**Competition Pathway**

**National Championships**

**British Swimming**

**Home Nationals:** Swim England

Swim Wales

Scottish Swimming

Min age 12/13yrs (depending on meet) – Age at end of year

Winter and Easter – Qualifying times

Summer – rankings during qualifying window

**Regional Championships**

Swim South East

Age group (11/12 – 14yrs) and Youth (15yrs plus) – age at end of year

During April/May. Winter open regionals in November.

Qualifying times achieved short or long course in Level 1,2,3 meets from 1st June

Automatic and base qualifying times – must achieve automatic time to secure acceptance into meet

**County Championships**

Oxfordshire and North Buckinghamshire (ONB)

Age Groups 10/11yrs and above – age at end of year

During January (age relays and distance events) and February (main championships)

Qualifying time achieved short of long course in Level 1,2,3,4 meets from mid Feb to closing date mid December

**Target Open Meets – Licence Level 1, 2, 3**

Swimmers can enter club target meets level 1- 3 depending on the level of the meet to the qualifying times swimmers must have achieved. Meets tend to be 2 days over the weekend with 2-3 sessions each day. The aim of the meet will depend on the swimmer – Gain County, regional times, national ranking etc. Level 1 meets are long course.

**Club events: Club Championships**

**Diddy Championships**

Both are internal club competitions with heats and finals. **Club championships** are in the Autumn With all 16 events (finals for 6) and any club swimmers over age 8 can enter. All events (not 200 Fly) are level 4 license.

**Diddy championships** are held in the spring for swimmers 12/u and have 5 events – finals are licensed level 4.

All club swimmers are expected to enter Club/Diddy championships.

**Non licenced meets: Gala’s**

**Time Trials**

**Team galas** are placed throughout the year mostly away at other pools, with 2 home hosted galas. Gala’s can either be trophy galas or League galas:

National Arena League (NAL)

Chilterns League

Diddy League (MKJL)

Each league and trophy gala has different programmes and age groups, swimmers are selected to swim depending on the type of gala. Swimmers selected by head coach.

**Time trials** are internal Witney races that give swimmers the chance for up to date times, race experience and race practice.

**Development Open Meets – Licence Level 4**

Swimmers start entering development meets which are usually one afternoon session with a specific programme only allowing up to 4 events entered. They tend to be local pools in our County – Oxford, Thame, Bletchley etc.

Younger and less experienced swimmers need to start at development meets to gain experience of racing away from training pools, and how to cope in a different racing set up environment. Swimmers are encouraged to enter 2-4 events of mixed strokes/distances – not just their favourite! Swimmers can enter with no times.

Development meets are spread over the season