



WASHINGTON AQUATICS SWIMMING CLUB

AN INTRODUCTION TO COMPETING.

WASHINGTON AQUATICS SC is a fun and competitive club and provides a gala calendar for all squads each season. The season in swimming runs from September to August. The competitive part of swimming - the meet or gala - can seem pretty daunting for those swimmers and parents new to swimming and competing. However, once you've competed in or watched a couple, you will quickly get used to it, and there is always help and advice at hand. Your squad manager and coach are the first points of reference for matters relating to meets, there are plenty of people, including other swimmers' parents, who have been to galas and would be willing to pass on any information needed.

Forthcoming galas for the season are published on the club website under the gala tab at the top of the home page. They are also indicated on the gala calendar for each squad. Not all meets are relevant for all squads or all swimmers in a particular squad - it is the coach's decision who is entered for a particular meet.

Competition types are generally classified as "upper" or "lower" limits. An Upper Limit competition implies that a swimmer should not be faster than the Upper times, Lower Limits (Open meets) are targeted at swimmers that have times faster than the lower limits.

Meet/gala Levels: Level 1 and 2 are for national standard competitors and only times achieved at these events are eligible for entry to national competitions.

Level 3 and 4 meets are for those who have not met level 1 standard, to help qualify for Level 1 and 2 meets, and for younger swimmers.

Times achieved at levels 1- 4 are eligible for Northumberland and Durham and North East Region Championships.

These galas are listed on the Washington Aquatics notice board in the reception or on the website along with the gala entry forms.