



MORPETH AMATEUR SWIMMING CLUB

GALA INFORMATION

Attending a Gala

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

Swimmers must arrive on poolside by the stated time of the warm up for their session. Failure to do so will mean the swimmer will be withdrawn from their events in that session and a wasted journey. The club is fined where withdrawals are not notified at the start of the session. If you are en route and delayed you can usually phone/text the poolside coach to let them know.

Before the gala:

- Get the coach's mobile phone number in case of swimmer withdrawal or delay
- Make sure you know how to get to the venue and you are aware of any parking arrangements to enable you to allow plenty of time to get to the gala on time
- Bring some cash – there will be an entry fee for spectators
- Know which races you are participating in
- Arrive on time

Things to bring:

- At least 2 towels
- Club hat, goggles and spares
- A club T shirt, shorts or tracksuit bottoms to wear on poolside
- Flip flops or Croc type shoes
- Change of swimsuit – you need to dry off and change after warm up
- Plenty of drinks
- Snacks (not sweets)
- Packed lunch if you're there all day
- Books etc however remember it's a wet environment and the club coach can't be responsible for what happens to your i-Pad etc

During the gala:

- The coach will let you know when you need to go to marshalling for your race
- Listen to the advice the coach gives you
- After the race the coach will give you feedback on how the race went – go and find them!
- Have a swim down and then dry off – you need to keep warm
- If you leave poolside then let the coach know
- Drink plenty
- Don't eat lots of sweets
- Support your team mates
- Check the posted results to see if you've won a medal
- Parents must not go on poolside

Other information:

- Galas are run under ASA rules and these are strictly enforced, this may mean, unfortunately, that you may be disqualified (DQ) if your swim does not meet the necessary standards (e.g., not touching on your Butterfly/Breaststroke turn with two hands, making a false start etc). Don't be disheartened, it happens to almost all swimmers at some point in their career. The poolside coach will try and find out the reason for disqualification and you can learn from this for next time.



- **Heat Declared Winner (HDW)** means that there will be no final and the winner of the event is determined by times alone when all the heats have been swum. In many galas the swimmer will be swimming in a heat with swimmers with similar best recorded time and not necessarily their age.
- Recorded times – for all licensed events swimmers times are entered into the national database. You can find these at <https://www.swimmingresults.org/individualbest/>
- Where a gala is over subscribed you may find that your swimmer has not been able to enter all the races they wanted as the organising club may decide to prioritise swimmers with recorded times. The competition secretary will notify you if this is the case.
- Swimming times can be converted depending on whether they have been achieved in a short course pool (25m) or long course (50m). Conversion can be calculated using on line tools (e.g., <http://www.pullbuoy.co.uk/times>). For events over the same distance short course times are quicker than long course due the advantage pushing off from the wall at turns gives the swimmer.