



Warriors of Warrington Swimming Club

GUIDE TO GALAS





What is a swimming gala?

A swimming gala, or meet, is a swimming competition that is run in accordance to the rules of the national governing body; which in England is Swim England. Any organisation (club, district, county or region) that runs a gala that Warriors compete at must obtain a licence from Swim England in order to run the gala.

Swimmers can compete in Warriors internal galas at any age but only when they reach 9 years old can they compete at external galas run by other clubs.

The club competes in a wide variety of meets in order to accommodate the needs of every swimmer. Meets are referred to as short course if they take place in a 25m pool, or long course if they take place in a 50m pool.

The swimming season is generally split into a short course season from September to February and long course from March to July/early August. Our younger swimmers can continue to swim in short course meets throughout the year.

The vast majority of meets are Age Group competitions where swimmers compete within their own age group. The age of the swimmer is either the last day of the meet or on the 31st December of that year. All County, Regional, National and British meets use the swimmers age as of end of the year, regardless of whether the swimmer was born on 1st January or 31st December.

With the exception of the club's Badge Galas and Championships, swimmers pay an entry fee for each race they enter. If they are rejected from a race because, for example, they are too fast or there are too many entries, the entry fee will be refunded. If a swimmers pulls out of a competition they are not entitled to a refund unless they have a letter from a doctor. Refunds are exclusively at the discretion of the promoter of the meet.

How does it work?

As a swimmer starts their competitive journey they will compete at licensed meets and achieve times for the races they compete in. These times will then be included on the British Rankings database (<https://www.swimmingresults.org/12months/>).

A licensed meet is one that meets the specific criteria set out by Swim England. Licensing includes criteria on entry times, electronic timing and the number of officials. Lower level meets usually take place over the two day weekend but County, Regional, National and British meets can be over up to five days or several weekends.

All meets that Warriors compete in are run under the swimming rules of Swim England or other national associations; for example Scottish Swimming or Swim Wales.

At a meet, events (races) are swum in heats by gender from slowest to fastest and at the majority of meets events will be Heat Declared Winners (HDW), meaning that the times achieved by swimmers in the heats will form the overall results. After the heats for an event have been completed, the results will be processed by age group and awards presented. County, Regional, National and British meets will have heats and then finals for the majority of the events and these finals will be the fastest swimmers from each age group.

At the highest level of competition, meets will have no age group swimming, although there may be senior and junior categories.

It is essential that you read the Meet Entry pack for every meet your swimmer enters as this will have the entry conditions specific to that meet. These will be available on the club's website. All meets will have a deadline when entries have to have been received by our Away Galas coordinator and payment made by cheque or bank transfer. Late entries will not be accepted.





What events can I swim at a licensed meet?

The full list of individual events that a swimmer can enter at a licensed meet are as below.

- Freestyle: 50m, 100m, 200m, 400m, 800m, 1500m
- Backstroke: 50m, 100m, 200m
- Breaststroke: 50m, 100m, 200m
- Butterfly: 50m, 100m, 200m
- Individual Medley: 100m (25m pool only), 200m, 400m

The Individual Medley, or IM, is an event where the four strokes are swum in the order of butterfly, backstroke, breaststroke and front crawl. The swimmer will be disqualified if they not swum in the correct order.

The longer events (Freestyle: 800m freestyle, 1500m freestyle and 400m IM) are usually restricted to older swimmers.

For longer events your swimmer will have to get used to counting how many lengths they have completed as it is not uncommon for younger swimmers to miscount and finish too early, leading to disqualification. Swimmers have also been known to stop early as a response to another swimmer finishing early, therefore it is important that they learn to swim their own race.

For the 800m and 1500m freestyle events, lap cards are displayed at one end of each swimmer's lane to inform them how many lengths they still have to swim and a bell or whistle is used to signal when 2 lengths remain.

Please note that although the club's Badge Galas and Club Championships have 25m races, these are not licensed events and are an introduction to competitive swimming for our younger members.





What are licensed galas?

There are 4 levels of licensed meets/galas and the basics of these are explained below.

Level 4 Galas

These are generally club galas where no other swimming club is competing. Examples are the Warriors Badge Galas, Club Championships and Long Distance Gala. For Warriors these will always be short course meets and take place at Orford Park. There are no restrictions on entry times and a swimmer with no time (NT) can swim at these. Times achieved at these meets can be used to enter all but level 1 meets. Please note that the club will always try to licence the Badge Galas but if we cannot meet the minimum criteria for officials they will be unlicensed. As our officials are in the majority made up from parents, please inquire about how to train to be an official.

All other levels of meets are referred to as Open where swimmers from different clubs compete:

Level 3 Meets

These are development short course meets that are generally for younger swimmers. There are restrictions on entry times with upper time limits set for each event in each age group that a swimmer cannot have exceeded if they wish to enter. Swimmers with no times (NT) can usually enter these meets with an estimated time provided by their coach. Times achieved at these meets can usually be used to enter all meets with the exception of some level 1 meets.

Level 2 Meets

Level 2 meets are short course meets for our more experienced swimmers and have lower cut-off times where a swimmer will have to achieve the minimum entry time. There are no upper limit times. Times achieved at these meets can be used to enter all meets with the exception of some level 1 meets.

Level 1 Meets

Level 1 meets are long course only. Every year swimmers compete in long course events with the aim of achieving times to be invited to the British and National (England, Scotland or Wales) Summer Meets. To enter non-National or non-British level 1 meet, swimmers must have achieved the minimum entry time at a level 3, 2 or 1 meet. Swimmer can use times achieved at short course meets but these must be converted to a long course time.





What internal galas do we run?

These meets only involves Warriors swimmers and offer events that meet the needs of our swimmers.

Badge Galas

Badge Galas are aimed at all swimmers in the club, including swimmers under 9. The club aims to run four Badge Gala per year, usually in January, March, May and June. These are free to enter but swimmers are limited to entering two events per gala. It is also allows the younger swimmers to watch some of the older swimmers in action.

The programme of swimming events is spread across Badge Gala 1 and 2. Badge Gala 3 is identical to Badge Gala 1 and Badge Gala 4 is identical to Badge Gala 2.

Badge Galas offer a great opportunity for swimmers who are not yet at competing age to gain experience of how a gala is run and gives them the chance to swim 25m races which are not swam at open meets.

Entry for Badge Galas is done electronically via the Active Passport Page. The Home Galas team will send out an email when a Badge Gala is approaching to remind you on the entry process.

At Badge Galas swimmers can also obtain badges for different strokes depending on the times they achieve. For some badges you may need more than one time. If it is your first time at a Badge Gala, ask at the desk in the spectator area for your record card. Once your swimmer has achieved Endeavour 1 and Endeavour 2 Badges they will receive their coloured personal record card to track their times and aim for Bronze, Silver, Gold and Platinum badges. Some swimmers choose to have these badge sewn to their T-Bag T-shirt or the straps of their swimming bags

Galas 1 and 3		Galas 2 and 4	
200m Ind. Medley	50m Freestyle	100m Backstroke	
25m Freestyle		50m Breaststroke	
50m Backstroke		25m Butterfly	
100m Breaststroke		100m Ind. Medley	
100m Butterfly		200m Freestyle	
100m Freestyle		25m Backstroke	
25m Breaststroke		200m Breaststroke	
50m Butterfly		100m Butterfly	
200m Backstroke		400m Ind. Medley	
400m Freestyle			

There will be 4 Badge Galas per year.
Required number of times must be achieved at different lengths.
Times achieved at other galas can be used to obtain badges at Warriors Badge Galas. Just bring your P.B. sheet.
Please do not lose this card as you will require it at every Badge Gala.

WARRIORS
of WARRINGTON

BADGE GALA
PERSONAL RECORD CARD

Swimmer's Name _____

Galas 1 and 3		Galas 2 and 4	
200m Ind. Medley	50m Freestyle	100m Backstroke	
25m Freestyle		50m Breaststroke	
50m Backstroke		25m Butterfly	
100m Breaststroke		100m Ind. Medley	
200m Butterfly		200m Freestyle	
100m Freestyle		25m Backstroke	
25m Breaststroke		200m Breaststroke	
50m Butterfly		100m Butterfly	
200m Backstroke		400m Ind. Medley	
400m Freestyle			

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WARRIORS
of WARRINGTON

BADGE GALA
PERSONAL RECORD CARD

Swimmer's Name _____

WARRIORS
of WARRINGTON

BADGE GALA
RECORD CARD

ENDEAVOUR 1 & 2

Swimmer's Name _____

Long Distance Meet

Warriors members in AA squads and above are invited to enter this annual Level 4 long distance meet which normally takes place in April. Swimmers can enter 800m Freestyle or 1500m Freestyle via the Active Passport page and entry costs £5.50 for an event.

This galas is not open to swimmers under the age of 9 and swimmers under the age of 11 who wish to enter will need to obtain the agreement of the Head Coach.

Swimming a 800m (female) or 1500m (male) is part of the criteria for moving up through the Squads and any swimmers in 'AA' squad, 'A' Squad and National Squads are expected to have the above events on their profile in the 12 month window of competing (Jan - Dec)

It is important to realise that focusing on short distance events at an early age will limit a child's progression in the long run. Talented swimmers who do manage to make it through to late-teens and early twenties come from a background of aerobic, multi-event competing. Swimmers / parents who avoid the harder events and attempt to specialise in one particular stroke too early usually find the journey of swimming being cut short with limited options as an older swimmer. Swimmers must enter their less favourable / difficult events to improve as whole

If you have any questions about the long distance meet please speak to our Head Coach or Home Galas Coordinator





Club Championships

Our annual Club Championships are held over one weekend in September and is open to all swimmers in the club.

Depending on their age, swimmers compete in up to seven events in their male or female age group category. At the end of each event, medals are presented to the top three places in each age group.

For each event that a swimmer competes, their time is converted to FINA points. This is a points system based on the current world record for each male and female short course event where the world record is worth 1000 points. The highest FINA points from each category of events are then added together to find the top overall swimmer in each age group (male and female). At the presentation evening the winners of each male and female age group category are presented with a trophy and the top 6 each receive a medal.

Our younger/less experienced swimmers can compete in the Novice Category where they can swim up to four 25m events.

The Novice Category winner is calculated on a ranking points system depending on where each swimmer finishes in their event. The Novice category is mixed and therefore has a trophy for the top overall swimmer and medals for the top 6 swimmers.

All swimmers that participate at the Club Championships receive a certificate at our Presentation Night & Disco that is held in October.

Do we hold an external gala?

Percy Mason

The Percy Mason Memorial Gala is a level 3 Open Meet that the club hosts each year over a weekend in December. This gala is attended by swimmers of many clubs in the North West of England and Wales and is typical of level 3 development meets that take place throughout the country.

The Warriors Open Meet is called a “Graded” Meet because Warriors set upper time limits on each event. A swimmer whose Personal Best in an event is faster than this limit is not permitted to enter that event.

The Meet is advertised on the Warriors and Swim England websites and is very popular as many swimmers are trying to achieve end of year squad times or entry times for next year's County Championships. All swimmers must pay for each event they enter and Warriors Swimmers enter the gala and pay for each event via the Active Passport system.

Swimmers win medals for a top six finish in their male or female age group events and they also earn points that are used to determine the overall Top Boy, Top Girl and Top Visiting Club. The winner in each of these categories receives a trophy which is returned in time for the following year's meet.







What external galas do we enter?

Warriors compete in a number of Open Meets throughout the swimming year and information on these is posted on our website by the Away Galas team. This information will include, the entry pack provided by the host club's promoter, the conditions for entering the gala and the entry form. Other information posted by the Away Gala team will include the closing date by which swimmers must have submitted their entry form and paid for their events. This deadline is earlier than the closing date stated in the host club's entry pack as the Away Galas team have to process all entries and enter them into an electronic entry file before submitting this to the host club. Most of the meets entered by Warriors take place in Cheshire, Liverpool, Manchester and Sheffield areas and include level 1, 2 and 3 meets.

The Head Coach is responsible for deciding which meets Warriors enter and this constitutes the Warriors Yearly Competition Calendar. Different levels of meets are included so that swimmers of all abilities have an opportunity to compete at a level suitable to their stage of development. Swimmers should always read the guidelines sent out by the Away Galas team or consult with their Coach before entering a competition. If a swimmer enters a meet without consent, their time will not be added to the Club's computer rankings list.

Entry forms are required to be posted in post-box next to the Warriors notice board on the balcony at Woolston. Entry forms must be posted before the closing date allow the Away Galas Team to enter swimmers into the gala before the closing date. Even though the meet may not be taking place for a few months, payment must be made at the time of entering as the club have to pay the entry fees when they enter the swimmers and not on the day of the gala.

Payment can be made by attaching a cheque to the entry form or by bank transfer. Cheques are made payable to "Warriors of Warrington Swimming Club" and **must not be post dated as entries will be rejected if they are.** If paying by bank transfer, details of which will be included on the entry form, then proof of payment must be included with the entry form; for example a screenshot to show that the money has been transferred. If payment has not been received by the time the entries for the gala are being made, our Away Galas team will not be able to enter your swimmer.

Once our Away Galas Team have entered the swimmers to a meet, the hosting swim team will send out a list of accepted and sometimes rejected entries.

These entries will be posted on our website and an email sent out for parents to check for any errors, if there are any issues contact awaygalas@swimwarriors.org.uk

Just prior to a meet, the programme for the gala and session times, including warm up times, will be emailed and posted on the website for you to check. There will also be a list of team managers and any coaches that are attending.





Pathway of External Meets

Our swimmers aspire to compete at County, Regional, National or International meets and throughout the year there are a number of galas at which our swimmers compete with the aim of achieving qualifying times to enter these meets.

Cheshire County Championships

The Cheshire County Championships is a Level 2 short course meet held each year at Macclesfield over three weekends at the end of January and beginning of February. This meet is only open to clubs affiliated with the Cheshire County Swimming Association.

To enter an event a swimmer must have achieved the minimum entry time at a licensed meet within the previous 12 months. Some swimmers with slower times may be rejected if an event is over-subscribed. Medals are awarded to the top three girls and boys of each age group in each event. For swimmers competing up to the age of 13, BAGCAT points are awarded for each category of events. BAGCAT events are designed to encourage swimmers to compete over a wide range of events, with each swim earning points based on the time achieved. The points from the best swim in each category are tallied to arrive at the overall BAGCAT total and these are used to rank the swimmers in the overall Championship.

There are five Categories of Events that make up a BAGCAT competition:

- Sprint (any 50m stroke)
- Form (200m Breaststroke, Backstroke or Butterfly)
- 100s (any 100m stroke)
- Distance (Freestyle over 200/400/800/1500m)
- Individual Medley (over 100/200/400m)

To gain the maximum points you must swim an event from each category.

Swimmers with most points in each of the younger age groups are invited to take part in a special Cheshire Development day which includes land work, pool sessions and lectures.

Swimmers who do well at the Cheshire Championships may also be selected to compete for the Cheshire County team at various County Galas during the year.

Swim England North West Regional Championships

Every year the North West Region hold an Open Winter Championships (no age groups) over one weekend in November and a Summer Age Group Championships over three weekends in May.

To enter these galas it is necessary to have previously swum a qualifying time at a level of gala as per the promoter's conditions. Medals are awarded to the top three swimmers in each event.

The Winter Championships is a short course meet held at Manchester Aquatic Centre and the Summer Championships a long course meet held at Manchester Aquatic Centre and the Wavetree Aquatic Centre in Liverpool.





Home Nations Summer Meets

As Warriors is an English club, all its members are automatically affiliated to Swim England. When a swimmer is registered with Swim England their nation of choice, unless otherwise stated, is presumed to be England. If a swimmer wishes to be registered with another home nation, Scotland or Wales, or another country, they can do so but in order to compete in that country's national competitions they must meet the nationality criteria of that country's governing body and become a member of that national swimming association. If your swimmer's nation of choice is not England then it is up to you to organise registration with the governing body of your choice. Details of this can be found on their websites.

The Summer Meet forms part of the British Swimming's competition structure whereby the top ranked swimmers in each age group of each event are invited to compete at the British Swimming Summer Championships and the next ranked swimmers are invited to compete at their Home Nations Summer Meets. Swimmers are ranked only on times achieved at level 1 meets during the qualification window. This is typically between March and May of the same calendar year.

Swimmers must be registered with their respective national association to compete in either the Swim England Summer Meet, Scottish Swimming Summer Meet or the Swim Wales Summer Open Meet. Swimmers cannot compete at the same event in the British and their Home Nations Summer meets. These meets are held in July and August each year.

The Swim Wales Summer Open Meet will accept entries from non-Welsh swimmers. Guaranteed (first invite) places go to top Welsh ranked swimmers and there will be a limited number of places available to swimmers who have achieved the qualification times and have not been invited to the British, Scottish Swimming and Swim England Summer Meets in that event.



What are Team Galas?

Warriors will enter a number of team galas where we will compete against other swimming clubs in a variety of events. These events are normally categorised by age group for a given age range.

Team selections are the responsibility of the Head Coach who uses the Warriors Ranking List to select swimmers to represent the club. A list of the chosen swimmers will be emailed about two weeks before the gala by the Team Galas Coordinator. If your child is selected, please reply by email to confirm they are available. If for whatever reason they cannot attend you will also need to email the Head Coach as to the reason why a swimmer is unavailable at headcoach@swimwarriors.org.uk

Team selections are also displayed on the Warriors Web Site.

Please note:

When selected to represent the Club at Team galas, swimmers must wear Warriors swimming hat and T-shirt.

If selected for an team gala for which transport is provided, swimmers must travel with the team on the team coach. This is to ensure all swimmer arrive at the venue on time. Parents may also travel on the coach, subject to places being available and there is a small charge per parent towards costs but no charge will be made for swimmers. After the gala has finished, parents may take their children home but must inform a team manager of their intention to do this.



Examples of some Team Galas we currently enter are:

Bolton & District Mini League

For swimmers age 9 to 12 years. This competition is held around the North West of England. There are four rounds usually held in February, March April and June with the final held in September.

Co-Op Cup

The Co-op cup is run by City of Liverpool Swimming Club and is aimed at swimmers who are 9-12 years old on the day of the Final, 10th November. The two rounds and the final are held at Everton Park Sports Centre.

National Arena Swimming League North West

For swimmers aged 11 years and upwards. There are two rounds in October and November and a final in December.



How often should I compete?

From the age of 12 to the age of 18 the number of competitions per year should be the same as their age.

At any one of these competitions they should be expected to swim within 3% of their PB or faster.

How do we prepare for a gala?

Once you have entered a gala and your entry has been accepted, you will need to make sure you are prepared as galas often run across a weekend and for most of the day.

It is useful to make sure that you:

- Know the location of the pool and the time warm-up starts
- Where you can park and some money in case you need to pay for parking
- Bring a swimming bag with towels, costume/trunk, goggles and Warriors swim cap
- Food and drink
- Something to keep you and your swimmer entertained

Some top tips from other swimming parents:

- It is handy to have a spare 20p or £1 coin as different leisure centres charge different amounts for lockers and it is easy to put your belongings in a locker than take them all on poolside or in the spectator area
- Always check if there is a reduced rate for spectators if you are only attending a morning or afternoon session. Sometimes they make you pay for the full day in advance and give you a refund when you leave before the afternoon warm-up
- Remember to take a drink to you keep yourself hydrated as well as your swimmer as it is just as warm in the spectator area - we can highly recommend hand held fans!





What should we take to a gala?

Your swimmer will not need to take their training kit bag to a gala, instead they will need to take with them their swimming bag with:

- Swimming Costume / Trunks (always take a spare in case of issues)
- Towels (at least 2)
- Something to keep them warm to wear between races
- 2 pairs of goggles
- 2 Warriors of Warrington swimming caps
- Food and Drink
- Something to keep them entertained
- Deck Shoes - such as flip flops

It is the policy of Swim England that swimmers are not permitted to dive from a starting block until they have been awarded their Competitive Start Award.

Always make sure you have lots of water to drink (at least 2 water bottles), it is warmer on poolside than you think and being dehydrated affects performance.

Make sure your swimmer has something to put on after they have swam to keep them warm between races, T-shirts, shorts, and sweat suits are recommended

Always have an extra pair of goggles in case the first pair break; they should be exactly the same as the first pair. Swimmers should wear them a couple of times before and have practiced starts and turns with them before the meet.

Always have a spare Warriors cap in case one breaks.

Swimmers dry off 6 to 12 times at each session so one towel just isn't enough.

Deck Shoes such as flip flops or sandals as poolside are not kind to bare feet.

What food should they eat?

When preparing to compete at a swimming competition you need to pay careful attention to nutrition. Here are some tips about what to eat during swimming competitions from Swim England:

The day before

- Eat meals and snacks high in complex carbohydrates. You need to keep those glycogen stores topped up.
- Drink fluids little and often to stay properly hydrated.
- Eat little and often – every two to four hours to keep your blood sugar levels steady and fuel your muscles in preparation for your event.
- Avoid big meals or over-eating in the evening – this will almost certainly make you feel uncomfortable and lethargic the next day.
- Try to stick to familiar foods. Curries, spicy foods, baked beans and pulses (unless you are used to eating them) can cause gas and bloating, so avoid eating anything that may cause stomach discomfort the next day. It's best to stick to foods that you are familiar with.

The morning of the event

- Don't swim on empty. Even if you feel nervous, make breakfast happen. Stick to easily digested foods – cereal with milk, porridge, banana with yoghurt, some fruit or toast with jam.
- If you're really struggling, try liquid meals such as milkshakes, yoghurt drinks or a smoothie.





Snacks between heats

Try to eat as soon as possible after your swim to give yourself as long as possible to recover if you have to swim again.

High fat and simple sugar foods will do you no favours in competition. Instead search out complex carbohydrates again.

If you can't stomach anything solid try sports drinks, flavoured milk or diluted juice that will help replenish your energy supplies and assist the recovery of aching muscles.

The list below offers great food options to be snacking on in and around training for a competition. Remember to keep eating healthy foods from your regular diet though, such as fresh vegetables, nuts and fruits.

- Water, diluted fruit juice with a pinch of salt or a sports drink
- Pasta salad
- Plain sandwiches e.g. chicken, tuna, cheese with salad, banana, peanut butter
- Bananas, grapes, apples, plums, pears
- Dried fruit e.g. raisins, apricots, mango
- Smoothies
- Crackers and rice cakes with bananas and/or honey
- Mini-pancakes, fruit buns
- Cereal bars, fruit bars, sesame snaps
- Yoghurt and yoghurt drinks
- Small bags of unsalted nuts e.g. peanuts, cashews, almonds
- Prepared vegetable crudité's e.g. carrots, peppers, cucumber and celery

Your body will need a boost when you finish and you should always try to refuel within 30 minutes of finishing – your body immediately needs nutrients to repair muscles and replace energy. A sandwich is a good choice. Make sure you're refuelling with the 'right' foods though – something low in fat but high in carbohydrates and protein.



What happens at a gala?

You have entered a gala, event entries have been confirmed and your swimmers bag is packed ready to go. So what happens at the actual gala?

Normally before the weekend our away galas team will email to confirm the warm-up times for swimmers and the team manager rota for the gala and the contact mobile number to confirm lateness or non-attendance on the day.

All swimmers will participate in the warm-up before all sessions they are competing in. A warm-up may last from 30 minutes to one hour and includes a chance to practice dives or backstroke starts. The reason for the warm-up is to allow all swimmers to loosen up their muscles and to make final preparations before competing including getting used to a new pool. The warm-up is mandatory for all Warriors swimmers.

Team Managers are volunteers (parents) who have undergone training to be able to organise and manage a group of swimmers on poolside. They will make sure that your swimmer knows when to go to marshaling for their race along with which heat and lane they will swim in. It is easy to recognise our team managers as they will be wearing a white warriors polo shirt. Your swimmer will always need to report to the team manager when they arrive on poolside at the start of the gala so they can be ticked off the register and then let them know

The mobile number that is provided on the website can be used to let the team manager you are running late for warm-up or if a swimmer needs withdrawing from a race or gala due to illness. Please note the mobile phones carry no credit and you will therefore not receive a response to your message.



How does it all work?

When you enter your swimmer into a gala, the meet organiser takes all the entries and puts them into order from the slowest to the fastest time. From this they will create heats for the swimmers, so that they are swimming in heats with others of a similar time although they may not be the same age. It is important to remember that the time that someone is entered in may not be recent so therefore don't panic if someone swims a lot quicker than everyone else in their heat.

Once the event has finished and the times have been made official (subject to disqualifications) these will be printed and displayed for swimmers and parents to view. Results are also normally published either on the organising clubs website or some clubs subscribe to the app Meet Mobile (this app has a small yearly fee for you to access all the information). At this point all the swimmers that have swam the race will be put into age groups and then ranked in time order.

Most galas hand out medals for the first 3 swimmers in race age group, some also give medals to top 6 swimmers in an age group. This varies from meet to meet and will be made clear in the meet program that is sent out and published on our website when you enter a gala.

Swimmers over the 9 years old will have their times recorded on the British Swimming Rankings database. On this database are the personal best times for every registered swimmer in Great Britain. From the swimmer's individual page a personal best sheet, referred to as a PB sheet, can be viewed and printed. This is a record of a swimmer's individual best times achieved at licensed meets and can be found by entering either the swimmer's Swim England number or searching by surname on their website
- <https://www.swimmingresults.org/biogs/>

These times can then used to enter other meets, for selection at team galas and compared with the squad times they have to achieve. Please note that 25m events are not ranked, only events of at least 50m are ranked.

19:16 Completed

Finals - Results (Unofficial) ✓

PLACE 1 ★ 🏊	Ellie Basiurski ND 12 Dropped: -13.21	5:40.31 TIME
PLACE 2 ★ 🏊	Ava Vincent ND 11 Dropped: -44.32	5:40.58 TIME
PLACE 3 ★ 🏊	Rokia Farag ND 10 Dropped: - 4.34	5:55.66 TIME

	Warrington Warriors SC	Ranked Club	Warrington Warriors
st	2019 Short Course	Short Course PB	2019 Long Course
estyle	32.05	32.05	33.57
estyle	1:08.85	1:08.85	1:11.54
estyle	2:24.96	2:24.96	2:33.92
estyle	5:17.72	5:17.72	5:21.35
estyle	10:58.97	10:58.97	11:00.78
estyle			
stroke	38.29	38.29	40.51
stroke	1:23.83	1:23.83	1:27.34
stroke	2:58.73	2:58.73	3:04.61
terfly	35.08	35.08	35.75
terfly	1:17.84	1:17.84	
terfly			
stroke	37.89	37.89	38.26
stroke	1:18.24	1:18.24	1:21.63
stroke	2:41.10	2:41.10	2:59.19
ledley	2:41.06	2:41.06	2:49.98
ledley	5:40.58	5:40.58	
ledley	1:17.60	1:17.60	

Details

Print

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What is a disqualification?

Swimmers may find themselves disqualified from a race for a variety of reasons. While this can be very disappointing, the important thing is to understand why the disqualification has taken place. The reasons can be summarised under the following headings:

- Starts
- Strokes
- Turns
- Finishes
- Fouls

Swim England lays down technical rules for how swimmers should start and finish races, how turns should be performed and how each of the recognised strokes should be executed. Any swimmer failing to swim according to these rules will be disqualified. The best person to advise on each of these is your swimming coach.

Although it can be upsetting for young swimmers to find themselves disqualified from a race, it is important not to become disheartened as it happens occasionally at all levels of competitive, even to world champions! The important thing is to find out the reason for the disqualification from the judge or your coach and learn from the experience.

The rules on fouls cover a whole range of possibilities, but it is sufficient to note at this point that a foul is defined as any action which results in another swimmer suffering an unfair disadvantage.

Anyone wishing to study the technical rules in detail should consult the FINA Swimming Rules by clicking **HERE**.



Common Swimming Terms

Here are some of the common terms you may hear at a swimming gala and what they mean:

Swim England – The national governing body for amateur competitive swimming in England, formally the ASA (Amateur Swimming Association).

Swim England Membership Number – A number assigned to a swimmer upon joining Swim England. This number is required at any licensed competition.

Long Course/Short Course - A long course pool is 50m in length. A short course pool is 25m in length. To convert times from LC to SC or vice versa, use the converter www.pullbuoy.co.uk/times

Bulkhead – A wall constructed to divide a pool. For instance, many 50-meter pools have moveable bulkheads that allow the pool to be used for a 50-meter competition or a 25 meter competition. By moving the bulkhead, the length of the pool can be changed.

Open Meet - At an Open Meet swimmers are required to meet qualification times in order to compete

Graded Meet - At a Graded Meet a time cap is applied and only those swimmers below the cap are allowed to compete

Personal Best (PB) - The fastest time that a swimmer has recorded in their lifetime, for a particular stroke and length. Apart from elite level, PBs can be recorded at internal club competitions or club time trials

Seasonal Best (SB) - The fastest time that a swimmer has recorded for a particular stroke and length, in that current season (Sept-Aug). When a swimmer achieves a PB, then they also achieve an SB. When a swimmer achieves an SB, they may not achieve a PB.



Warm Up – Easy swimming used by swimmers prior to a race or practice to get the muscles loose and warm. Warm up gradually increases heart rate and respiration, and helps prevent injuries.

Warm Down – Easy swimming used by swimmers after a race or anaerobic practice set to rid the muscles of lactic acid and gradually reduce heart rate and respiration.

Starts and False Starts - At the start of a race the referee will blow three times to notify the competitors that race is about to begin. The referee will then give one long blow which tells the swimmers to mount the starting blocks or enter the water (Backstroke) The referee will then hand over to the starter who will say “take your marks” Once all the swimmers are ready, the starter will either press the electronic starter button or blow a whistle. In the event of a false start, the starter will press the starter button again and/or the false start rope will be dropped into the water

Over the Top Starts - This means that swimmers stay in the water until the next heat has started (Butterfly, Breaststroke, Freestyle)

Side by Side Starts - This means that the swimmers stay in the water until the next heat has started (Backstroke)

One Start Rule - This means that a swimmer is automatically disqualified for provoking a false start

Marshalling Area - The area where swimmers are to report to ahead of their race

Block – The starting platform.

Official – A judge on the deck of the pool at sanctioned competition who enforces ASA Swimming rules. There are stroke and turn judges, administrative officials, starters, timers, and referees.

Disqualification - The most common reasons why a swimmer is disqualified are that a swimmer has not touched the wall properly when turning or has not used the proper stroke technique



Heats - The division of an event in which there are too many swimmers to compete at one time

Heat Declared Winners – HDW - This means that there are no finals and the age group winners are announced according to the fastest time after all the heats have been completed

Speeding Ticket - This is what a swimmer receives for swimming too fast at a Graded Meet

Individual Medley (IM) - A race comprising all four strokes in the following series – Butterfly, Backstroke, Breaststroke, Freestyle

Touchpad - A board at the end of the pool that acts as a stopwatch. When the swimmer finishes and hits the touchpad, it records the time

Sprint – Describes the shorter events (50 and 100 meters). In practice, this refers to swimming as fast as possible for a short distance.

Relay – An event in which four swimmers compete together as a team to achieve one time.

Split – A swimmer's intermediate time in a race. Splits are registered every 50 meters and are used to determine whether or not a swimmer is on pace. Splits are very useful in planning future race strategy.

Negative Split – Swimming the second half of a race faster than the first half.





If you have any further questions or need any advice or support around galas please contact:

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