

# Club Championships

## 2015

The Quays, Saturday June 13th 6pm –  
9.30pm



### Swim School Championships - For swimmers in Breaststroke, Butterfly and Turtles classes.

Swimmers should aim to arrive at the Quays for just before 6pm and be poolside no later than 6.10pm to be put in groups ready to race. The Dolphins will race first, 50m FC which should take no longer than 15mins so the first race (25m BK) will start approx 6.25pm.

Starting at the shallow end, children will race one length (25m) taking turns to try each stroke. Electronic timing will be used so timing pads will be at the finish to the races, encourage your child to forcefully touch the pads at the end of their race to register their time, times are displayed on a large electronic board at the deep end of the pool. Manual back up times will also be in operation to aid accurate results.

There will normally be more than one race per event. For example, there will be thirteen, seven year old girls. As there are only eight lanes we will have two races for the girls. These are called "heats".

Swimmers are grouped based on age on day of the gala (13<sup>th</sup> June).

We try and group the children in heats against each other in ability groups, with the fastest swimmers in the final "heat". This is based on Chris's knowledge of their swimming. Then the times of all the children in the event are compared and the

fastest are awarded medals. Usually these medals go to the first home in the last (fastest) heat, but not always.

***Children get confused when they win their heat but not the overall event.***

It can be difficult for the children to understand, but please try to explain – it avoids unnecessary disappointment. Swimmers finishing first, second and third in their **age group** receive additional awards at the presentation which takes place later in the month. Depending on sponsorship we may be able to have medals for the first six swimmers.

Children do the strangest things in swimming galas. They naturally try to go fast, with varying degrees of success. We want to encourage them to swim nicely, straight and keep going until they TOUCH the end of the pool.

Make as much noise as you like *once the race* has started and applaud when the last swimmer finishes!



**Southampton Dolphins S.C. Sprint Championships – For all Dolphin swimmers**

(Swimmers in “Talent Squad” can choose which championships to enter as they are taking part in one Turtles lesson and one Dolphin session)

Swimmers have the option to compete in 50m on all four strokes and 100m freestyle. Starting at the deep end swimmers will perform a race dive after the electronic starting signal.

Swimmers will compete in year of birth age groupings to conform to ASA competition rule, for example you are born in September 2005 you will compete against all swimmers born in 2005 regardless of age on day of gala. Year of birth age grouping is used so swimmers compete in the same age group over the swimming season and against the same swimmers.

There will be a short 8 minute warm up for Dolphins so swimmers will need to be ready to get in the pool at 6pm. Lane 1-4 for girls and 5-8 for boys. First race will start just after 6.10pm which will be 50m FC.

Swimmers will be entered into heats "GIRLS" and "BOYS" based on their current personal best time. Each heat will be spearheaded so the fastest swimmer in the heat will be in lane 4, second lane 5, third in lane 3 and so on. All races are heat declared winner, medals will be awarded to the top 3 swimmers in each age group and depending on sponsorship we may be able to have medals for the first six swimmers.

### **Master Race (50m Freestyle) – Open to all parents 25yrs +**

There are many budding swimmers amongst the parents many who have swum in lessons at the pool. In previous years we have had a "Masters" race at the end of Championships to give parents an opportunity to compete. This year there are 8 lanes available for 50m Freestyle (any stroke) there is no entry fee for the race, any parents who would like to take part please forward your names to Chris.

### **Event Schedule**

5.50pm Dolphins arrive poolside  
6-6.08pm Dolphins Warm Up  
6.10pm Swim School swimmers arrive poolside for grouping  
9pm latest finish for Swim School Swimmers  
9.30pm latest finish for Dolphin Swimmers

### **Race Schedule**

#### **Event 1 - Dolphins 50m FS**

Event 2 - Swim School 25m BK

#### **Event 3 - Dolphins 50m BRST**

Event 4 - Swim School 25m FC

#### **Event 5 - Dolphins 50m BK**

Event 6 - Swim School 25m BRST

#### **Event 7 - Dolphins 50m BF**

Event 8 - Swim School 25m BF

#### **Event 9 - Dolphins 100m FS**

Event 10 - Masters 50m FS

### **Before the gala**

Entry for spectators is by programme, priced £4.00. Children are free but think twice about bringing siblings, it is a long, hot night for a toddler.

The programmes will be available on Friday night (12th) and Saturday morning at Shirley Pool. If you purchase them in advance it will reduce queuing on the night.

Photography is permitted but videos must be registered at the entrance to the spectator gallery where a badge will be issued.

For those of you unfamiliar with the Quays, parking is limited directly outside. You may consider dropping off and using one of the other City Centre car parks. If parking at the Quays please remember to **pay for a parking ticket**.

Children can start changing at 5:45pm. We are aiming to have the first race at 6:15pm after a short Dolphins warm up.

Swimmers should have with them a small towel; a t-shirt and a still drink in a plastic bottle.

Well fitted goggles are essential.

No food or bags on poolside please, they will fit into the lockers which take a £1 coin. All items should be clearly marked with the child's name.

The children will be grouped by their age group around the pool area while they wait to swim.

It is very warm both on the poolside and in the gallery so dress down! The café will be closed but there are vending machines. Your own supply of cold drink is a good idea.

There is bound to be some illness between now and then. Please let us know as soon as possible if your child is unable to swim.

### **After**

The event will be finished at the latest by 9.30pm. However, you may leave early once your child has completed their races. Each swimmer receives a small gift and sweats at the poolside before leaving to change. On the way out there will be a cake sale in reception to help replenish swimmers energy.

Times will be recorded and displayed the following week at Shirley Pool and on the website.

I hope you enjoy the event, thank you for all your support.

**CLOSING DATE FOR ENTRIES  
IS SATURDAY 23<sup>rd</sup> MAY 2015**