



# Blairgowrie Dolphins

Amateur Swimming Club

Guide to Galas

2023





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## Welcome

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There are lots of reasons why swimmers should represent **Blairgowrie Dolphins ASC** at swimming galas. It's an important way for them to record their development and see how much progress they've made through training. It's a chance to compete, improve personal best times and achieve qualifying times for other galas. They'll learn a lot from observing swimmers from other clubs and make new friends.

There are many types of galas for swimmers to compete in. When the coaches believe a swimmer is ready, they will encourage them to enter a gala appropriate to their age and level. The coaches will offer advice on what races to enter based on ability.

It's likely swimmers will be nervous about their first swimming gala – this is only natural. All members of our club have experienced this, and they will offer help and support when needed. The most important thing is for our swimmers to enjoy themselves and have fun!

Yana Doherty  
Club President



# Key Stages of Entering a Gala

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## Understanding the entry process

### Our Gala Convenor:

- receives information on an upcoming gala.
- informs our Head Coach to seek approval and confirmation of coach availability.
- carefully reads through the Meet Information (provided by the hosting club) and takes note of the:
  - name of the gala
  - host club and contact details
  - date and timings
  - venue
  - eligibility rules
  - race distances
  - host's closing date for entries

### Our Gala Convenor will:

- download the TM (Team Manager) entry file onto the TM database and run an Eligibility Report.
- create a Google entry form.
- set our own closing date for entries to allow time for our club's administration.
- draft an email to parents / guardians summarising the gala requirements.

### You will be asked to:

- check the attached Eligibility Report to see if your swimmer has eligible times for any of the races.
- read the attached Meet Information fully so you understand the terms and conditions.
- complete a Google Entry form where you select which races you'd like your swimmer to compete in.
- submit your entry before our club's closing date for entries.

### Once our closing date has elapsed, our Gala Convenor will:

- collate all entries into a spreadsheet.
- enter each swimmer and their chosen events manually into the TM database.
- create a TM entry file for submission to the host.
- complete a Summary Sheet with the total cost of individual entries, relay teams and coach passes.
- complete a list of technical officials who've agreed to volunteer.
- send an email to the host attaching all of the above before their closing date.
- send a copy of this email to our Treasurer to organise payment of the total amount due.



After the host's closing date elapses and they've completed all their administration, we will receive a 'Draft Programme'. This is when our club finds out if our swimmers have successfully gained entry to each race they've entered. Our Gala Convenor carefully checks it corresponds with the entry submission and sends out to all parents / guardians for confirmation. If there are any amendments, these need to be reported to our Gala Convenor ASAP using the following email address:

**[blairdolphinsgalaconvenor@gmail.com](mailto:blairdolphinsgalaconvenor@gmail.com)**

Depending on the host's withdrawal policy, you may be able to withdraw your swimmer from a race without cost, but in most instances, you may be required to reimburse our club for each race withdrawn from.

Our Gala Convenor will send out updates to parents / guardians on the lead up to the day of the gala, with reminders of, or amendments to the timings, venue, coach meeting point and any last-minute instructions.

### Which races should my swimmer enter?

The gala will be split into different sessions. Races are staggered according to gender / age group / distance / stroke. This ensures swimmers never have back-to-back races. When choosing races for your swimmer, check which ones make sense to enter based on the Schedule of Events (found within the Host's Meet Information). Please consider:

- Do you want to attend the gala all day or just one session?
- Are there races your swimmer isn't ready for in terms of stamina / experience?
- Is there a combination of races which may compromise your swimmer's performance?
- Is there enough rest time between their races?

If you're unsure whether your swimmer should enter a gala or you need advice on race selection, please contact our Head Coach in the first instance, using the following email address:

**[headcoachblairdolphins@gmail.com](mailto:headcoachblairdolphins@gmail.com)**



## Understanding the gala entry email

**From:** Gala Convenor <[blairdolphinsgalaconvenor@gmail.com](mailto:blairdolphinsgalaconvenor@gmail.com)>  
**Sent:** Monday, February 13, 2023 4:22:41 PM  
**Subject:** Perth City Swim Club Graded Meet - Sunday 19th March 2023

Hi All,

Please find the following information for the **Perth City Swim Club Graded Meet**.

**Date: Sunday, 19th March 2023**

**Venue: Perth Leisure Pool, Glasgow Road, PH2 0HZ**

**Age Groups: 10 & Under, 11-12, 13-14 yrs (minimum age: 8 yrs)**

Your swimmer's age on 19th March 2023 (day of gala) determines which category they'll be in.

This is a short course, 25m pool event and the race distances include 50m, 100m and 200m events.

How to enter:

1. Open the attached **Eligibility Report** (PDF) to find out which events your swimmer is eligible to compete in. Please note, this is a 'graded' meet aimed at slower swimmers. Swimmers aged 11 & over..... your times may be too fast to be considered for this gala. Swimmers aged 10 & under..... you are eligible to enter any race you don't currently have a time for 👍
2. Open the attached **Perth Graded Meet Info**. (PDF) and carefully choose which events you'd like your swimmer to enter according to the Schedule of Events (Page 6).
3. Click on this link: [Perth City Graded Meet Entry Form](#) to submit your swimmer's entries. Note: Please enter your swimmer's SS Membership No. properly - we need this if we need to amend or withdraw your swimmer's entries and to confirm you have a live membership.

**If you're unsure what to enter, please speak to your coach directly.**

To allow time for club admin, **our deadline for entries will be Sunday 26th February 2023.**

It would be most helpful if you could submit your entries ASAP. No late entries will be accepted after this date.

If you decide to withdraw your swimmer beyond the withdrawals deadline or don't turn up on the day without good reason (medical etc.) you'll be liable to refund the club for your swimmer's entry fees (£6.50 per individual event in this case).

If you have any queries or questions, please reply to this email.

Regards,

Club President / Gala Convenor

Blairgowrie Dolphins ASC

email subject always has the event name and date

Gala details

Age restrictions

Pool length and race distances

How to enter

Deadline for entering

Details of the cost you will pay for non-medical withdrawal



## Entry Fee Policy

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At **Blairgowrie Dolphins ASC**, we pride ourselves on being able to fund our swimmer's entry fees to galas (no other club in the district does this). We understand being a member of a swimming club can be costly to families and we endeavour to make our club as inclusive as possible. However, we've noticed a rise in parents / guardians entering their swimmers into galas and subsequently withdrawing. This can lead to substantial losses to our club funds (funded by all Dolphins members). I'm sure you'll agree, this isn't fair or sustainable. Consideration must also be given to the commitment our coaches and volunteers make, giving up their valuable spare time to travel to gala venues and supporting our swimmers.

Before committing to a gala, please consider; are you prepared to reimburse our club, should you change your mind or realise there is a clash in your diary? The cost can vary from £5 – £10 per race. E.g., if a swimmer has entered 5 races at a cost of £10 each and you withdraw them from all their races, you'd need to reimburse our club £50. If your swimmer becomes ill or injured prior to the gala, we will require a medical certificate in order for our club to claim a refund from the host club. If this is not provided, we may ask you to reimburse our club for all races missed.

Once the Draft Programme has been sent to all participating clubs, we may not be able to obtain a refund from the host (depending on their withdrawal policy). If you withdraw your swimmer at this stage, we may need to ask you to reimburse our club. As part of a coach's duty of care, they reserve the right to withdraw a swimmer from a race if they feel the swimmer can't continue due to exhaustion, illness, or injury. In this case, our club will bear the cost of each missed race.

You may find the event is oversubscribed. This means too many swimmers have entered and there's not enough time to hold enough heats per event. If this happens, some swimmers with slower times will be scratched and 'Oversub' or 'Scr' will appear next to your swimmer's name. As a result, you may find your swimmer has one or two races left to compete in or worst case, none at all. All scratches are refunded to our club (as this is out-with our control) but if you decide to withdraw your swimmer entirely, because you don't think it's worthwhile attending the gala anymore, you will need to reimburse our club for the remaining races you wish to withdraw your swimmer from.

You may also see 'Reserve' or 'Alt' next to your swimmer's name. This means the event is oversubscribed but they have allocated a small amount of reserve swimmers, and should other swimmers not attend, or pull out from the race on the day, you may find there is a place for your swimmer in that race at short notice. Again, depending on the host's withdrawal policy, you may need to reimburse our club if your swimmer doesn't use their reserve allocation.





## Gala Essentials

**BLAIRGOWRIE DOLPHINS A.S.C.**  
**GALA ESSENTIALS!**

**TWO towels** - one for poolside, and one for drying with at the end of the gala.

**GOGGLES** : 2 pairs preferably - one as a spare incase of breakage.

**WATER BOTTLE** : important to stay hydrated. **NO FIZZY JUICE AT ALL.**

**SWIMSUIT/LEGSUIT/JAMMERS**: you can't swim without this!

**SWIMMING CAP** : plus another one as a spare if you have.

**SNACKS** : light and healthy for energy. **PACKED LUNCH** if an all day gala. **NO CHOCOLATE AS IT WILL MELT!**

**CHANGE FOR LOCKERS**: 20p/50p/£1

**T-SHIRT/SHORTS/HOODIE/SLIDERS** : bring a t-shirt, joggers or shorts to keep warm in between races.

**TEAM SPIRIT!!!** your team needs you!

**REMEMBER!** Please bring a bag to put all rubbish in to take home.



- If you're comfortable wearing your swimsuit under clothes, you can choose to arrive at the venue 'pool ready'. This will save time in the changing rooms.
- Don't overeat / drink as it's no fun trying to swim as fast as you can with a full tummy! It can lead to cramping, indigestion, and sickness. Snacking on high energy, easily digestible food is the best plan.
- Remember to put names on all your gear so we know who to return it to if you leave it behind.
- Please be respectful to all coaches, volunteers and support your peers.
- More than 90% of performance comes from a positive mental attitude. Try to remain upbeat, excited, and positive – it rubs off on others around you!
- Never leave poolside for any reason without informing your coach / poolside helper first. They have a duty of care to look after you and to know where you are at ALL times. Plus, you don't want to miss your race!





## Swimwear and equipment suppliers

Allens of Kingsbury	<a href="https://www.allensswimwear.co.uk/">https://www.allensswimwear.co.uk/</a>
Aqua Swim Supplies	<a href="https://aquaswimsupplies.co.uk/">https://aquaswimsupplies.co.uk/</a>
ProSwimwear	<a href="https://www.proswimwear.co.uk">https://www.proswimwear.co.uk</a>
SimplySwim	<a href="https://www.simplyswim.com">https://www.simplyswim.com</a>
Wiggle	<a href="https://www.wiggle.co.uk/swim">https://www.wiggle.co.uk/swim</a>
Swim Stop	<a href="https://www.swimstop.co.uk">https://www.swimstop.co.uk</a>
Ness Swimwear	<a href="https://www.nessswimwear.co.uk">https://www.nessswimwear.co.uk</a>

## Dolphins branded items

If you'd like to purchase Dolphins branded items such as swim caps, poolside shirts and hoodies, please contact our club's Swimwear Co-ordinator using the following email address:

**[blairdolphinsswimwear@gmail.com](mailto:blairdolphinsswimwear@gmail.com)**

Payments for Dolphins branded swimwear should be made to the following account:

<b>Account Name:</b>	<b>Blairgowrie Dolphins Swimwear</b>
<b>Sort Code:</b>	<b>80-05-68</b>
<b>Account No.</b>	<b>00170325</b>
<b>Reference:</b>	<b>Swimmer's Name</b>



# Scottish Swimming Swimwear Policy



**Scottish Swimming**

From 1 September 2022, children aged 13 and younger cannot wear tech suits\* to compete in Scottish Swimming licensed/sanctioned events.



Permitted – chlorine resistant fabric but not compressive, raised seams, no leg grippers



Permitted – chlorine resistant fabric but not compressive, raised seams, no leg grippers



Prohibited – water repellent + compressive material, with leg grippers, bonded or taped seams



Permitted – chlorine resistant fabric but not compressive, raised seams, no leg grippers



Permitted – chlorine resistant fabric but not compressive, raised seams, no leg grippers



Permitted – chlorine resistant fabric but not compressive, raised seams, no leg grippers



Prohibited – water repellent + compressive material, with leg grippers, bonded or taped seams

Traditional one-piece race suits for females, as well as briefs and trunks for male swimmers, are **NOT** defined as tech suits and will be **permitted**. FINA-approved knee length suits and jammers will also be **permitted** provided they are **NOT** manufactured using fabric with water-repellent properties or use any bonded or taped seams, regardless of fabric used to make the rest of the suit. Above are examples of permitted and prohibited suits for those aged 13 years or younger, who are competing in Scottish Swimming licensed/sanctioned events.

A technical suit is defined as one made of water repellent and compressive materials, with leg grippers and taped seams.



## Understanding Gala Entries

**BLAIRGOWRIE DOLPHINS A.S.C.**

# UNDERSTANDING GALA ENTRIES

**Please use the graphic below to understand how to check your swimmers' gala entries.**

**Swimmer's name/age**

**Individual races/relay races entered**

**Distance/Stroke**

9 Muir, Evie - Female - Age: 13 - Ind/Rel: 4 / 0		
#103 Girls 11-14 100 Breast	2:03.58 3/5	#107 Girls 11-14 100 Back
#201 Girls 11-14 200 IM	4:16.07 3/2	#209 Girls 11-14 100 Free
		1:49.79 3/4
		1:31.52 2/3

**#103 - The 1 indicates a MORNING session  
03 indicates EVENT No.3**

**#107 - The 1 indicates a MORNING session  
07 indicates EVENT No.7**

**#201- The 2 indicates an AFTERNOON session  
01 indicates EVENT No.1**

**#209 - The 2 indicates an AFTERNOON session  
09 indicates EVENT No. 9**

**Swimmer's last recorded time.**  
'NT' here indicates the swimmer has no previous recorded time .

**Indicates the age group competing in**

### Explaining event numbers

Each event in a gala has a reference number. This relates to:

- Session Number
- Event Number
- Gender
- Age Group
- Distance
- Stroke



Session 1 usually refers to the morning session and Session 2 usually refers to the afternoon session:

- #101 means Session 1 (morning), Event 1
- #210 means Session 2, (afternoon), Event 10

Each event will have multiple heats (races):

- #101 – Boys Age 11-12 – 100m Freestyle – Heat 1 of 7

Let's say 40 swimmers have entered the above event. If there's 6 lanes in the pool, we need to run the same race 7 times i.e.,  $40 \text{ swimmers} \div 6 \text{ lanes} = 7 \text{ heats}$ .

Once all heats in that event have been swum, the next event will commence e.g., #102 and so on.

The swimmers with slower times will race in the first heats and you'll notice the swimmers in each subsequent heat get slightly faster and faster until the last heat, which will consist of the top seeded swimmers.

## Pool lengths

- If a gala takes place in a 25m pool, this is known as 'short course' or 'SC'
- If a gala takes place in a 50m pool, this is known as 'long course' or 'LC'

Let's say your swimmer has entered 100m Freestyle:

- In a short course pool (25m), they'd need to swim 4x lengths of the pool, inc. 3x turns
- In a long course pool (50m), they'd need to swim 2x lengths of the pool, inc. 1x turn

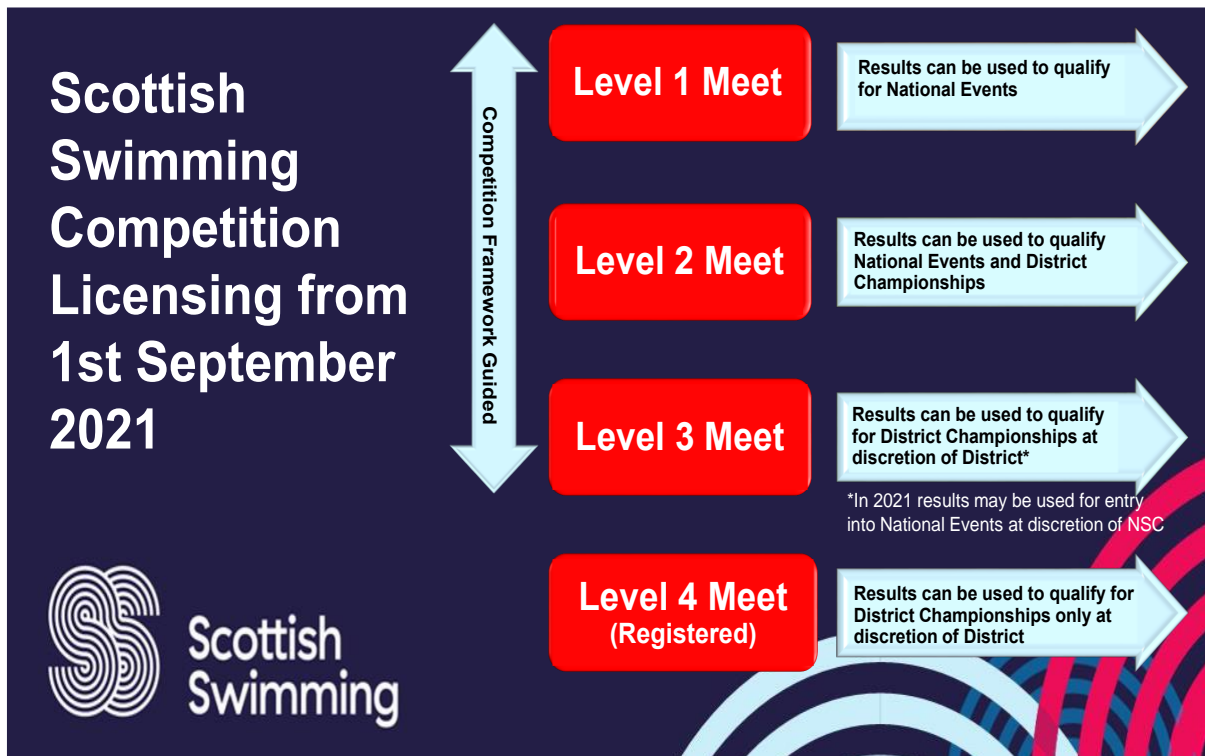
Racing in a 50m pool requires more stamina and because there's less turns, your time tends to be slightly slower compared to what you may achieve in a 25m pool.

Competitive Swimming Race Distances	
Freestyle (Frontcrawl)	50m, 100m, 200m, 400m, 800m, 1500m
Breaststroke	50m, 100m, 200m
Backstroke	50m, 100m, 200m
Butterfly	50m, 100m, 200m
Individual Medley (IM)	100m, 200m, 400m

Note: Novice Meets (galas for beginners) may incorporate 25m events.



# Guide to the Four Levels of Licensed Meets



The basics about each level of meet

	Level 1	Level 2	Level 3	Level 4
Licensed by	National Swimming Committee	District	District	District
Calendar placing	by NSC to fit in with International/British Plan	by Districts according to Competition Framework	by Districts according to Competition Framework	Not restricted by calendar planning
Clubs and hours	Any number of clubs, any number of days, up to 9 hours per day	Any number of clubs, any number of days, up to 6 hours per day	Any number of clubs, only one day, up to 6 hours per day	4 clubs or fewer, one session of no longer than 2 hours
Minimum age	11	8. Cannot be for swimmers all aged under 10.	No minimum age	No minimum age
Results submitted to	Scottish Swimming and to British Rankings	Scottish Swimming and to British Rankings	shared with attending clubs and may be published on District websites	shared with attending clubs
Officiating level	High level according to STO Regulations	Level according to STO Regulations	Level according to STO Regulations	Minimal officiating required
Rules	FINA rules	FINA rules	Modified rules	Modified rules

**Scottish Swimming**





## What are licensed / accredited meets?

Licensed / accredited meets are swimming galas licensed by Scottish Swimming. This means they have to meet certain standards to ensure fair competition. All competitions have a series of documents governing everything from the minimum number of technical officials required, to kit requirements for competitors, to entry criteria such as qualifying times.

## What are graded meets?

Graded meets have restrictions on entries, usually only allowing swimmers who are slower than a published time. This provides opportunities for swimmers who are trying to improve their times. A 'Speeding Ticket' is awarded to a swimmer at a graded meet who swims faster than the cut off time for an event and will not get a medal if they are placed. This means a swimmer can be awarded 1st place even though another swimmer swam faster than them.

## What are open age group meets?

In Open Age Group Meets, the fastest swimmers in each age group are given priority over the appointed slots to race. Your age group is determined by the age you are on 31st December of that year for district and national meets (for club run events, its often your age on the day of competition). In popular open meets, there are often qualifying times for each event.

## What are league galas?

League galas are team events run by Midlands District as a friendly set of 5 galas which take place each calendar year. Each team in a division will host a home gala attended by all other league participants. The programme will include individual races in each stroke, plus freestyle and medley relays in each age group. Each team member will swim a maximum of one individual race and one relay. Points are awarded for placings and totalled from each round to determine who wins the league trophy.

## What are novice / friendly galas?

Novice or friendly galas are fun events organised by a club where novice / inexperienced swimmers from other clubs are invited to take part in a series of informal races. These galas are usually quite short and take place over one session. The race distances are usually 25m, 50m and may include 100m. There may be fun relays at the end, and swimmers aren't usually judged or disqualified for infringements.

## What are time trials?

Time Trials are informal galas swum under competition conditions, where swimmers race every stroke / distance they are able to swim. This will give coaches a baseline time for your swimmer in each stroke. These times may be used to enter future galas, depending on the level of the swim meet.



# Volunteering

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How many volunteers does it take to run a gala?

## LEVEL 1 & 2

All Officials are required to be qualified and licensed for the role to which they are appointed:

- Referee [2]
- Starter [1]
- Judge of Stroke [2]
- Chief Inspector of Turns [2]
- Timekeeper / Inspector of Turns (start end) [1 per lane]
- Inspector of Turns (turn end) [at least 1 per 2 lanes] i.e., a pool with 8 lanes in use requires at least 4 Inspectors of Turns at the turn end

## LEVEL 3

At least one qualified, licensed Referee shall be appointed for each session:

- Referee [1] – Licensed and qualified as a Referee
- Starter [1] – Qualified to at least J2(S)
- Judge of Stroke [2] – Qualified to at least J1
- Timekeeper/Inspector of Turns (start end) [1 per lane] – a minimum of J1 in training
- Inspector of Turns (turn end) [1 per 2 lanes] – a minimum of J1 in training i.e., a pool with 8 lanes in use requires at least 4 Inspectors of Turns at the turn end, all of whom must be at least J1 in training

## LEVEL 4

- Referee [1] – Licensed and qualified to at least J2(S)
- Starter [1] – Qualified to at least J2
- Judge of Stroke [2] – Qualified to at least J1
- Chief Timekeeper [1] – At least J1 in training
- Timekeeper / Inspector of Turns (start end) [1 per lane] – At least qualified Timekeeper
- Inspector of Turns (turn end) [1 per 2 lanes] – a minimum of qualified Timekeeper i.e., a pool with 8 lanes in use requires at least 4 Inspectors of Turns at the turn end, all of whom must be at least qualified Timekeepers





## How to become a volunteer

When a swimmer joins our club, it's an expectation that parents / guardians will agree to volunteer in some capacity, whether a Committee Member, Poolside Helper, or a Swimming Technical Official (STO). A good starting point is training to be a Timekeeper. There will be opportunities throughout the year to sign up to courses. Once you feel confident enough, you may want to train as a Judge. The sky is the limit, and you may be given opportunities to officiate at national events. It could even lead to employment opportunities with Scottish Swimming. It's a fantastic way to be right in the heart of the action and you will learn so much about competitive swimming. What better way to support your swimmer!

Failure to provide the minimum number of appropriately qualified officials may result in our club being fined £20 per missing official, per session. The following is an example of the minimum requirements based on the total amount of swimmers we present at a gala:

Total number of swimmers entered	Minimum number of officials required per session
1 - 2	0
3 - 8	2 – one must be Judge 1 + Timekeepers
9 - 12	3 – one must be Judge 2 + Timekeepers
13 -16	4 – one must be Judge 2 and one must be Judge 1 + Timekeepers
17 - 20	5 – two must be Judge 2 + Timekeepers
21 +	6 – one must be Judge 2 and two must be Judge 1 + Timekeepers

E.g., our club present 2x swimmers in the morning session and 6x swimmers in the afternoon session. Because we have a total of 8x swimmers attending the entire gala, we need to provide 2x officials per session as per the table above. If no officials attend the morning session, our club would be fined £40 (2x missing officials @ £20 each).

There may be opportunities to become a Poolside Helper and support the coach poolside during galas or at training. This role is defined as a 'regulated role' and as such, Scottish Swimming require Poolside Helpers to complete a Self Declaration form, a PVG check (Protecting Vulnerable Groups), a CWPS course (Child Wellbeing & Protection in Sport) and sign a Code of Conduct. Please email our Wellbeing & Protection Officer for more information using the following email address:

**[blairdolphinswpo@gmail.com](mailto:blairdolphinswpo@gmail.com)**



# On the Day of the Gala

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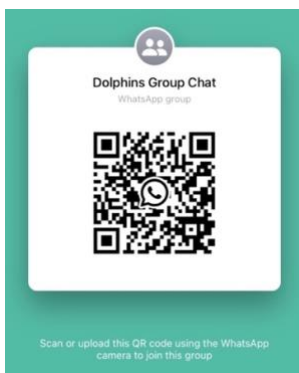
## Arrival and warm-up

Coaches have a duty of care towards all swimmers attending a gala. Therefore, it's important to arrive at the venue promptly to meet your coach at the designated meeting point at the time stipulated by the Gala Convenor. It's unfair on the coaches and your team if you arrive late. However, please keep the coaches informed via the WhatsApp group chat if you are having issues getting to the venue on time. The warm-ups have a set schedule, and all clubs are allocated a specific lane. The area around the starting blocks will be congested, so all coaches need to be poolside to supervise our swimmers during the warm-up. It's very important all swimmers attend the warm-up for the following reasons:

- Confirmation of attendance.
- Get a feel for the pool (water temperature, changes in depth, wall type, roof patterns for backstroke).
- Warm-up your muscles to avoid injury during races.
- Practice dives and turns.
- Discuss your races and any concerns with your coach.
- Have a relaxing chat with your friends and establish team spirit.

Full session attendance is preferred as this encourages team camaraderie. If a swimmer wants to leave a session early because they've completed all their races, this can be a distraction to the coaches while they ensure the swimmer is being met by a parent / guardian before leaving the venue. You may also miss out on the presentation of awards and team photographs. If leaving early is absolutely necessary, the coaches require notice of your intentions before the day of the gala.

Start Sheets are the confirmed schedule of events listing the number of heats and swimmers' names in each event. These are usually handed out to coaches and STOs on the day of the gala. They may also be available to spectators for a small fee.



Coaches can be contacted via  
the WhatsApp Group Chat  
on the day of the Gala





## Marshalling

Your coach will keep track of events and send you down to the marshalling area approximately 5-6 heats (races) before your race is due to start. In a 6-lane pool, this adds up to:

- 6x swimmers currently racing.
- 6x swimmers getting ready to race behind the starting blocks.
- Three groups of 6x swimmers sitting in the marshalling area.

You will be met by a marshal who will ask for your name and you'll be directed to the first row of chairs in the marshalling area. Each group of swimmers are grouped according to their heat and asked to sit in a numbered chair according to their lane allocation. Now's the time for you to put your swimming cap and goggles on and familiarise yourself with your lane number and the swimmers in your heat. Make sure your goggles are a good snug fit otherwise, goggles can slip up when you dive in. As the heats progress, you'll be asked to move up a row of chairs until you are finally directed to the starting blocks where you will stand behind the block with your lane number visible and wait until the current race has finished. The timekeepers on your lane may ask for your name to confirm you are in the right lane / heat. If you forget what race you're doing, don't panic – you can ask the timekeepers and they will happily assist.

You can go to marshalling and the starting block wearing your sliders and poolside shirt to stay warm. Leave these items neatly under one of the timekeeper's chairs at the starting block (remember to retrieve your items after the race!). Try not to get in the way of timekeepers and judges (usually dressed in white). As you arrive at the starting block, they'll be getting ready to monitor the finish of the current race and you should always aim to walk behind them.

When it's time to race, feel free to adjust the starting block – the rear footrest can be moved back or forward to your preferred position. Please don't worry about it too much though, as this will come with experience. Just before the race starts, the referee / starter will signal swimmers to:

- get ready to step up onto the blocks or enter the water, blowing at least 3 or 4 short whistle chirps.
- step up onto the blocks or enter the water, blowing one long whistle blast. For backstroke, a second long whistle blast is sounded inviting swimmers to place their feet on the wall / backstroke ledge.
- take their starting position, saying "take your mark". No other words are spoken and when swimmers are poised and motionless, the start signal is sounded with an electronic bleep.

If you happen to be walking around poolside during a gala for any reason like a toilet break, and you hear the referee's whistle to signify the start of a race, please have the courtesy to stand still and stop talking until the race has commenced (after the start signal). Any movement or noise during this time could easily distract a swimmer on the block.



## Lane allocation

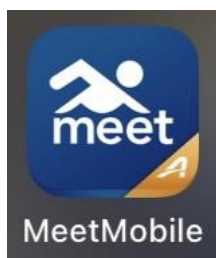
In each heat, the swimmers have a pre-determined lane number according to the swimmer's seeding (based on their time submitted at the time of entry). Generally, the faster swimmers are placed in the middle 2 lanes and the slower swimmers are placed either side in the outer lanes.

## Understanding your result

Depending on the level of gala, there could be around 40 swimmers competing in the same event.

Although your swimmer may have won their heat, it's the results overall that determine your placing.

Some galas have heat declared winners (HDW) and other galas run finals for the fastest swimmers from the heats in each event. Results are usually printed off and pinned up to the wall in the venue for parents to view. Alternatively, you can download the Meet Mobile App and subscribe to view the results of the gala on your mobile device.



MeetMobile cost as @ May 2023

Annually: £8.99

Monthly: £3.99



Results obtained at licensed meets are recorded on the British Rankings database. You can view your swimmer's personal best times by entering their SASA membership number or surname here:

<https://www.swimmingresults.org/individualbest/>

## Photography

Our club may take photographs of our swimmers to celebrate their participation. We may post these pictures on our club's Facebook page and / or website. We will always ask our swimmers to wear their poolside shirt before any photographs are taken. If you don't want your swimmer being photographed for any reason, please tick the correct option on the Google entry form at the time of entry.

If a parent / guardian would like to film or take photographs of their swimmer during a gala, it is a mandatory requirement to seek permission from the hosting club on the day of the gala. You will be required to fill out a declaration form with your contact details and type of photographic equipment used.



## Gala Terminology

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Gala	The definition of a gala is a swimming competition, also known as a swim meet.
Events	The definition of events are the race categories in a gala: Event #101 – Girls Aged 11-12 – 50m Butterfly
Heats	The definition of heats are the races (or swims) within the event: Event #101 – Girls Aged 11-12 – 50m Butterfly – Heat 1 of 7
MBEX	Team Code for Blairgowrie Dolphins ASC – This will appear alongside our swimmers' names on Draft Programmes, Start Sheets and on the electronic timing board at galas. This is how you'll know if we have a Dolphins swimmer in a specific heat.
TM	Team Manager – Database used by the Gala Convenor to enter swimmers into galas.
PB	Personal Best time.
NT	No Time – The swimmer has no record of an official time. This limits which galas you can enter. The only way to achieve an official time, is to attend a Level 4 gala, such as a time trial, friendly gala, or our own Club Championships.
QT	Qualifying Time – If your current accredited PB is the same as or better than the stated qualifying time for your gender and age group, you are eligible to enter the event.
CT	Consideration Time – If your current accredited PB is the same as or better than the stated consideration time for your gender and age group, you may be considered for entry to the event.
ALT or RES	Alternate / Reserve Swimmer – If the event is oversubscribed, this means there are too many entrants to run enough heats in the time allocated for the gala. If ALT / RES appears next to your name, you may have the opportunity to race if a swimmer with a guaranteed swim withdraws unexpectedly on the day.
SCR or Oversub	Scratched / Oversubscribed – If an event is oversubscribed, some swimmers will be eliminated from the event to reduce numbers.



STO	Swimming Technical Official – timekeeper, judge, referee, starter etc.
AOE	Automatic Officiating Equipment – An AOE Operator controls the electronic results board and records / prints out the results.
SC	Short Course = 25m Swimming Pool
LC	Long Course = 50m Swimming Pool
I	Individual Swimmer Event
R	Relay Team Event – Team of 4 swimmers taking turns to swim one quarter of the race:  4 x 50m Freestyle Relay = each swimmer swims 50m Frontcrawl  4 x 50m Medley Relay = each swimmer swims 50m of one of the following strokes, in the order of: Back, Breast, Fly and Frontcrawl.
IM	Individual Medley – A race where swimmers will swim one quarter of the race using all four strokes in the order of: Fly, Back, Breast and Frontcrawl:  100m IM = 25m Fly + 25m Back + 25m Breast + 25m Frontcrawl  200m IM = 50m Fly + 50m Back + 50m Breast + 50m Frontcrawl  400m IM = 100m Fly + 100m Back + 100m Breast + 100m Frontcrawl
HDW	Heat Declared Winners – When no finals are swum, the winner is declared based on the collective results from all heats swum in the event.
F	Final – If you see this next to your swimmer’s name on a results sheet after they’ve swam their heat, they’ve been selected to race in the final.
DNS	Did Not Swim – The swimmer didn't attend the gala or, they pulled out due to illness / injury or, they missed their race due to a mis-timed toilet break!
DSQ / DQ	Disqualified – Competitive swimming has a strict set of technical rules. It’s common for swimmers to be disqualified for a technical infringement e.g., dived in before the start signal or didn’t touch the wall with 2 hands during a breaststroke race. If your swimmer is disqualified it’s not the end of the world. The coach will seek feedback from the referee (if possible) and advise what went wrong. To view a list of DQ Codes, <a href="#">click here</a> .



## Supporting Your Swimmer

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When we watch our children achieving in sport, whether it is winning their first medal or setting a new personal best time, it's very tempting to focus on the success, pushing further skill development and more intense training over all other aspects of the child's life. Swimming is one of many sports where children commit to spending large chunks of their free time to the sport and it is very easy as a parent to focus on results and success. It may be helpful for us, as parents, to reflect from time to time on how we are supporting our children. Comparing performances to other swimmers - we all do it. It's in the nature of age-group racing, but is it really helpful to our children?

Imagine a work situation whereby after every presentation, sales pitch, or meeting in which you were involved, you received a comparison of your performance to that of your colleagues and you were given a score? Sounds like pressure might build up fairly rapidly, right? Think about how that might affect your confidence and self-esteem over time. Perhaps you might value support such as:

- How did that go?
- Did you enjoy it?
- You looked / sounded confident.
- Would this help you more?

Trying to avoid comparing swimmers' achievements and results is not easy, but it might just be the best thing you can do for your child. Concentrate on individual progress and look at the positives. Not achieving a PB shouldn't lead to negative remarks and feelings of failure. Instead, focus on what went well and shrug the rest off.

### *Do.....*

- mark every new achievement or skill.
- give positive feedback to your swimmer and provide moral support.
- emphasise effort rather than results.
- assist your child in setting realistic goals.
- encourage your child to have other interests away from sport.
- have hobbies and interests out-with your child's sport.
- allow yourself to be proud of your swimmer's achievements.





### *Don't....*

- constantly set unrealistic goals for your swimmer.
- pressure your swimmer regarding skills or results.
- use sarcasm, threats, or promises (particularly financial) to motivate your swimmer.
- care too deeply about your swimmer's results or the results of other swimmers.
- try to recreate yourself through your swimmer.
- get overly emotionally involved with your swimmer's success.

Be very careful about using your child's success to boost your own ego and self-esteem. This is something which happens almost without us realising. We are bursting with pride at our child's achievements, and in most cases, they are achieving things we certainly haven't attempted or experienced ourselves, but there is a downside to this. If you attach so much personal significance to their achievements your child will very quickly tune in to your unhappiness and disappointment with 'poor' results. This can make them feel guilty that they are not fulfilling your expectations. Try to focus on the child's swimming experience; stay calm and try not to get too emotionally involved - not easy but this might just help your child develop healthy long-term attitudes to sport which will stay with them for life.

Participation in sport can be hugely fulfilling and beneficial for children in so many ways. Getting involved with what goes on within your child's swimming club is a great way to spend time with them and their friends and meet other families and form friendships. Keeping a healthy attitude towards their participation in sport should not be underestimated.



# Spectator Code of Conduct

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**Blairgowrie Dolphins ASC** is dedicated to nurturing the enjoyment and enthusiasm of every athlete within our sport, through a safe, fun environment, recognising that everyone participates for fun and encouraging all of our athletes / teams to do well, BUT not at all costs. It is important that athletes participate in the right spirit and in a supportive atmosphere, which allows them to train / compete to the best of their abilities.

In order to achieve this result, we rely heavily on spectators to give their support in the right way. Therefore, all club events both in and out of the pool are covered by this Code of Conduct and we require all spectators to abide by it.

## **Positive Supporters:**

1. Encourage all members of the club by applauding their effort.
2. Show understanding when swimmers make mistakes or if they don't win / achieve a PB.
3. Be positive. Discuss performances in a constructive manner at an appropriate time, focus on things the athlete(s) did well. Don't dwell on mistakes.
4. Abide by Scottish Swimming Acceptable Use of Mobile Phone Policy and Social Media Guidelines.
5. Support all efforts to remove verbal and physical abuse from sporting activities.
6. Applaud other athletes and teams for their efforts, not just your own.
7. Respect other athletes, coaches, volunteers, and spectators and make them feel welcome.
8. Behave responsibly and do not use inappropriate language or behaviour whilst attending, involved in, or spectating at any and all aquatic sporting activities; whether National, District or Club level. Treat athletes, coaches, club volunteers, technical officials and parents of yours and other clubs with due respect.

Where a spectator is a member of the Club / Scottish Swimming, any breaches of the Spectators Code of Conduct will be dealt with in accordance with the Club / Scottish Swimming's disciplinary procedures.

If the spectator is not a member of the Club / Scottish Swimming, any breaches of the Spectator Code of Conduct will result in removal from the event / a ban from future events.