

DAWLISH SWIMMING AND LIFE SAVING ASSOCIATION

Affiliated to Devon ASA & Western ASA.

President Norman Storey

Founded 1865

Competition Policy and advisory notes

1. Terminology:

a. **BagCat** – British Age Group Categories. A comparison table for calculating points awarded at county, region and national competitions to determine an overall champion in each age and gender. The age ranges are:

(1) Boys – up to 14 years

(2) Girls up to 13 years.

b. **Youth** – a term used to describe an age band at county, region and national competitions:

(1) Boys – from 15 – 18 years of age.

(2) Girls from 14 – 17 years of Age.

c. **Open** – any age (entries are normally constrained by the use of entry times) the British National Championships are an Open competition, which can be entered by any swimmer who meets the entry criteria (normally has achieved the qualifying time).

d. **Swimming Up** – where a child who is younger than the age band is put into a race against older swimmers, normally because they are faster than the team's older swimmers or we don't have enough swimmers in that age band.

2. Team Competitions and the Dawlish Policy:

a. **National Arena League** (formerly the Speedo League). This competition is held over three rounds on the 2nd Saturday of each month in October, November and December. Galas are held at venues across the South west of England and South Wales. The team normally travels to the venue by coach; travel times can be as long as 3 hours each way if the venue is somewhere like Bournemouth or Cardiff. The club has no control over the choice of venue. In this competition Dawlish SC has a "Win at All Cost" policy. The fastest swimmers will be selected, even if this means younger swimmers Swimming Up. Swimmers are expected to attend this competition even if they are only swimming one leg of a relay as every swimmer makes a valuable contribution to the team effort.

b. **The Devon Inter-Club.** This is part of the county swimming championship programme. The gala is held at a pool in Devon, often in Plymouth. Parents are requested to deliver and collect their children to the gala venue. In this competition Dawlish SC has a "Win at All Cost" policy. The fastest swimmers will be selected.

c. **The East Devon Mini League** – Galas are held at local venues such as Dawlish, Newton Abbot, Exmouth and Exeter. Parents are requested to deliver and collect their children to the gala venue. The fastest swimmers will be selected.

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Exclude from all events any swimmer who came 1st, 2nd or 3rd in any 50m, 100m or 200m event in the Devon Age Groups or Championships (finals),

including the Sprint Meet. A swimmer who ranked 1st, 2nd or 3rd in overall heats is also ineligible.

- Exclude from all events any swimmer who has achieved Western District qualifying or consideration times in any event before the beginning of district championships.
- Exclude from all events any swimmer who received a 1st, 2nd, or 3rd BAGCAT award.
- Gala held in January (i.e. before end of Devon championships) to consider previous years events (i.e. 2009), and galas held in May to October to consider the current years events (i.e. 2010).
- A swimmer may only enter 2 individual events in his/her own age group and similarly 2 in each of the older age groups.
- Swimmers who are First Claim swimmers to a different club.

The above exclusions also apply to the Gorman Trophy- an annual inter club gala for Teignbridge area.

c. **Friendly Galas.** The primary aim of these galas is to give swimmers race experience without the pressure of having to win. The result is not as important as the taking part.

3. **Individual Competitions.** In these competitions swimmers are racing for themselves, they are normally trying to achieve personal best times and/or win medals.

a. **County Championships.** This is a series of Galas held at weekends in February and March each year at pools across Devon – typically, Central Park Plymouth, Tiverton and Exeter. The races are held in “short course pools” i.e 25m long. There are normally 2 sessions per day, each one lasting for up to 4 hours (including warm up time). In most cases races are decided by swimming heats and finals. Swimmers should have swum as fast as the qualifying time to be able to enter the race. . Swimmers have to make their own way to the galas.

b. **Regional Championships.** These are split into two separate competitions: one for the younger swimmers called the BAGCats and the other Youth. The Youth championships normally take place at Millfield and run over the early May bank holiday weekend (Friday to Monday). The BAGCats take place over two weekends in June, normally at Millfield. This is a Long Course competition held in a 50m pool. Swimmers must have achieved the qualifying times to be able to enter the competition. These must be achieved at licensed meets during the previous Autumn and Spring Terms. Swimmers have to make their own way to the galas.

c. **National Championships.** These are split into two separate competitions: one for the younger swimmers called the BAGCats and the other called the Youth. The BAGCats take place, over 5 days, at the end of July in Sheffield. The Youth championships follow 1 day after the BAGCats; they last for 6 days and also take place in Sheffield. Swimmers must have achieved the qualifying times to be able to enter the competition. Swimmers have to make their own way to the venue and due to the distances involved normally have to stay in hotel accommodation.

d. **Open Galas.** These are very important competitions for individual swimmers, whose goals are to:

- (1) Gain race experience.
- (2) Rehearse race techniques for other competitions.
- (3) Obtain qualifying times for Regional or National competitions.
- (4) Compete against swimmers from other clubs.