????, on Sunday ?????????????

This is a level 3 licensed meet and is ideal for all competitive squads as it has A/B/C ratings  
If you are interested in entering please review the attached upper entry times for each grade by event and fill in the attached table with your entry times

Name. FRED BLOGGS..... Date of Birth...01/01/00.....  
ASA Registration No..... Email.....  
Age on ????(This is usually the date of the event).....18.....

	Fly	Back	Breast	Free	IM
50m	28.12		N T		
100m		1:15.19			
200m				2:25.16	

Please make sure you have covered the following

1. The swimmers Club Membership Fees are up to date. These are due in advance, NOT arrears
2. You have enclosed a cheque payable to **Gainsborough Dolphins Swimming Club** for the total amount, with the swimmers name on the reverse. (**£5.00/event**)
3. Return this form and payment to **Mark or Bev Smith by? Late entries will NOT be accepted.**

## CRITERIA FOR COMPETITIVE SQUAD SWIMMERS



**This is awarded to swimmers who meet the following criteria:**

1. The PB (personal best times) Reward Scheme. PB forms at all club desks. Every time a swimmer gains a personal best time fill the form in. At the end of the calendar year these forms convert into a money value that can be spent in the GD club shop.
2. A swimmer achieving a County qualifying time and competing at the Country Gala's, will be invited to attend a club organised trip. (It was Howstean Gorge in 2017). The rewards scheme pays 20% towards the cost.
3. A swimmer achieving a Midlands qualifying time and competing at the Midlands Gala's will receive a club voucher, asking them to spend £50 either at the Shop at the Midlands Gala's they attend or the GD club shop, then return the voucher along with receipts and they will be reimbursed.
4. For a swimmer achieving National times and competing at the National Championships, they will receive £100, and a poolside t-shirt designed specifically for their Championship

### **Useful swimming links**

The following are various websites you can log onto to get further competitive swimming information.

<https://www.swimmingresults.org/individualbest>

British website page to find your child's best times.

<http://www.lincolnshirecountyasa.org/cms>

County ASA website.

[www.swimming.org/eastmidland](http://www.swimming.org/eastmidland)

East midlands ASA website

[www.gainsboroughdolphins.co.uk](http://www.gainsboroughdolphins.co.uk)

club website.

The Gainsborough Dolphins Face book page also provides other useful information.

**Anyone who is unsure of anything or requires more information can speak to Mark Smith in person or email him on either [ark1963smith@gmail.com](mailto:ark1963smith@gmail.com) or [gdheadcoach@outlook.com](mailto:gdheadcoach@outlook.com) or text on competition days to 07503771592.**