



**Affiliated to ASA South East Region and Hampshire County ASA**

## **OPEN MEET SECTION, COUNTY, REGIONAL AND NATIONAL CHAMPIONSHIPS**

**How do I know which times I can use to enter an open meet or championship?**

All conditions re entry into all competitions are displayed on the 'Promoters Conditions' for the competition, these can be found on the competition link of the website. The conditions vary from meet to meet, for County and Regional Championships times must have been achieved at a licensed open meet and have been recorded within certain time scales. For other open meets most times will be accepted, if further guidance required then speak with a coach.

**How do I know which events to enter at an Open Meet?**

The general advice is that you should always try to enter a range of events and between 2 and 3 events per session depending upon your level of fitness and experience. It may be that you have entered the competition to gain qualifying times for a higher level event – then only enter those events. This is a complex area and swimmers should seek advice from a coach.

**How do I withdraw from an event at an Open Meet or Championship?**

You must let the promoters (organizer) of the competition know as soon as possible. Sometimes this is done by completing a withdrawal form. Further information is normally contained in the promoter's conditions. At some competitions failure to notify the organizers will result in a financial penalty and you could be prevented from taking part in any further events.

**I am competing in a gala or open meet should I miss training?**

Swimmers should only miss training due to illness or injury and on the advice of the Coach. Missing training prior to an event could have an adverse effect on the results achieved. The training programme is designed to include 'rest' by reducing the amount and intensity of the sessions.

**How do I know which Open Meets I should enter?**

By referring to the fixture list, Open meets are graded from Level 4 to Level 1 (Level 1 being the highest standard). Also by reviewing the entry times/standard. If all else fails seek the advice of a coach.

**What is the difference between a Gala, an Open Meet and Championship?**

A Gala is a competition normally between 4 and 8 clubs. They can be league, trophy, novice and friendly galas. Some galas have more than 1 round. The most important league gala the club competes in is the Arena National League. The swimmers to compete are selected by the coaching staff. An Open Meet is a competition organised by one club which invites swimmers from all clubs to enter. There are normally qualifying times and the fastest swimmers are those normally accepted. This is why Open Meets are graded, Level 4 to Level 1. This prevents Level

1 swimmers entering a Level 4 Open Meet. Championships are held at County, District and National Level and all have qualifying times that must be achieved prior to entry.

I am entering the Club Championships for the first time, what events should I enter?

As a minimum you should enter the 50m Freestyle, 50m of another stroke, 200m Freestyle, 200m of another stroke and the 100m Individual Medley. The club championships is a Level 4 Meet and times achieved can be used to qualify for the County Championships so you should enter events that you need to get qualifying times for.

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