

**FAO: ALL SQUADS**



**DASC MAIN CLUB GALA**  
**GALA 3**

**Tuesday 19th September 2017**  
The Dolphin Centre

**approx. 6.30 pm start**

*(B Squads sign in with Squad Coach by 5.45pm,  
other squads by 6pm)*

# DASC Internal Club Gala 3

19/09/2017

**Swimmers in all squads** are strongly **encouraged to participate** in events according to their ability and at the discretion of their coach. The number of entrants to some events may be restricted due to time limits for running the whole gala. Some events may be restricted to certain squads only. B1, B2 and B3 Squads may enter for the 25m events regardless of their age.

The events scheduled for Club gala 3 include:

EVENT	AGE	SQUAD ELIGIBILITY
50m Breaststroke	(Age 10/Under, 11/12, 13/14, 15/Over)	ALL squads (B1, B2 & B3 at coach discretion)
25m Freestyle	(Age 8/Under, 9, 10, 11/Over)	ALL 8/Under from any squad + <b>ALL B1, B2, B3</b>
200m Backstroke	(Age 10/Under, 11/12, 13/14, 15/Over)	Top, A1 & capable A2 swimmers at coach discretion
200m Individual Medley <sup>24</sup>	(Age 10/Under, 11/12, 13/14, 15/Over)	Top, A1, A2 & A3
100m Fly <sup>1</sup>	(Age 10/Under, 11/12, 13/14, 15/Over)	ALL squads except B3 (B1 & B2 at coach discretion)

<sup>1</sup>CC points available

Trophies available for **age groups marked in red.**

<sup>2</sup>Slightly different for the 200IM - trophies allocated for 12/under and 13/over.

<sup>4</sup>Qualifier for skins in Club Gala 4

*Some events may have restricted entries*

If you have any queries about which races to apply for please discuss with your squad coach. Please complete the entry form on page 4 and hand in to the club desk (opening times Tues 5-7.30pm and some Sundays 5-6pm). The times you state on the entry form must be accurate, coaches are available to offer advice and guidance on entry times. **Please take the time to read the below information regarding the format and rules for DASC Internal club galas.**

**Closing date Tuesday 5th September**

**Age as at 19th September**

**FEES** none

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## GENERAL CLUB GALA INFORMATION

DASC will hold four Main Club Galas on Tuesday Club Nights throughout the year in the main pool at the Dolphin Centre, as well as a Distance Gala. Swimmers in all squads are strongly encouraged to participate in events according to their ability and at the discretion of their coach. The number of entrants to some events may be restricted due to time limits for running the whole gala. Some events may be restricted to certain squads only. B1, B2 and B3 Squads may enter for the 25m events regardless of their age.

**EVENTS** Each of the main club galas will consist of the following events:

50m of one stroke  
25m of one stroke  
200m of one stroke  
400m Free or 100m IM or 200m IM or a Skins event  
100m of one stroke

By the end of the cycle of 4 main club galas, we will have covered 50m, 100m and 200m of each stroke, 400m and 800m/1500m Freestyle, 100m and 200m IM, and the SKINS events.

All events, except the Skins events, will be Heat Declared Winner (HDW) events.

There are no specific qualifying times.

## **AGE-GROUPS AND AGES**

Swimmer's age are determined as their age on the day of the gala (except for the SKINS events which will be age on the day of the 200m IM qualifying event).

## **ENTRY PROCESS**

Swimmers must enter themselves into each Main Club gala, by completing a specific club gala entry form and returning it to the nominated person 2 weeks before the gala. In instances when the coach gives discretion to a swimmer entry, the form should be signed by the coach.

**Late entries will NOT be accepted.** Incomplete or incorrect entries may not be accepted.

Where swimmers have not previously recorded a time for an event they wish to enter, they should speak to their squad coach about their entry time or note the entry form clearly to indicate a "first swim". Squad coaches will advise swimmers on which and how many events to enter. The swimmer is expected to swim all events entered unless there is a good reason not to. Coaches and/or Assistant Competition Secretaries will be available to help/advise with completing the entry forms. You should not expect them to know your swimmer's entry times. There will be no entry fees.

## **AT THE GALA**

If swimmers wish to withdraw from an event for any reason, please notify the squad coach before 6.00pm on the night of the gala or before if possible, so that heats are not swum with empty lanes. Swimmers must report to their squad coach by 5.45pm on the gala night, before each swim and after each swim. The squad coach (or assistant) will be responsible for sending swimmers to marshalling and so swimmers need to stay with their coach at the galas.

This is the normal process to follow when competing at an external gala.

## **AWARDS**

Medals will be awarded to the Top 3 in each age-group in each event. Medals will also be awarded to disabled swimmers with an official classification competing in events. Club trophies will be awarded for some of the events. Trophies can be retained for one year or until the event is competed for again whichever is sooner.

## **DASC DISTANCE GALA**

The Distance Gala will be held in the summer term and is open to swimmers in Top, A1 and A2 (at coach discretion) squads. Boys will swim 1500m and Girls 800m. Entries may be restricted depending upon the overall time limit for running the gala.

## **DASC OVERALL CLUB CHAMPIONSHIP**

In each of the four 100m events (not 100m IM) and the 800m/1500m Freestyle events, points will be awarded, regardless of age, to the fastest 8 swimmers, with 8 points for 1st, 7 for 2nd, 6 for 3rd and so on to 1 point for 8th. At the end of all the Main Club Galas (including the Distance Gala) the male and female swimmers with the highest points total are the overall male and female Club Champions.

## **PROVISIONAL DATES FOR FURTHER 2017 GALAS**

Gala 4 Tuesday, TBC

## **RULES FOR SKINS EVENTS**

The leading swimmers from the 200m IM events in Gala 3 will be invited to compete in these events. The rules for them will be published separately before Gala 4. The age as at date for the Skins events will be the age as at date for Gala 3.

## **CLUB GALA RECORDS**

A new format for club gala records was introduced in 2012 combining historical records, where they exist, with ASA agreed Standard Times, where records do not already exist. Club gala records can only be set in main club galas and by swimmers of the appropriate age in the appropriate event.

## **ELIGIBILITY**

Swimmers may only be awarded medals and trophies and set club gala records if they are full members of DASC before the day of the club gala. Otherwise, at the discretion of the Gala Organiser, they may be allowed to participate in the galas to record a time.

## **MISCELLANEOUS**

A swimmer who achieves a DASC Sprint Award time at these galas may buy a Sprint Award badge from the Swim Shop on 1st and 3rd Tuesday evenings of the month. The results will be posted on the club notice board and website as soon as possible after the galas. Click this link for the [club gala records](#) page.

**We can only run these galas with the help of people who volunteer to be involved as timekeepers, recorders, marshalls etc. The club would be very grateful if you would consider helping out. Please leave your name at the club desk.**

# DASC CLUB GALA ENTRY FORM



To be returned to the club desk by 5th September 2017 (7.30pm)

NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE

Gala Name: DASC Club Gala 3  
Date: Tuesday, 19th September  
Venue: Dolphin Centre – B Squads sign in with Squad Coach by 5.45pm,  
all other squads by 6pm.  
Gala will commence at 6.30pm.

## NOTE Entry Times

- You can check times achieved in licensed galas at [swimmingresults.org](http://swimmingresults.org)
- Please discuss entries with squad coaches.
- The times you give below for an event must be accurate.
- Incomplete forms may not be processed.
- Refer to DASC website for full [Club Gala information](#) and previous results.

Full name:	
ASA Registration No.	
Date of birth:	
Age as at 19th Sept 2017:	
Squad:	
<b>B1/B2/B3 coach please sign for eligibility:</b>	

EVENT	OPEN TO	TIME*
50m Breaststroke Age 10/Under, 11/12, 13/14, 15/Over	All squads <b>B1, B2, B3 at coach discretion</b>	
25m Freestyle Age 8/Under, 9, 10, 11/Over	All squads 8/under <b>+ALL B1, B2, B3</b>	
200m Backstroke Age 10/Under, 11/12, 13/14, 15/Over	Top, A1 <b>Capable A2 at coach discretion</b>	
200m Individual Medley Age 10/Under, 11/12, 13/14, 15/Over	Top, A1, A2 & A3	
100m Fly Age 10/Under, 11/12, 13/14, 15/Over	All squads except B3 <b>B1+ B2 at coach discretion</b>	

\* Or note as **First Swim** at distance or stroke and/or see coach for entry time

Parent/Guardian signature:

Date: