**FSC Internal Events**

These can include Time Trials, Race Mornings, Sprints Nights and Club Championships. Swimmers are encouraged to use these events to gain times in their less favoured strokes, to achieve a qualifying time for a forthcoming event or for squad progression.

We also hold a Last Chance Qualifier which is a no-frills meet with the aim of giving a last chance of qualification for the County Championships.

All events and races, internal and external, for all ages, are run under ASA Laws and ASA Technical Rules.

***How are ages calculated?***

For internal events and squad qualification, the club can use year of birth, age as of 31st December or age on the day. You will be able to see which is going to be used in the Promoter’s Conditions for the relevant event. For Club records we use age as of 31st December.

***Club Championships***

Once a year, Farnham Swimming Club runs its Club Champs. These are generally held over several days, usually over weekends, at Farnham Leisure Centre.

There is an entry fee to cover extra costs such as medals and hire of pool. Club Champs are open to all squads. They provide a great opportunity for Swimmers to get times for events they haven’t raced before, or don’t swim often. Swimmers are expected to enter all events for which they are eligible.

Club Champs are definitely a ‘have a go’ type of competition but there will be disqualifications so you should prepare the younger ones for this. The races are within age groups, across squads, which enables coaches to compare times across the club. Results are posted after all ages have swum the stroke/distance. Medals are awarded in age groups for the top three in each stroke/age group.

***What does your swimmer need at an Internal Event?***

These events are generally very busy so swimmers should only bring the minimum poolside and leave their bags in lockers.

Swimmers should bring:

* a towel
* a top/t-bag (to wear in between races)
* a water bottle
* Hat and goggles. It’s always worth packing spare goggles and hats too, as inevitably things break or go missing and this can cause a degree of stress to your child.

***Where does my child go? What do they do?***

When your child goes poolside, they should sit in the designated area for their squad. The event organisers will have put up posters to show which squad should sit where. The coaches will get the children warmed up, and then they can sit back down again until they are called for their first race. There will always be Team Managers (in red t-shirts) looking after each squad, so if your swimmer is nervous, or has any questions, there will be plenty of people around to help.

The Whipping Area is where swimmers will be told to sit after they have been called by the Whips (also in red t-shirts) to line up in the correct order for their race. Swimmers need to stay in the correct order as they move along the Whipping Areas towards the starting blocks.

After their race, children should sit back down in their seats until called to the whipping area for their next race.