

Internal and External Galas – Q&A

I have never entered an open meet before what do I do?

- Dunstable SC, run Splash nights and Club Championships which are ideal for those who have never entered an open meet before

What's the difference between Club Champs and Splash nights?

- Splash nights are run 3 or 4 times a year
- All events are open to all age groups (except 25m only open to academy)
- Certificates are given to all who swim
- The event is licenced – level 4, which means it qualifies you for entry to other open meets and Country Championships
- It is a fun and informal open meet, great to get swimmers used to how a gala is run.

- Club Champs is run once a year and consists of 2 or 3 galas
- Events are only available to those in the age group (restricted Entry)
- Medals are awarded for each event and each age group
- Points are awarded for places 1-6
- Points add up to awards – based on age groups, presented at Presentation Night
- The event is licenced – level 4, which means it qualifies you for entry to other open meets

I want to enter a club promoted open meet, what do I do?

- Check the fixtures list on the club website for details of promoted meets
- A promoted meet means, we will fully support the entries and have poolside support throughout the gala, great if you are inexperienced.
- Look out for the email from the open meet secretary with details of the event
- Check to see if the open meet is at the right level – if new look for level 3! Open Meets are run in line with the qualifying windows – so you will see different levels throughout the year (see Flowchart for what and when)
- You can email entries or enter via the desk – see website for desk times
- Ensure you read the email and entry pack carefully as each open meet will have different conditions of entry.

My swimmer wants to qualify for Counties or Regionals – what should they do?

- Firstly speak with Tim or one of the coaches, who will be happy to help look at the best events and realistic goals to set.
- Then look at the fixtures list and check the qualifying windows in the flowchart to ensure your swimmer can enter.

What events should I enter?

- Most open meets will run over a weekend. It is important to think about your swimmer.

- Pools are hot and days are long – look at the schedule and find ones that work for your swimmer
- Entering the first and last event in a day may not be the best thing to do - look for sessions that work – as most open meets will have 3 sessions a day – morning, afternoon and evening and you have to be there for warm up – which is at the start of each session.
- Consider the distance, as some can take over an hour to reach.
- Don't enter too many in a day. Although swimming for 2- 4 minutes in a day may not seem a lot it is emotionally draining and tiring for the swimmers – and you may be hanging around waiting for 8 hours!

What happens on the day and what do I need to bring for my swimmer?

- You will need to advise the team manager if you have any problems – see emails for info
- You need to be at the pool normally 20 minutes before warm up and report to the Team manager – see emails for info
- Bring drinks – pools are hot!
- Bring healthy snacks – no sweets, and pack a lunch (not all pools have cafes – and they often close early)
- Hide your credit card – most opens have a sponsored supplier at the venue 😊
- For some venues – bring a cushion, poolside seating can be very uncomfortable.

NB

- Be aware that competitions lead to highs and lows – we see a lot of emotion at poolside, it is really important to be realistic when entering these events, swimmers have to get used to swimming at galas – they get really nervous.
- If you would like to help – we always need people poolside – see Parent Liaison or a member of the committee for more information.