

## Guide to the different types of competitions

The competition aspect of swimming can seem a bit daunting at first for swimmers and parents, but once you've experienced a couple, you will quickly get into the swing of things!

There are 4 core types of competition that swimmers may be involved in:

1. Open Meets
2. County, Regional, or National Championships
3. Club Championships
4. League Gala's

### Open Meets

These are competitions which swimmers enter individually. Competitions are targeted at different standards of swimmer and therefore are designated at a certain level:

- Level 4 - are entry level events in pools 25m or greater. They are for inexperienced swimmers looking to compete, and eventually progress to higher level meets. There is sometimes an upper limit time for these events, where swimmers cannot enter if their times are faster than the upper limit times, but no lower qualifying times.
- Level 3 - these meets will either be short course (25m pool) or long course (50m pool). Their purpose is to enable swimmers to achieve times for entry into Regional and County Championships and other Meets at Level 1 and 2. These meets typically have upper limit qualifying times (QT's). Swimmers may not enter if their times are faster than the specified QT's.
- Level 2 – meets are short course (25m) only and cover National, Regional and County Championships. Their purpose is to enable swimmers to achieve qualifying times for entry into National, Regional and County Championships in short course. These competitions have set minimum qualifying times.
- Level 1 – meets are long course (50m) only and cover National, Regional and County Championships. Their purpose is to enable swimmers to achieve qualifying times for entry into National, Regional and County Championships. They have set minimum qualifying times for entry.

Normally acceptances for entries into Level 4 and Level 3 meets are based on a 'first come first served' basis and acceptances for Level 2 and Level 1 meets are based on entry times. If an event is over-subscribed, the slower swimmers in the over-subscribed events and age groups will be scratched first.

### Clayesmore Club Championships

Once per year the Club runs a Club Championships. As we are a small club, we run this with another local swimming club. The Club Championships are an excellent way for all club's swimmers to get some competition practice and get licensed times in a wide range of events, covering all strokes and distances. The Club Championships will be held locally and typically will run over 2 days/ weekends\* **Steve what's the latest?** to allow swimmers to take part in many races whilst having sufficient time to recover between events.

### Dorset County Championships



The County Age Group Championships are short course (25m) and take place over a number of weekends in February each year. Swimmers need to have achieved the qualifying times to enter and all entry times must have been achieved at a licensed meet and appear on the ASA rankings. The age groups start from 9/10 years and go up to 17 years and over. More information about the County Championships can be found at [www.dorsetasa.org](http://www.dorsetasa.org)

### County Development & Graded Meets

The County also runs a Development Meet. Swimmers who medalled at the Counties and / or who got a Regional Time are not allowed to swim in that event at the Development Meet. The Graded Meet excludes Swimmers who entered Counties in that event and Swimmers who got a Regional time are excluded from the meet.

### Regional Championships



The next level up from the County Championships, with faster qualifying times are the Regional Championships which are long course and take place over 3 weekends in April / May. The South West Region is comprised of swimmers from 7 counties: Cornwall, Devon, Dorset, Somerset, Avon (Bristol), Wiltshire and Gloucestershire. The age groups start at 11/12 years and go up to 17 years and over. More information about the South West Regional Championships can be found at [www.swimwest.org](http://www.swimwest.org) including details on qualifying times, programme of events and venues.

## National Championships



The highest level of competition takes place at a National level, with British and Home National Championships taking place for the top ranked age group swimmers in the country. For more information about the national events go to [www.britishswimming.org](http://www.britishswimming.org). Usually these events are televised and provide a great opportunity to see the countries best swimmers in action.

## League Gala's

Clayesmore take part in the Dorset Novice Swimming League. The aim of the Dorset Novice Swimming League is to provide the novice swimmer with the opportunity to compete on equal terms with other swimmers in the County.

The competition is open to swimmers from 9 years to 14 years of age and a time limit will be set for each event in the gala programme. Any swimmer finishing in a faster time than that set will be issued with a speeding ticket and no points will be awarded to the swimmer for that event.