



# MORPETH AMATEUR SWIMMING CLUB

## GENERAL GALA INFORMATION

### Why enter a gala?

- To see how much progress you have made;
- To put your training into practice;
- To stretch yourself to your limits;
- To improve your Personal Best (PB) times;
- To achieve qualifying times for other galas;
- To compete;
- To learn from watching better swimmers;
- To represent Morpeth ASC;
- To meet new people;
- To have fun;
- To win!

Anyone who wishes to participate in a gala but is unsure which race(s) to enter should speak to the MASC head coach in the first instance. The competition secretary is responsible for entering swimmers into these competitions. Information about all galas will be published on the notice boards and sent out by email.

### Club Gala

Swimmers are usually introduced to competitive swimming through the annual club gala in November/December. Swimmers compete against each other of a similar age. All club swimmers are encouraged to enter the club gala although swimmers may choose not to.

### Performance nights

These are aimed at giving all club swimmers a taste of team competition in a fun and friendly atmosphere, swimmers are split into four teams and compete against each other in four events throughout the year. For more information see: [http://www.morpeth-asc.org.uk/html/performance\\_nights.html](http://www.morpeth-asc.org.uk/html/performance_nights.html).

### Portobello Gala

Morpeth ASC has a long standing fixture against Scottish based club Portobello, usually held in the early autumn. The gala is run annually alternating between the clubs and is a team competition. The Head Coach will make the team selection for the various individual and relay races which will be posted a couple of weeks prior to the competition. Points are awarded for each race and the team with the most points at the end of the gala wins the trophy. The gala usually last a couple of hours with tea provided by the host club afterwards. The club will provide transport when the venue is Portobello.

### Junior ('Diddy') League

This is an annual event organised by Northumberland and Durham ASA. It provides a fast paced, fun team competition for swimmers aged between 9 and 12 (age at end of the year) against other clubs in the region. Three heats are held in the early part of the year with the final (including fancy dress competition) taking place in June.

### Graded Meets

Graded meets are aimed at novice swimmers to introduce them to competitive swimming in individual events. These are hosted by a number of clubs throughout the year at different venues. As these competitions are aimed at novice competitors, the organisers will enforce an upper entry time for each event. Swimmers who have surpassed the upper entry times for a specific event will not be allowed to compete in that event. The meets are usually open to competitors of all age groups, although some may be specific to swimmers of specific age groups.

### Open Meets

These are similar to graded meets in that swimmers will compete in individual events. However, there will be no upper entry time. This will allow swimmers of any standard to enter the meet. These are generally at a higher standard than graded meets. Some open meets may have a lower entry limit, restricting their entries to swimmers of a higher standard.

### The Northumberland & Durham Counties Championship ('N&Ds')

This is high level of competition aimed at the best swimmers across the two counties. There will be a qualification time which swimmers must have achieved prior to entering the event. The championships run in February and March over two or three weekends (usually held in Sunderland).

### North East Region Championships ('NERs')

This is very high level of competition aimed at the best swimmers in the North East region. There will be a qualification time which swimmers must have achieved prior to entering the event. There is a short course championship which takes place in November (usually in Sunderland for both Youth and Age group competition) with the Long Course Championships taking place in May or June over two weekends (usually in Leeds and Sheffield, Age groups) and May (Sunderland) for Youth championships.

### ASA English National Championships & British National Championships

These events are the highest standard of competition in the domestic calendar. Qualification is via invitation based on ranking of swims achieved in long course competition within a defined qualification window. For more details see [http://www.swimming.org/assets/uploads/events/BS\\_CP\\_Handbook.pdf](http://www.swimming.org/assets/uploads/events/BS_CP_Handbook.pdf).