

## **CLUB COMPETITIONS**

**ANNUAL GALA** - this is held by the club for its members only. Entries are made for swims in specific strokes in the various age groups and payment is made for the strokes they swim. Heats are arranged on a time basis and cups and medals are awarded to the fastest in each age group for each stroke and also for the fastest boy and girl in each age group overall

Club members must have supported the club (trained regularly and swam in internal galas and inter club galas when selected) to be eligible for entry

**THE SPRINT GALA** – again is for MMSC members only. Races are 2 lengths and swimmers can again choose to swim all strokes or just the ones they are best at. Again, heats are swum in relation to entered times and awards are made to the fastest in each age group, best overall and best handicap. Entry qualification as for annual gala.

**LONG DISTANCE GALA** – again this is for MMSC members only. Entries are made for swims in specific strokes which range from 200m Butterfly- Backstroke – Breaststroke – Freestyle and 400m and 800m Freestyle. The events usually take place over 4 weeks in September / October. You can enter as many of the events as you wish but swimmers who will reach their 9<sup>th</sup> Birthday by March 31<sup>st</sup> of the following year may enter the 200m distances only

**OPEN GRADED AGE GROUPS GALA** - The club holds an Open Graded Age Group competition usually in January/February

**Open** refer to galas where the swimmer must be at least 10years old (swimming age). Here the swimmer enters the gala by completing an entry form on which he/she is asked to declare an official time in each of the strokes in which he/she is applying to swim. Acceptance into these galas is usually based on times, and races are swum by way of heats based on times. The entrant usually pays a fee for each stroke that he/she swims. Based on the times submitted you will be placed in a B or C group as each group has its own cut off time. i.e. you cannot enter a group if your time is quicker than that allowed

Why not come along to spectate so that you know what Open Meets entail? (Prizes are awarded to swimmers who achieve the fastest times in their age groups – speeding tickets to some) This is aimed at encouraging developing (ambitious) swimmers since county class swimmers are prohibited from entry