

GUIDE TO COMPETITIVE SWIMMING



Glossary

Qualifying times

Set times by a competition organiser that a swimmer must be faster than to be able to swim a particular event in a competition.

Cut-off times

Set times by a competition organiser that a swimmer must be slower than to be able to swim a particular event in a competition.

Ages as at....

This determines the age at which a swimmer is classed during a competition. This is normally the last day of a competition but for some competitions it may be set at 31st. December.

Long course

Competition or training in a 50m (Olympic sized) pool. Normally held from February to July.

Short course

Competition or training in a 25m pool. Normally held throughout the year.

Open Meets

These are competitions open to swimmers from any club who compete as individuals against other swimmers of the same age- these are usually referred to as " age on the day " so that in any meet you will swim against those who are the same age as you on the day. Heats however are arranged according to times so that you swim against other swimmers (of all ages) with similar times to you.

In order to qualify to swim at an Open meet you need to have a "Qualifying Time " for that event for your age.

Level 4 Meets

Aimed at slower/younger less experienced swimmers hoping to get experience in competing and qualifying times for other Competitions. Our own Club Galas generally serve this purpose.

Level 3 Meets

Aimed at swimmers of around County standard and aiming for Regional times. Held regularly throughout the year in 25m or 50m pools.

Level 2 Meets

Aimed at swimmers of Regional standard or above. Times at this meet can be used in National, Regional and County Championships.

Level 1 Meets

Aimed at swimmers of Regional and National level. These are the highest level Open Meets and have quite demanding qualifying times and where you are likely to see swimmers who compete internationally in action.

County Championships

These are held once a year over three weekends in February/ March and are open to all clubs in Devon. To be able to swim at these you must have " County Qualifying Times " in the events you enter. Swimmers who have qualifying times for several events can get BAGCAT points (which are points according to age and time swam in certain combination of events) and added together at the end of the championships with a presentation to the top 8 swimmers in each age group.

Regional Championships

The next step up from County Championships. Age Group Championships for under 14yr. old boys and under 13 yr girls, held once a year in May/June and for older swimmers the " Youth Championships " are held in May (long course) and November (short course). Open to all club swimmers across the South West region.

The qualifying time you need to get relates to your age in mid June (Age Group) or mid May (Youth) and are reviewed/ changed each year by the ASA. They have to be achieved at a Licenced Meet (Level 1,2,or 3). There are also " Consideration Times " . Swimmers achieving these times will normally be able to swim the event at the Regional Championships unless there were an unusually high number of swimmers who had achieved the actual qualifying time during that year.

National Championships

Held once a year in July/August usually at Sheffield. Qualifying times for these are extremely difficult to get and usually achieved at any Level 1 meet.

Team Competitions

A competition that swimmers are selected for to compete for the club rather than as an individual. Swimmers will be selected to swim certain events for the best possible team outcome. A list will appear on the notice board with a list of names. Below are some of the competitions we enter.

Exmouth IMPS gala for swimmers under 13 yrs.

Exmouth Sprints.

Sidmouth Gala

Crediton Gala

Chard Gala

Exeter City Gala

Dawlish Gala.

FINALLY

All swimmers are required to stay with the team right till the end of competition. This encourages swimmers to cheer for their team mates and helps form a good team spirit.