

## Galas & Competitions

### Why Enter a Gala?

- To see how much progress you have made;
- To put your training into practice;
- To stretch yourself to your limits;
- To improve your Personal Best times;
- To achieve qualifying times for other galas;
- To compete;
- To learn from watching better swimmers;
- To represent RDASC;
- To meet new people;
- To have fun;
- To win!

Swimmers are usually introduced to competitive swimming through the use of time trials. These are organised regularly by squad coaches. There is no formal entry procedure for these events as the squad coach will decide which swimmers will enter each event.

The benefits of participating in time trials:

- Introduce swimmers to the rules and regulations of competitive swimming;
- Allow swimmers to experience competitive swimming in their home environment before travelling to other venues;
- Provides swimmers with entry times for other meets;
- Ensures that swimmers experience a range of competitive events of varying distance and strokes;
- Allow coaches to assess progress;
- Allow coaches to identify talented athletes;
- Swimmers are usually introduced to time trials at the pre-dolphin or dolphin level.

### Club Gala

This is similar to time trials with a greater emphasis on competition. They usually take place twice per year with swimmers completing against others of a similar age. Usually about four weeks before the event information will be posted on the club's notice boards. This will provide details about which events each swimmer may enter. The events will be listed next to the swimmers' names. To enter an event, a tick should be placed next to the events that the swimmer wishes to enter.

All club members are encouraged to enter club galas though swimmers may choose not to. The club gala is followed by a presentation evening a few weeks later where swimmers collect their awards.

### Graded Meets

Graded meets are aimed at novice swimmers to introduce them to competitive swimming in individual events. These are hosted by a number of clubs throughout the year at different venues.

As these competitions are aimed at novice competitors, the organisers will enforce an upper entry time for each event. Swimmers who have surpassed the upper entry times for a specific event will not be allowed to compete in that event. The squad coach may hand out gala information to each individual in their squad. The meets are usually open to competitors of all age groups, although some may be specific to swimmers of specific age groups.

# Richmond Dales Amateur Swimming Club

[www.rdasc.org.uk](http://www.rdasc.org.uk)

## Open Meets

These are similar to graded meets in that swimmers will compete in individual events. However, there will be no upper entry time. This will allow swimmers of any standard to enter the meet. These are generally at a higher standard than graded meets. Some open meets may have a lower entry limit, restricting their entries to swimmers of a higher standard.

## The Durham and District Junior League

The 'Diddy League' is an annual team competition in which the club participates. The gala is for swimmers aged between 9 and 12. It is designed to give swimmers an introduction to competitive swimming. The gala involves a number of individuals and relay races where swimmers will score points for the club. The points accumulated by the swimmers will determine the club's overall finishing position.

There are eleven other teams in the competition. RDASC will compete against all of these teams over three different galas. When these three galas have been completed, the top six teams will qualify for the Division 2 Final, with the remaining five teams taking part in the Division 3 final.

Swimmers will be selected to swim for the club based on their attendance and performance in training as well as their recent gala performances. The team sheet for each gala will be posted on the notice board approximately two weeks before the gala. Swimmers must indicate their availability to swim by placing a tick next to their name. If a swimmer's name does not appear on the list for the first gala they may still be selected to swim at the following galas.

The club will provide a coach to transport swimmers and parents to and from the galas at a small cost. Parents and swimmers are encouraged to travel on the coach, although may wish to make their own way to the gala.

Each gala usually lasts about two hours. If a swimmer is selected they will need shorts, a T-shirt and flip-flops/Crocs/aqua shoes to wear poolside between races. They will also need a spare towel to dry off after each race and plenty to drink whilst at the gala. Taking a packed lunch to enjoy on the return journey is recommended.

## Northumberland & Durham Counties Championship

The Northumberland & Durham Counties Championship is high level of competition aimed at the best swimmers across the two counties. There will be a qualification time which swimmers must have achieved prior to entering the event. The championships run in February and March with five or six events in total.

## North East Region Championship

This is very high level of competition aimed at the best swimmers in the North East region. There will be a qualification time which swimmers must have achieved prior to entering the event. There is a short course championship which takes place in November with the Long Course Championships taking place in May or June.

## ASA National Championships & British Championships

These events are the highest standard of competition in the domestic calendar. Qualification times are set very high and must have been achieved at specific designated meets. The head coach or competition secretary is responsible for entering swimmers into these competitions.

Information about all galas will be published on the notice boards and sent out by email. If you would like any additional information, please speak to the squad coach or contact the Competitions Secretary via email to [competitions@rdasc.org.uk](mailto:competitions@rdasc.org.uk).