

‘Guide to Galas’

Leagues, Licensed, Unlicensed, Long Course, Short Course – What does it all mean?

Galas can be licensed or unlicensed. When a swimmer competes in a gala, they achieve a time for their swim, the stroke and for the distance they have swum. In order to compete in selected meets, all swimmers must have a registered swim time that is on the British Rankings database. This does not mean they can't compete in galas but just selected galas that are classed as licensed meets. Galas are ranked as follows: Leagues, Unlicensed and Licensed Meets. A Long course meet is swum in a 50m pool and a Short course meet in a 25m pool.

When competing in galas, swimmers should chose a variety of events and not stick to the ones they like, you never know how good you are until you give it a go!

LEAGUES

As a Club we can enter into 3 Leagues which are run under the banner of SADSA (Scarborough and District Swimming Association).

FRIENDLY League – This is our entry level league. It caters for swimmers just starting out in the competitive world and is open to swimmers aged 9yrs to 12yrs. Swimmers compete against their own age group and depending upon their age will swim either individually or in a team and will swim either 25m or 50m races.

BORDER League – This is our mid level league. It caters for swimmers moving up in the competitive world and is open to swimmers aged 9yrs to Open Age group. Swimmers compete against their own age group and depending upon their age will swim either individually 25m, 50m, 100m races and/or team events.

RIDINGS League – This is our premier level league. It caters for our fastest swimmers, and is open to swimmers aged 9yrs to Open Age group. Swimmers compete against their own age group and depending upon their age with swim either individually 25m, 50m races and/or team events.

UNLICENSED Galas

Galas where the swims do not appear on the British Swimming database. Our SADSA League galas are unlicensed. SADSA hold PB (personal best) records which can be broken if you swim fast enough, together with your own PB.

CLUB Galas

Our club galas are unlicensed. We aim to get everyone to participate in our home galas. It breaks down the nerves of new swimmers, and shows what can be achieved from our older swimmers. Swimmers should try and do all races so that they get used to the pace of swims at galas as some of these do not have much rest between events.

LICENSED Galas

Licensed Meets are graded by the ASA/British Swimming. They will appear as either Grade A, B, C or Level 1, 2,3 or 4. Grade A & Level 1 being the top grades. All our swimmers are able to swim in one of these meets. These are all defined by what your swim time is for the current swim event. If you do not have a time, don't worry as you will be entered without a time and usually swim within the first couple of heats which is where everyone new in to swimming starts. Then depending upon what level you swim at, you will then be able to move up the rankings.

We participate in the following:

Grade A/B/C – Kingston Upon Hull meets, Minster Meet, September Sprints, Halloween Meet, Santa Meet

Level 4 – Hull and Districts

Level 3-Kingston Upon Hull meets, Yorkshires, Dukeries Meet Level 2-Yorkshires/NERs

YORKSHIRES

The first high ranking gala for our Club is Yorkshire level. These are currently run twice a year. The Sprints meet is swum in a long course pool and is currently held in February/March. The events include 100m/200m/400m, 50m Sprints and Team events. The Winter Yorkshires are swum in a short course pool and are held in October. The swims include 100m events and 50m events for 9 year olds. To enter this gala, swimmers have to meet the set requirements set by the Yorkshire Swimming Association, including entry level times which are obtained from registered licensed meets. These meets are held at Ponds Forge International Pool, Sheffield and John Charles Centre, Leeds.

Further details can be obtained from www.yorkshireswimming.org

NERs

Moving on from the Yorkshires, comes the NERs (North East Regionals) which are held twice a year. Again swimmers need to meet a set criteria for entry in to this gala. The times will be faster, and registered times have to be obtained from a level 3 meet or above. Depending on the swimmers age, 15yrs and below, swimmers will compete in the BAGCATS (British Age Group Category) or 16yrs and above Youth/Seniors. These meets are held at Ponds Forge International Pool, Sheffield, John Charles Centre, Leeds or Sunderland Aquatic Centre.

Further details can be obtained from www.asaner.org.uk

From the NERs we move to the Nationals and beyond.

SELECTION OF GALAS

`how to enter`.

* Head Coach selection – We select the swimmers and the events they are going to do.

* Qualifying time – The events can only be entered if the qualifying time has been achieved at a specific licensed meet. (See gala calendar for meet levels and qualifying galas)

* Entry form – We leave this for the parents (or swimmers) to choose what events they want to do. You may only want to do half a session or prefer a specific stroke, however, it is good to have a go at different strokes and lengths.

However, if you are new to swimming please do not choose a distance swim unless you have spoken with the coaches. They will be able to advise if your child is ready for the distance swims and if they swim within the legal requirements, meaning they won't get disqualified. If you're still unsure please ask coaches, committee or other parents, we are all here to help each other.