

JUNIOR SWIMMERS

GALA INFORMATION SHEET

The purpose of this information sheet is to make clear the competitive structure of the club, from Club Championships and Club Time Trials through to Inter Club Galas, Lancashire County Championships, North West Regional Championships and National level.

All these are run under A.S.A Laws

TIME TRIALS

- Can be run on a regular basis.
- Open to all our younger swimmers aged 9 and under.
- The trials are very valuable both to coaches and to the swimmer.
- Our coaches are able to judge progress of the swimmers from times achieved.
- These times are often used in team selection for galas.
- The times achieved during these time trials are informal and therefore cannot be used as entry times for some licensed galas.
- Your coach should be consulted for guidance on which competitions the times set on these occasions are valid for.
- Your coach will notify you when time trials will be taking place but they will happen during a normal training session.

CLUB CHAMPIONSHIPS

- Club championships are open to all members, there are no age restrictions.
- The club championships are during normal club training nights at Knowsley or St Edwards and are held over several weeks.
- You will be given an entry form so that you can select the events that you wish to enter.
- Points are awarded to the top 6 swimmers in each event and an overall winner for each age group is presented with a trophy at the club disco and presentation evening which is held at the end of January / February..
- Swimmers are expected to enter all the races that are applicable to their age group.

TEAM GALAS

- Team galas take place throughout the year. You can check the club diary on the website to find out when all the galas take place www.evertonsa.org.uk
- Children are selected by the coaches to represent the club at these galas.
- Swimmers will be expected to represent the club when called upon for team galas.
- In these team galas, only children who are 9 years old by the end of December can compete.

- You will be notified via your coach if your child has been selected, check swimming bags on a regular basis for a selection slip. If your child is unable to swim then please contact the person named on the slip asap.
- Please note no payment is required for any child selected to represent the club at these galas.
- On the day of the gala please ensure swimmers arrive at the designated meeting point, usually notified prior and in plenty of time where they need to report to the coach to acknowledge they are present.
- The club can provide transport to the Arena league galas but not other team galas such as the Echo Cup and Shrimps galas that are held at a Liverpool pool.
- If a swimmer is not travelling on the coach either to the gala or back to Pool then please notify the coach or chaperone.

The Team Galas are:

The Shrimps Gala – January / February

- Organised by Southport SC, local teams compete.
- The coaches select the swimmers for these galas.
- All races are relay races for each stroke except backstroke and includes a medley relay.
- The aim of this gala is for swimmers aged 12 and under to achieve a minimum standard in each of the four strokes across all age groups. It also gives our younger swimmers their first experience of racing in front of a large audience.
- 7/8 years olds are eligible for this gala.

Echo Cup – September – October

- There are 2 qualifying rounds and the top 8 teams in the league compete in a final at the end of October
- Usually held at Everton Sports Centre
- The coaches select the swimmers for these galas.
- Only 1 team is entered
- For swimmers age 9-12 years.

NORTH WEST MICRO LEAGUE – February - November

- This is a junior competition for swimmers aged 12 and under.
- This competition has single age groups of 9, 10, 11, and 12. All individual events are 50m except the 9 year olds and all relays, which are swum over 25m except the 12 year old relays which are 4x50m.
- An 8 year old can swim in these galas provided they are 9 on or before the date of the National final, usually held on the last Sunday in November.
- There are four galas each year to decide the position in each division based on the total number of points gained over all 4 galas.

- The exact dates can be found on the club website or on the North West Micro League website <http://www.microleaguenw.org.uk> . Here you will also find the results of the fixtures and the position of clubs in each division.
- At the end of the season, in September, there is a swim off between the top 4 clubs in the division which decides the final positioning of the teams in the division. This swim off decides which club will represent the North West league in the regional final.
- There is also a swim off between the bottom 2 clubs in e.g. division 1 with the top 2 clubs in e.g. division 2 to decide which clubs compete in those divisions the following year.
- The club representing the North West will then compete against the winners of the other regions in the North of England final which is held in October.
- The top 4 clubs from the North then swim against the top 4 clubs from the South in the National final at the end of November to determine the overall National winner.

LICENSED OPEN MEETS (Galas)

- These galas are where swimmers compete individually however the team does score points as well and are given an overall ranking in the competition
- The purpose of these galas is to gain qualifying times for the Lancashire County Championships, the North West Regional Championships and ultimately the Nationals.
- There are a large number of open galas throughout the year and qualifying swimmers will be given an entry form in advance of these galas taking place. There is a closing date for which entries have to be handed back into the club so do make sure that the forms along with your payment are returned before that date.
- Each meet we are going to attend as a swimming club will be advertised on our website.
- All times at licensed galas are recorded on the ASA national rankings list.
- Licensed meets are categorised into 4 different levels. The entry times for licensed level 3 & 4 galas will be slower than the licensed level 1 & 2 galas – giving the less experienced swimmers the opportunity to compete and hopefully win races.
 - Level 1 is the highest level and will therefore have the fastest entry times; level 1 galas are aimed at swimmers trying to gain regional and national qualifying times.
 - Level 2 galas are aimed at swimmers going for national, regional and county qualifying times. Minimum entry times are slower than level 1 galas
 - Level 3 galas are aimed at swimmers going for regional and county qualifying times.
 - Level 4 galas have the slowest entry times and are aimed at swimmers trying to gain county times and also for less experienced swimmers.
 - In some galas, swimmers who exceed the specified times will be given a 'speeding ticket' and so will not be given a medal, but they don't seem to mind this!

Examples of the Meets we could Target are:

- January - City of Liverpool Winter meet – Liverpool Aquatics Centre, Wavertree, 9yrs – open (Level 1)
- February – Liverpool & District Age Group Champs – Knowsley Leisure Centre, 9yrs – open (Level 2)
- March – Lancashire County Championships – Wavertree & Manchester Aquatic Centre, 9yrs – open (Level 1)
- April – Stockport Metro Open Meet – Life Leisure Grand Central, Stockport, 11yrs – open (Level 1)
- May – Manchester Open meet – Manchester Aquatic Centre, 11yrs - open (Level 1)
- May – North West Youth Championships - Manchester Aquatic Centre, 15yrs – open (Level 1)
- May / June – North West Age Group Champs – Manchester Aquatics Centre, 11yrs – 14yrs (Level 1)
- July – Preston SC Summer Spectacular – Darwen Leisure Centre, 9yrs – 15yrs (Level 3)
- July / August – British Age Group Champs – Ponds Forge, Sheffield, 11yrs+ (Level 1)
- August – Swim England National Championships – Ponds Forge, Sheffield, 11Yrs+ (Level 1)
- September – Tadpoles gala – location TBA, 9yrs – 12yrs (Level 3)
- November – Wigan Future Stars meet – Wigan, 9yrs – open (Level 1)
- December – Preston SC Christmas Countdown – Darwen, 9yrs – 15yrs (Level 3)
- December – Manchester Snowpen, Manchester Aquatic Centre, 11yrs – open (Level 1)

Information for all meets

- In some cases the promoters will accept limited number of entries – if yours should not be accepted, then a refund will be issued.
- Entry fees will vary in price depending on what type of open it is, they usually range between £5 - £9 per race
- Please ensure that you complete the correct gala form for each gala and return your completed forms to Neil White by the closing date specified so that the entries can be processed and sent in time.
- It is very important that you use your child's current PB times for entries however if your child doesn't have an entry time please see your coach for advice. This is

usually only applicable for young swimmers entering their first open meet. You can check PB's on the following website - <http://www.swimmingresults.org/individualbest>

- Sometimes an older swimmer, age 11, might not have an entry time for 100m races. In these circumstances you can use a split time from a 200m race provided that it is an official time on the ASA database.
- You might have to convert PB's that were obtained in a 50m pool to a 25m time, this can be done using the following time converter - <http://www2.sportsys.co.uk/time.asp> and click on the link to equivalent time converter to install it onto your computer.
- It is very important that you use correct PB's as entries are checked against the ASA database and any entries found to be incorrect will not be accepted and your entry fee will be forfeited.