



Cheadle (Staffs) & District Amateur Swimming Club

Established 1968



Guide to Competitive Swimming

Galas and Open Meets

There are different types of swimming galas.

- Competitions where the club competes as a team against other clubs in friendly galas or leagues.
- Competitions where the swimmer competes individually in licensed meets.



Licensed Meets

Licensed galas are those where the competitor is swimming for themselves in order to gain a time.

A swimmer's times can be found on this website:

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

All swimmers are continually working towards improving their times and many gain medals. For those of you that don't know, a PB means a personal best time.



The Club will enter different galas throughout the year and you will be alerted by the Club which ones you should enter. Your child's coach will advise you on which races to enter. The Club enters many Competitive Events these can be done from the age of 9 (age defined by the Amateur Swimming Association/ASA).

During a licensed competition specific rules are followed that are set out by the ASA. These meets are graded Level 1 to Level 4. The results are submitted to the Amateur Swimming Association (ASA) for the National Rankings Database. Swim England is the brand name for ASA.



<https://www.swimmingresults.org/12months/>

<https://www.swimming.org/swimengland/swim-england-who-we-are/>



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What are the different competitions levels?

Level One Meets are intended for qualifying for National Championships.

Minimum entry times apply. Pools must be either 25m or 50m long

Level Two Meets are intended for qualifying for Regional Championships.

Qualifying Times and Upper Limit times apply. Pools must be 25m or 50m long

Level Three Meets are intended for qualifying for County Championships,

Qualifying Times and Upper Limit times apply. Pools must be 25m, 33m or 50m long.

Level Four Meets are intended for swimmers beginning to enter individual open

competition. Qualifying Times sometimes apply. Upper Limit times usually apply.

Pools must be at least 25m long.

Some galas specify a band of times that your child's PB should fall between for each event.

Some specify a time where your child's PB must be equal to or faster and occasionally a time is specified where the swimmer's time must be slower.

It is important that parents know about gala entries because there is a cost involved (usually approx. £3 to £7 per event) which must be paid with your entry.

What are we aiming for?

Club Championships

Every year Cheadle & District ASC holds its Club Championships. This is where swimmers can go head to head against swimmer in their age groups in the events they choose. These championships are held for swimmers to improve their times, and compete to become overall Club Champion. We offer a full program of events, including long distance events.

It is expected that all Club swimmers enter the Club Championships.



County Championships – swimmers usually compete in a pool 25 meters long. The championships are held in Stafford. This championship sees the top swimmers in Staffordshire County competing against each other. Ultimately, swimmers are competing to become a County Champion and qualify for Midland Championships.

West Midland (Regional) Championships – This championship sees the top swimmers in the West Midland Region competing against each other. Ultimately, swimmers are competing to become Midland Region Champion and qualify for National Championships.

National Championships – This championship sees the top swimmers in the country competing against each other. The top 45 swimmers in each age group are selected for these championships. This has to be achieved at a Level 1 meet in a 50m pool.



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What to Take to a Gala

In a gala that covers a day there are usually two warm up sessions, so two costumes/jammers are needed for these. For the racing sessions a swimmer needs two costumes/jammers (one morning session and one afternoon session), these should fit the swimmer like a second skin. No gaps and little stretch to keep the swimmer streamlined and drag free. They also need a pair of goggles (plus one spare pair may come in handy), at least two towels (one for poolside so that between the races they can get dry and stay warm), and a hat, Deck/Pool shoes to wear at all times to prevent heat loss. To keep warm they need their Club t-shirts, hoodies and shorts/ tracksuit bottoms. There is an order form on the Club website for kit.

Note: Please ensure that your name is on all items including towels.

Food and Drinks

Swimmers will need plenty of water to drink and some food – they are going to be poolside for a long time. Drinking water prior to a training session is vital. During a competition the swimmer should be careful not to dehydrate. Swimming pool surrounds are notorious for being hot and sometimes unbearably so. During the day, drink should be taken little and often.



The list below offers great food options to be snacking on.

Here are some more you can try

- Pasta salad
- Rice
- Sandwiches e.g. chicken, tuna, cheese with salad, banana, peanut butter
- Bananas, grapes, apples, plums, pears, strawberries
- 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
- Carrots, peppers, cucumber and celery



THE MORNING OF AN 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 or some fruit.

For more information on swimmer nutrition see

<https://www.swimming.org/sport/swim-parents-advice/young-swimmer-nutrition/>





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Parents will also need something to drink (and eat) as it is usually very warm and humid at a swimming pool. Dress in such a way that you can cope with very hot conditions.

At the Gala

When you arrive at a swimming pool for a gala, make sure you do so in plenty of time (at least 20 minutes before your warm-up time). Report to the coach that you have arrived. Remember that children are representing their Club and so high standards of behaviour are expected.

Once at the gala the swimmers have to go off and change and then have to go poolside by themselves. Parents are not allowed poolside unless they are one of the volunteers helping to manage the team. There will be coaches and timekeepers from each club on the poolside to make sure that the children are ok and in the right place for each of their races.

What do the parents and supporters do at a gala?

They get to get to sit poolside and cheer on the swimmers – if you're lucky the pool will have proper tiered spectator seating – otherwise you end up sitting very close to the pool. There is also a small charge for spectators, and maybe a raffle or two to raise funds for the hosting club.