

## Glossop Swimming Club Sprint Gala Rules

### The Event:

- This event is open to full Glossop swimming club members and associate Glossop Swimming Club members only.
- No entry fee is required for this event.
- Swimmers must be 8 years or older to enter the event.
- A swimmers age is taken as their age on the day of the event.
- To take part all entrants must arrive at the pool before 7.15pm on the day of the event, be changed and ready to swim.
- Swimmers arriving after 7.15pm will not be allowed to take part.
- On entering poolside a swimmers name, age and gender will be taken for Health and Safety and to assist team selection.

### Event Format:

- The Gala will consist of 4 teams that will compete against each other over the events listed below.
- The order of events are as follows
  - Freestyle.
  - Breaststroke.
  - Backstroke.
  - Butterfly.
  - Freestyle relay.
- Each event will be swum over 25m (1 length of the pool), except the relay which will consist of four swimmers from each team, each swimming one length of the pool as a relay.
- The four teams will be named as follows
  - Team Peaty.
  - Team Guy.
  - Team Quigley.
  - Team Simmonds.
- The teams will be split equally as possible on the night according to a swimmers ability, age and gender.
- Each swimmer will be issued with a coloured armband to designate their team. This must be worn at all times during the competition.

- Each swimmer will have their times recorded as each event is completed.
- All times will be recorded to 2 decimal places.
- Times taken will be used to determine the individual and team prize winners.
- Heats will be swum in ability and/or age order, where possible, and may be mixed (boy/girl).
- All times gained **will not** count towards the Glossop Swimming Club, club records.
- The aim will be to complete all events listed on the night, if this is not possible the event will be shortened in the removal of the later scheduled events.

### Scoring:

#### Individual:

- The individual age competition will be run on a Heat Declared Winners basis.
- The overall boy and girl age category winners will be the swimmers having the lowest overall combined event time.
- If a swimmer does not participate in a scheduled event, their time will be taken as the slowest overall time recorded for that event, plus 5 seconds.

#### Team:

- The combined times for each team, for each event, will be added together and an average taken.
- The team with the lowest average time for that event will receive 4 points; next place will receive 3 points, and so on.
- The team with the highest overall points, when adding all events together will be the overall winner.
- In the event of a draw, the relay race will decide the overall winner.
- If a swimmer does not participate in a scheduled event, their time will be taken as the slowest overall time recorded for that event, plus 5 seconds.

## Competition Rules:

- Each event will be run under full ASA swimming rules. I.e. starts finishes and correct stroke. Swimmers will be disqualified if rule infringements occur.

## Prizes

- Prizes will be presented to.
  - The overall boy for each age category.
  - The overall Girl for each age category.
  - The overall winning team.
- Only Full Glossop Swimming Club members can receive individual age category prizes.
- Associate members can take part in the individual age competition but will receive a time only.
- All swimmers taking part contribute towards the team prize.
- The age categories for the event s will be as follows:
  - 8 years old.
  - 9 years old.
  - 10 years old.
  - 11 years old.
  - 12 years old.
  - 13 years old.
  - 14 years old.
  - 15 years old and above.