

Types of Meets

A) Open meets

Many clubs, hold open meets during the season. Age groups for these meets are usually from 11 years and upwards. A swimmers age is normally taken as the age on day of meet. The Clubs hosting the meet will normally publish consideration times for all events in each age group, and IASC will submit entries for swimmers based on the swimmers personal best times (PBs). The coaches have the final say as to which swimmers should be entered for any particular events, and may decide that, in certain circumstances, an entry may not be beneficial for a particular swimmer.

B) Mini Meets

These are similar to Open Meets, but are for swimmers in the younger age groups, often from 8 and under to 12 years. Age groups for these meets are often based on 'age on the day',

C) Graded Meets

These are meets, used to encourage swimmers of moderate ability, by ensuring that the standards of entry are similar. This is achieved by publishing time bands - swimmers entered must achieve times between the published maximum and minimum times for each event. Any entrant who swims more than 5% faster than the minimum time will be disqualified.

D) Development Meets

These could be run in the same way as graded meets, but are generally to help swimmers improve in a competitive situation.

Entries

The Club receives details of meets from other clubs and the coaches will decide whether the Club will attend. Entry forms and gala details are issued to each swimmer to be returned to gala secretary by a specific date. . The host club will accept not all entries submitted. Accepted entries will be posted to swimmer and put on the notice boards. It can take up to three or four weeks for this information to get back to the Club.

Entry Fees

For most invitational galas the entry fee is currently between £3.50 and £5.00 per swim. It could cost up to £20.00 if a swimmer is accepted for four events at a meet. The treasurer or the should be paid before the meet. It is very important that anyone not available for a meet should inform the secretary as soon as possible.

Age

Mostly a Swimmers age is taken as the age on the day of the meet

Personal Best times

A list of all swimmers current PB's is maintained and updated during the season, using times recorded at meets in which the club participates. Swimmers and parents should be aware of these times and discuss any discrepancies with the records convenor.

Consideration Time

This is the maximum time for an event that will be considered by the organisers of a gala. However, achieving the consideration time does not guarantee acceptance of the entry. The number and quality of other entries will determine this.

West District Age Group Championships

These are held over several weekends between March and May at various pools in the District - usually Ayr, Bellshill, Larkhall and Cumbernauld. The organisation of the Championships may vary from year to year. The Club makes entries for all swimmers making the consideration times for each event. consideration times for that event. For the distance events the number of accepted entries may be reduced. The fastest 36 entries for each event will be accepted direct to the Championships, so swimmers who have made consideration times may not have their entries accepted. The Championship rules may change from year to year, as above. Swimmers should watch the notice boards for published consideration times. If they wish to ensure that they are entered (or not entered!) for a particular event, they should discuss it with their coach. Otherwise, the Club will make entries based on the coach's estimate of the swimmers abilities. The entry fees for the championships are normally £3.50 per event. If a swimmer is not on poolside when the 'posting box' for entries closes, his/her entry card will not be posted. If a card is posted and the swimmer does not swim, the Club is fined £10.00 and this fine will be passed on to the swimmer. The club is also fined if a swimmer does not make the consideration time in his/her event, but the Club pays this since the coaches are responsible for the entries.

Scottish Age Group Championship

This is normally swum over four days, from the last Thursday in June. It is a long course meet and age groups are from 12 years to Open (16 and over). Consideration times are published at the end of the preceding calendar year. Achieving these times should be the goal of every swimmer, but the times are hard and 'qualifying for the Scottish' is an achievement in itself. Please note that adjustments have to be made to times swum in 25 metre pools to give long course equivalent times. This is done using tables, and the long course times are slightly slower. The Club pays part of all Scottish entry fees. The Club does not normally organise transport to any of the above invitation/individual meets.

League Galas

There are three leagues, the Clyde Coast Winter League and Mini League. The Club enters teams in each of these leagues each year. The leagues are of varying standard and cover an assortment of age groups. Team selection is based on the standard required for each league. Most swimmers from Top squad and/or transitional as well as some from Skills Development Squads will be selected for at least one team during the year. Each league team will normally swim four matches in a season, one home and three away. Team selection, and venue will be posted on notice boards for each meet, as will the results. For home matches parents are asked to provide cakes and sandwiches for the parents, officials and coaches of visiting clubs. Swimmers are served juice and crisps, provided by the Club. A bus is provided for away matches. Swimmers are encouraged to use the bus, so that they travel and arrive as a team. Parents are welcome to travel on all buses provided by the Club. If a swimmer fails to notify his/her coach that they will not attend a league match he/she will be fined £5.00. If this occurs frequently, he/she will not be allowed to swim for the Club.

Club Championships

These are normally held over the months of September, October November and December, and are open to all squad swimmers. Events are 'heat declared winner'.