

How to Enter a Gala

Information on galas will be available on the notice board at the pool.

Dunoon ASC place entry details on the notice board as soon as they can, so check the boards on a regular basis to ensure you have enough time to enter.

Please note that it is the members or the member's parents' responsibility to enter events and meet the entry deadline set by Dunoon ASC.

Which Meets should I Enter?

There are two main types of meets. These are called graded or open meets.

Graded meets have time restrictions on entries for events. There can be an upper or lower time restriction called a cut off time. Generally there is a lower limit applied. This means that if the swimmers time is faster than the consideration time of the event then you cannot enter.

Open meets have no fastest cut off time, but may have cut-off time that no swimmers slower than this will be accepted. Generally these meets attract the fastest swimmers.

In addition to this there are League matches and Time Trials.

League Matches are coach selected teams and are therefore by invitation only for selected swimmers.

Time Trials are open to all club swimmers, mainly done within their training session but sometimes are done on a larger scale with various squads present

If you have any queries about whether a swimmer should enter the meet ask your coach or if they are not available you can contact Jodie Blincow for general advice.

OK, What Next?

If you are eligible for a meet you will be provided with an entry form, which will include:

Swimmers name

Meet name

Each event number and stroke type (Freestyle/Backcrawl etc)

Entry fee (Cash or Cheques made payable to Dunoon ASC).

Entries will **not** be forwarded to the host club unless full payment is received.

Place all this information in an envelope and return to -

Jodie Blincow - at Riverside Pool

I've entered what now?

Jodie will then check the entry and if correct will enter the swimmer into the meet.

The host club will then confirm who has been accepted and a list of these swimmers will then be placed on the notice board at the pool and entry forms handed back to swimmers.

If the swimmer hasn't been accepted your entry fee will be refunded. Swimmers may not be accepted because the meet has only allowed two or three heats per event and is oversubscribed by swimmers wishing to enter. It is Dunoon ASC's policy to refund $\frac{1}{2}$ the entry fee to each swimmer if they swim at a competition.

Dunoon ASC will also pay all entry fees for any swimmer who swims in the Scottish Nationals.

Anything else I should know?

If a swimmer doesn't have a time for an event and they want to enter they need to speak to their coach who will try to arrange this. Pool and coaching time constraints mean this is not always possible particularly for events over 100 metres.

On the meet day swimmers should be well prepared with two towels, Dunoon ASC t-shirt, goggles, Dunoon ASC hat, pool shoes, food and drink. Swimmers should arrive at the poolside and report to the coach in charge at least 15 minutes (20minutes + for District / National Event's) before the warm-up time to give themselves time to get changed and to familiarise themselves with the pool and surrounding area. Parents should be aware that parking at certain pool areas can be difficult so allow time to find a parking place, also swimmers need to be there to ensure they get a seat with the rest of the team. Swimmers should not sit with their parents at meet's as coaches must be able to find swimmers if needed quickly.

Each pool generally has a different locker system. It is advisable for swimmers to keep a small purse/money bag with the following coins inside for changing lockers £1, 50p (these are always returnable) 20p and 10p (these are generally non returnable).

Not Sure of Anything Still?

Contact Jodie Blincow 01369 704787

Anyone unsure of how to get to any particular pool?

use HYPERLINK "http://www.swimmersguide.com" www.swimmersguide.com which has almost every pool detailed and can give you e-map.. It can be a daunting task driving to a pool you are unfamiliar with especially if you have an excited young swimmer taking part in their first competition and they do

not want to be late.