



# **Portsmouth Northsea Swimming Club**

## **Competitions Guide**

**Version 1**



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## 1. What are the benefits of competing?

The benefits of taking part in competitions are:

- Improving wellbeing - swimming releases hormones called endorphins in the brain, which can improve a swimmer's sense of wellbeing, making them feel more positive
- Managing stress - by releasing endorphins, competitive swimming can also be a great way of relieving stress and anxiety. Being in a competitive environment gives swimmers experience in managing high pressure situations.
- Concentration -swimmers develop concentration skills, such as visualisation and self-talk, which can help them to focus on a particular skill or technique during the rigours of training, or during a competition.
- Children become competitive, as they refine and practice skills, and develop co-ordination and cognitive abilities.
- It helps to develop healthy attitudes about winning and losing.
- Swimmers learn about their abilities and limitations.
- Swimmers learn to participate in team events as well as an individual.
- Swimmers learn about rules of sport.
- It can encourage growth and push children to excel.

It's important that swimmers make every effort to enter competitions for several reasons:

- It gives swimmers an idea of what it's like to compete
- It gives swimmers their times, and is a clear marker of how they are progressing
- It gives swimmers a goal towards which they can work
- It gives swimmers a sense of achievement
- It shows the coaches how the swimmers cope with a competitive environment
- Gaining new improved times are one of the many factors that help the coaches to decide whether a swimmer is ready to move up to the next squad

## 2. What is an Open Meet?

An Open Meet is a swimming competition held by a promoter (individual club, county, regional or national bodies). Open meets are run with officials and referees, whose jobs is to ensure that the competition runs according to the ASA and FINA rules.

<https://www.swimming.org/sport/licensed-meets/>

<https://www.fina.org/swimming/rules>

Swimmers qualify for the meet based on their personal best times. Although they are representing the club, they are to a large part swimming for individual times in each event, apart from relays. Times will be recorded and uploaded to the British Rankings database.

The coaches select which particular Open Meets the club will attend and support and give guidance on which swimmers should attend and which events should be entered. Where the club supports an Open Meet, there will always be a coach present poolside to look after the swimmers.

Open meets are split into sessions of up to 3 hours each. Swimmers are expected to arrive at the beginning of the session, ready to warm up. It is very important to arrive 15-30 minutes before warm up time to complete pre-pool. They should go to the designated team area by poolside and "check in" with the Team Manager and/or Coach.



It is really important to familiarise yourself with the specific timetable of each meet, as most competitions run over the whole weekend and swimmers may only be entered in certain sessions.

### 3. What is Long Course and Short Course?

Long course means the event is swum in a 50m pool; short course is a 25m pool.

### 4. What is a Meet Level?

The issue of a license means that swimmers, coaches and parents can assume that the meet is a “quality competition” which complies with a standard set of requirements. The level of the meet will identify the purpose of the competition.

There are four levels of Open Meet licensing, with each level being defined by certain criteria and the top being Level 1.

- **Level 1** : 50m (Long Course) pool only. Aimed at National qualifiers and swimmers close to National qualification looking for opportunities to achieve National qualifying times. Qualifying times will be just below the national times. No upper limit times and minimum standard qualification times. Suitable for obtaining National or Regional Qualifying Times (QTs).
- **Level 2**: 25m (Short Course) pool only. Aimed at Regional qualifiers and swimmers close to Regional qualification. They have qualifying times and upper limit times (although not faster than National Qualifying Times – see below) and minimum standard qualification times are required. Suitable for obtaining National or Regional QTs.
- **Level 3 (either short course or long course)**: Aimed at Regional qualifiers and swimmers close to Regional qualification. They have qualifying times and upper limit times to reflect the standard at which the meet is aimed. Suitable for obtaining QTs for Regional Championships and Level 1 or 2 meets.
- **Level 4**: Suitable for obtaining QTs for County Championships and Level 3 meets. Upper qualification times should be in place (other than for club championships) and no lower qualification time is required.
  - National qualifying times will be accepted from meets licensed at levels 1 and 2.
  - Regional qualifying times will be accepted from meets licensed at level 1, 2 and 3.
  - Hampshire County championships have qualifying times but no upper cut off times.

There are conversion factors which allow you to convert a time achieved in a Long Course event to an equivalent Short Course time (or vice-versa). An online convertor for ASA times can be found on this website:

<https://www.pullbuoy.co.uk/times/>

### 5. Qualifying Times and Upper Limit Times

These are times set by meet organisers for each event; this enables the promoter to control the number of entries in the meet. A qualifying time is the time that the swimmer must have already achieved in order to enter the competition. Upper limit times if applicable are when a swimmer that is faster than this time is not eligible to enter. Qualifying times are set for National, Regional and



most County competitions. Coaches can use these standards as a guide to indicate the level of the swimmer.

## 6. What are PBs?

PB means Personal Best.

PBs are recorded on the PNSC Team Unify Database and on British Rankings (Individual Best Times). PBs can be gained from galas, club championships and open meet competitions.

## 7. What are Rankings?

The ASA holds a database of all official times recorded at licensed open meets. Once the swimmer has recorded a time at a licensed meet you can go to the ASA website to see where they are ranked at Club, County, Regional and National level.

This is the website link: [www.britishswimming.org](http://www.britishswimming.org).

It is at that point that you realise how many competitive swimmers there are in the country!

## 8. Age for Competition

Swim England, Leagues, the Promoters of Championships and Open Meets use a variety of rules and regulations to set ages at which swimmers may compete.

For events restricted to members of one club there is no minimum age, for example our own club championships and Novice/Fun Galas – the bottom age is normally 8 years and under, this may be changed to suit the requirements of the club/organizer of the event.

League and Inter Club Galas it is normally 9 years.

Open Meets and Championships (including County Championships) 9 Years; with the exception of Regional and National Championships for which the age is 10 and 11 years respectively.

Different rules apply to swimmers competing in relay events for Regional and National Championships.

## 9. How is the Age Calculated?

There are two main ways in which this is done:

- Age of the Swimmer as at the 31st December
- Age of the Swimmer on the Day of the Event, except where a competition runs over more than one day, the age will be as at the last day of competition.

It is important to check the promoter's conditions of each meet to check the License Age details.

## 10. How to find your child's ASA number

All members of PNSC are also members of the Amateur Swimming Association (ASA). You will find the number by going to the following internet address and entering the relevant surname.

<http://www.swimming.org/asa/clubs-and-members/membership-check/>

ASA number is needed when you enter meets.



## 11. What are Promoters Conditions?

All Open Meets and Championship events are governed by certain restrictions, entry times, entry prices, medals, etc., these are in the 'Promoters Conditions' and must be read prior entering a meet.

Please refer to the PNC Competition Calendar to look at the meets that the club is aiming to attend. Additional events may be introduced so keep a check on the competition calendar and information sent out via the weekly notices.

## 12. Meet attendance - how Many Open Meets Should I Enter?

The Head Coach decides the season competition plan together with the Coaching Leadership Team and will be organised so it fits in with the training cycles.

Swimmers and their families are expected to adhere to their squad's season plan as part of their commitment to the training programme.

Squads will receive Team Unify e-mails inviting them to attend a relevant meet. Your Squad Coach will also advise you on what meets and events they would like you to enter. If you want to enter additional events you may do so in consultation with your coach. Ask your coach if you need advice.

Check on the Club website under competitions then calendar for the galas and open meets.

If you wish to enter a meet / competition that is not on the Club's Meets Calendar, then you will need send an email starting your reasons for wishing to do and get the Head Coach's prior agreement.

Unauthorised attendance to meets or of lack of meet attendance may jeopardise a swimmer's place in a specific squad or stop them progressing to a higher squad.

## 13. How to enter a meet

All competitions that have been approved by the club will be listed in our Competitions Calendar. You can enter a meet via the Team Unify OnDeck app or logging into your Team Unify account on a computer.

You need to go to the Events and Meet Entries and select the appropriate meet to enter. Please have a good look at the attachments, as the Programme of Events, Qualifying Times and Promoter's conditions will be included in PDF form. Carefully read all the details, particularly the price per event and admin fees, as once you enter a meet you will be charged on your monthly Direct Debit for that races you have committed to.

It is up to you and/or your swimmer to make sure you complete the entries for Open Meets and Championships. Team Unify may send out general reminders but ultimately the responsibility to enter by the closing date is yours. If you are serious about competing it is a good idea to spot the dates of competitions as early as possible and put those dates in your family calendar so that you make sure you do not get double booked.



#### 14. Once I have entered will I definitely be swimming?

If you have entered County, Regional or National Championships then the answer is yes, providing you have completed the entry form correctly in Team Unify and times are within the limits as per the entry conditions.

For all other competitions, you will have to wait to see if you are accepted for all the events you have entered. If a meet is oversubscribed those with the slowest times, or the latest entries received, will be refused. Sometimes you will be refused for some events but accepted for others.

A few weeks before the meet you will be informed of your accepted entry or the events for which you have been accepted. If your entry, or some events are refused your money will be refunded in a few weeks' after the event has been held.

#### 15. How will I know if my child is selected for a league or relay team?

The coaching staff will select a team suitable for the level of expected competition and take account of current times, attendance and performance at training.

Swimmers will be expected to swim any event they are selected for, this will not always be the swimmers best or favourite stroke. On some occasions, it will be necessary to select some swimmers to swim in relays only. Please note as a competitive swimming club, it is expected that the swimmers selected will proudly compete for the club at these prestigious events as a priority.

You will receive an email with details of the venue, times, places to meet etc. and you will be asked to confirm by email ASAP that your child can attend. It is vital that if your child cannot compete you let the relevant person know ASAP.

Other than illness/injury, no other reasons for withdrawing on the day are acceptable as it can mean the team and the Club are let down and will forfeit one or more races, which will impact the Club's total points score.

#### 16. Travelling and arrival to a meet

Ensure you/your swimmer gets plenty of sleep the night before and arrive at the gala on time.

Plan your journey and parking ahead of time to ensure you arrive with plenty of time to sign in and warm up. Some higher level meets have a sign in desk where swimmers must sign in when they arrive. Failure to sign in may mean not being able to swim so please let them your children know how important it is. There will usually be a Coach or Team Managers (parent volunteers) on poolside to help children remember!

Swimmers will need to enter the changing area without parents and parents will need to go to the spectator area or can enter poolside if they are volunteering.

Swimmers will be expected to do some stretching exercises on poolside before the warm up so it is advisable to be changed and be on poolside around 20 minutes before the scheduled start of warm up.



## 17. Unable to compete

If you are late and/or miss sign in you will not be able to compete. If you/ your child is unable to attend a competition, please email the PNSC Meets Manager as soon as possible to [meets@pns.org.uk](mailto:meets@pns.org.uk). This ensures that the coaches know who is turning up at events and they can also let the competition organisers know. By notifying the organisers by the required time, they will then aim to run the meet without empty lanes and with minimum heats to speed up the running of the event and making it fairer for swimmers.

Competition organisers have the right to fine a club if a swimmer is not withdrawn from an event – please remember that this fine will then be passed back to you if you have not informed the Club in plenty of time that you will not be competing.

## 18. Medication during meets

Please ensure that you/ your swimmer has/ have any medication readily available if required through the day. Please inform the PNSC Meet Manager of any special medical requirements in advance of the meet in writing to [meets@pns.org.uk](mailto:meets@pns.org.uk).

Please note that whether by accident or on purpose, doping is against the rules of the sport. Use the links below to ensure that if you/your child is taking medication, you are working within the laws for aquatic sports.

<https://www.britishswimming.org/performance/swimming/anti-doping/>

## 19. What food and drink should I take with me?

Nutrition is absolutely vital for racing performance and recovery.

- Drinks: Take plenty to drink-preferably water, squash or electrolytes drinks. Fizzy drinks are not recommended. Make sure you drink throughout the day, as the pool is a very hot environment and swimmers tend to get dehydrated during meets. Usually, you will be able to refill your bottles at the pool.
- Food: Take plenty to eat and keep it with you, rather than with parents. You will need to snack/ eat throughout the day. The rule is: high carbohydrate, low fat. You also need a certain amount of sugar. Pasta, sandwiches, pitta chips, bagels, buns, bananas, energy/cereal bars are ideal. Fruit is fine but avoid anything that is hard to digest. We do not recommend crisps or highly processed food.

Some basic rules for competition food:

- Stick with what you know / your stomach tolerates well, particularly food that you eat regularly before or after training.
- Meets are not a good time to try new food. The pre-race nerves and butterflies that happen on race day will make you extra sensitive to what is happening in your stomach.
- Snack Like a Champion! Swim meets are tiring. Between the big races, the warming up, the warming down, and the racing tension, it is key to keep yourself fuelled over the course of each day and the weekend with healthy snacks that are easy to digest.
- Eat a balanced breakfast/ lunch a two to three of hours before the actual racing. A balanced meal should include carbohydrates, protein, fluids, and a small portion of healthy fat.
- Half an hour before you race, top up with healthy snacks.



- Keep your food in a container. There is often very limited room on poolside and bags have to be piled on top of each other. People then climb over them, move them, sit on them etc. Food that is not in a container will inevitably get squashed.

Some basic rules for food after the meet:

- Don't forget your recovery food! Get some carbs and protein in you within thirty minutes of racing. This is when your muscles are in most need for an energy uptake. It is recommended that you recover with carbohydrates and protein within 30 minutes after racing. Protein shakes, cashew nuts, peanut butter sandwiches and/or bananas are good recovery food.
- Make sure that your dinner has large amount of protein as it aids energy recovery and rebuild muscle.

## 20. What else do I need to take?

- **At least one costume.** You may want a dry one for each session, if you do not want to put on a wet one. You should have at least one racing costume, do not wear this for warm up, but change into it after the warm up. Please see section 21 for further guidance on racing costumes. If you are unsure what to buy please contact your coach or our membership secretary and we will guide you.
- **A club hat** (for both boys as well as girls). PN logo hats during are compulsory in all competitions attended with the club, as you will be representing the club. If you do not wear a club hat, the coach may not see you swim and not get your time and most important of all will not be able to tell you about your race.
- **Goggles.** Ensure your goggles fit properly during warm up and do not be tempted to fiddle with them between races – or during a race (you could be DQ'd). Make sure you have a spare pair.
- **Track suit or Club Top.** Compulsory for presentations. You will not be allowed to a presentation in jeans etc. You are representing the club, should be proud to do so and look smart at the same time. Wearing a club top/tracksuit will prevent you from getting cold on poolside. If you are a new swimmer and you don't have club kit, please wear a smart sports t-shirt (preferably club colours: white, red or blue, but black or grey is also acceptable.)
- **Two towels.** Make sure you use these. Please encourage your swimmer not to put his/her tracksuit/top on without drying themselves.
- **Pool shoes/ flip flops.** You will not be allowed off pool side without these.
- **Things to do.** It is often a long day and you may have to wait a long time between swims. Card games like Top Trumps are good, or a book to read. You may bring your phone and headphones to listen to some music prior to racing to get you focused, but this will be at your own risk. We do encourage swimmers to spend little time on their phones and to focus on the races and supporting their team mates instead.

Swimmers should be aware that these items are your responsibility to look after; the club, coaches etc. will not be held responsible for any loss or damage however caused.



## 21. Racing Costumes versus Technical Racing Suits

Racing costumes must be compliant with the rules of the competition you are entering, otherwise a swimmer will not be allowed to compete. If in doubt, check the current FINA rules before you purchase.

- Racing costumes should fit like a second skin.
- Girls should not be able to pull up the straps more than two/three inches above the shoulders
- Boys should be tight fitting (baggy bottoms will slow you down).

Swim England also provide some guidance which can be found on their website <https://www.swimming.org/sport/inclusive-swimwear-guidance-for-competitive-swimming/>

Sooner or later your swimmer will inevitably ask you to buy one of the very expensive technical racing suits! These suits are made with advanced materials to reduce drag in the water and provide compression helping swimmers glide, as well as reducing water absorption. However, there are no proven performance benefits for young swimmers and those who have not yet reached puberty.

Tech suits are very expensive. We only recommend shopping for a tech suit if you are competing in a big important swim meet. They're not guaranteed, but they can help give you that extra edge to swim faster in a race. The pre-race routine of putting a tech suit on can mentally prepare a well-trained swimmer to "get ready for racing" and mentally differentiate from training.

However, the psychological effect of a tech suit can be a double-edged sword. A swimmer can put on an expensive tech suit and be filled with misplaced confidence that the suit will magically make up for missed training or poor technique.

The bottom line is that swimmers will see the most improvements on their times by consistently working hard in training and listening and implementing the technical advice of the coaches, not through buying an expensive suit.

## 22. What will happen when I get there?

Make sure you arrive in good time. There will probably be a lot of people about so find out if the swimmers have already gone in. Don't stand in a queue of spectators. The first thing you need to do is sign in (if required) and go to the dedicated team area by poolside. Check in with the team manager and/or coach.

If you arrive between sessions the coaches will probably be at lunch. Look for the club bags and wait there or with your parents until people come back.

## 23. Are my family and friends allowed to come to watch?

Family and friend are allowed to spectate in most meets, although Covid does impact this for some meets. They will be able to buy a ticket in advance or on the day and they will be located at a dedicated spectator area. Spectators are normally charged a per session or all day fee to watch. Some high level meets are starting live streaming due to Covid regulations restricting spectating.

Swimmers will be with their team and coach by poolside for the duration of the meet, and they are only allowed to go to see their families and friends for short periods, so long as they are dry, wearing shoes and a top and they return to poolside as soon as possible. It is the swimmer responsibility to



be on time for all the races, so please make sure that you are in the marshalling area within plenty of time for the race.

#### 24. When do I swim/warm up?

Each session begins with a warm up. Your coach will tell you when and where to go. Never dive at the start of warm up and make sure you are going the right way round the lane. You may be in a lane with swimmers from other clubs. Make sure you keep swimming. Always begin with front crawl unless your coach tells you otherwise. After about 10 minutes there will be an announcement that some lanes are now 'Sprint lanes'.

If you are swimming in one of these lanes you need to move out as quickly as possible. The people in this lane will be swimming one length of any stroke as fast as possible. You may now dive. Your coach may tell you which lanes to use and assist you by starting and possible timing you.

Indicate to him/her that you are ready and then go. There are lots of things to do at an open meet so the coach may not be able to do this. In this case you can still use the sprint lane to practice. There is only a short time allowed for sprints so don't hold things up by waiting a long time on the blocks. The other lanes will continue with normal warm up. You can swim in any of these lanes if you prefer unless your coach tells you differently. If you are young and swimming in the first event your coach may tell you to get out early.

Swimmers should not waste valuable Warm Up time by queuing to do a couple of sprints unless told to do so by the coach.

#### 25. Swimmers Call/Marshalling/Reporting Area (sometimes called 'Whipping Area')

When it is time for you to swim you will be told to go to the marshalling area. Make sure you know where this is – if you don't - ask. In the marshalling area it is usually very busy. Somebody will be reading out the names of the swimmers in your event. Listen carefully and speak up when your name is read out. You will then be told your heat and lane number and told where to stand/ sit. Stay there until told to move. You will gradually move towards the front. When it is your turn you will be told to go to your lane.

Please remember to be "race ready" when you go to the marshalling area. You need to have your racing suit on, wear a club top and pool shoes and have with you hat and goggles. Some swimmers have a little bag with them with a spare hat and goggles, just in case they have a split before the race.

#### 26. After your swim

After your race, if there are the facilities available, go and 'swim down' this means swimming at least 200m easy front crawl or backstroke, when finished towel down and go and speak to your coach.

When you get out make sure you dry yourself well before putting on your club top and shoes. You will get very cold sitting in a soaking wet top and it might be a while until your next race.

Once you have finished all your races for the session you can get dressed and go. You do not need to stay until the end unless you have a final to swim or a medal to collect. However, you must always speak to your coach/team manager before you go.



## 27. What happens between sessions?

Please do not leave poolside until you have asked your coach/team manager. Your parents will need to make arrangements for you between sessions.

There may be a change of coaches/team manager or the coach/team manager may go to lunch so you will be unsupervised. If your parents are not there they will need to make arrangements for you to be with someone else.

## 28. What is a DQ?

Disqualifications are inevitable. Sooner or later, all swimmers will come across disqualifications (DQ). Like all sports, competitive swimming is governed by strict technical rules which are there to make sure that races are run fairly.

Our Club Championships are governed by the same set of rules used in the Olympic Games! All of these rules are included within the Swim England Handbook, a copy of which can be found on the [Swim England Website](https://www.swimming.org/swimengland/swimengland-handbook/). <https://www.swimming.org/swimengland/swimengland-handbook/>

All officials at a Meet, such as referees and judges, have passed examinations (both theoretical and practical) and would prefer not to disqualify, however they have to maintain standards without which some swimmers could gain an unfair advantage. When this happens neither you or your swimmer should approach any official and interrupt the event, instead your swimmer should find out from their coach why they were disqualified.

Any concerns or complaints should be directed to the referee only by the coach, and only after the gala has finished. The referee's decision is always final. Please remember that, like our volunteers who run the club, all of these officials are also there as volunteers, so remember to be polite and respectful at all times otherwise you will be asked to leave the event.

When a disqualification occurs, this is normally announced along with the reason when the result of the race is announced. Some of the main reasons for disqualifications are:

- A false start – there are no 2nd chances on the start and can be the swimmer moving on the blocks once the starter has called “Take your marks”
- Incorrect stroke technique
- Incorrect touch at the turn or finish
- Incorrect turn
- Taking a ‘flyer’ in a relay race i.e., diving in before the incoming swimmer has touched.

We do understand it is upsetting when DQs happen, but swimmers do have to get used to the concept from the start and being disqualified should be looked on as a learning experience; it is not the end of the world and is something to work on in training. It happens to everyone and even experienced swimmers are disqualified occasionally. It is much better to be disqualified early at a club event and learn from that disqualification, than to be disqualified at a County Championship or National League event, later in a swimmer's career when it really matters.

Also please remember that jewellery, watches, racing aids, adhesive tape must not be worn whilst competing as it will earn you a DQ!



## 29. Key Competitions

### *Novice Galas*

These allow swimmers new to competitive swimming to have an insight to the sport and are normally restricted to members of Learn to Swim, Academy and Junior Squads. They will be held between members of 2- 7 other clubs and are held locally at Mountbatten Centre and other local pools.

### *Club Championships*

This is an annual competition for the members of the club only. Swimmers of all ages are eligible and strongly encouraged to participate and they compete against swimmers of the same age.

Club Championships are ideal for less experienced swimmers to get used to competing and also registering official times. Medals are awarded in each age group and Club Championship trophies are presented at the annual club awards evening. Club Championships are a level 4 licensed meet and swimmers should aim compete in all the races that they are able to swim in to get times in a wide variety of strokes and distances. If you are in any doubt as to what races to enter seek advice from your swimmers' coach.

### *County Championships*

This competition happens once a year, over several weekends, usually in January/February. Entry to the Championships is through qualifying times which are published on our website in the event pages. Swimmers can start competing at County level from the age of 9 years as long as they have gained the qualifying standard.

### *Regional Championships*

The Region have three competitions per year, the Youth Championships for swimmers aged 15 to 19 & over, Age Group Championships for swimmers aged 10 to 14 years, the Open Championships for Senior (aged 17 years & over), and Junior (aged 16 years and under) swimmers. The Youth Championships are held in May, the Age Groups in June and the Open (Winter Regionals) in November/December.

All the competitions are Long Course, which means they take place in a 50m pool. Swimmers have to gain qualifying times from licensed meets (level 3, 2 or 1) in order to compete at these championships.

### *National Championships*

These are the next step up from the Regional Championships; again swimmers have to attain the qualifying standard in order to compete. As with the Region there are three levels of competition. The first is the National BAGCAT Championships, for swimmers aged 11 years to 14 years and is usually held late July early August. Then there's the National Youth Championships for 15/16 years and 17/18 years – these are usually held early to mid August and directly follow the Age Group Competition. Selections for all the World Class Start and Potential Programmes come from these competitions. The last National event is the ASA Long Course Championships, which is open to any age group attaining the qualifying times, but is mainly a senior event. All National events are held Long Course (50m pool).



### *British Championships*

The British Championships are held each year. The first is the Long Course (50m pool), held in March/April and doubles as trials for Olympic, World, European Championships, Commonwealth Games, European Junior Championships and European Youth Olympics.

### *Arena League*

The club enters an 'A' team into the Arena National Swimming League, this is the top swimming League for clubs and is held in the Autumn/early Winter over 3 rounds. Round 1 in October, Round 2 in November and the final round being held in December. This is the most important league that the club competes in and requires maximum support from all swimmers if we are to be successful in this competition.

### *Time Trials*

A swimmer with faster times than upper qualifying times may enter a competition as a time trial. This means that their swim will be recorded on rankings but they will not qualify for age medals.

### *Level X*

Swim England ran a number of virtual competitions during the CV-19 pandemic to allow swimmers to compete safely within the setting of their own clubs and produced a leader board, where swimmers could see how they ranked at county, regional and national level. This was a temporary measure and there is no expectation of further Level X competitions as normal meets resume.

## 30. Fees

Promoters charge a fee per race which covers their costs of hosting the meet (venue hire etc). The costs of each race will be in the promoters conditions. The race fee can vary per length of race and so please read the promoters conditions and be aware of the costs you are committing to. For Club meets you will be invoiced via the Club and will be notified in advance of when these fees will be charged. For County, Regional and National events you may be charged direct by them when entering depending on which events you get accepted into.

For away meets the Club normally charges an admin fee per meet, usually £5 per meet irrespective of the number of races entered. This contributes towards the cost of coaches attending and other costs the club incurs in attending the meet. The race costs get passed on to the host club in full.