

# **DASC CLUB GALAS 2020** **RULES and INFORMATION**

## **General**

DASC will hold four Club Galas on Tuesday Club Nights throughout the year in the main pool at the Dolphin Centre, as well as a Distance Gala (800m Free for girls and 1500m Free for boys), a 400m Free Gala and a new separate 400m Individual Medley (IM) Gala.

Swimmers in all squads are strongly encouraged to participate in events according to their ability and squad requirements and, for some squads, 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. Swimmers age 8/Under in ALL squads and 9 to 10 years in B1, B2 and B3 Squads may enter for the 25m events.

## **Events**

Each of the Club Galas will consist of the following events:

50m of one stroke

25m of one stroke

100m IM or 200m IM or a Skins event (Club Gala 1 will not have one of these events)

100m of one stroke

200m of one stroke

400m Free – a separate gala

400m IM – a separate gala

800m/1500m – separate Distance Gala

By the end of the cycle of all the Club Galas, we will have covered 50m, 100m and 200m of each stroke, 400m and 800m/1500m Freestyle, 100m, 200m and 400m 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**

Swimmers' ages are determined as their age on the day of the Club 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 Club Gala usually 2 weeks before the gala. In instances when the coach gives discretion to a swimmer's entry, the coach should notify the gala organiser. Coaches want to encourage an ambitious, but not unrealistic, level of entry by younger/less experienced swimmers.

Late entries will NOT be accepted. Incomplete or incorrect entries may not be accepted. There are no entry fees to be paid.

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.

### **Number of Events to Enter**

Swimmers in all squads should participate in the Club Galas; entering and competing in the events for their squad. For some swimmers this will be the first opportunity to compete, or the first opportunity to try a new or less preferred event or distance which is to be encouraged. Swimmers are to enter and compete in the following events/number of events in the following galas, unless the coach specifically exempts them.

<b>Gala</b>	<b>Top</b>	<b>A1</b>	<b>A2</b>	<b>A3</b>
400m Free	400m Free - essential	400m Free - essential	400m Free - essential	400m Free – capable swimmers
Gala 1	All 3 events - essential	All 3 events - essential	50m Free, 100m Back- essential , 200m Fly discuss with coach	50m Free, 100m Back- essential
Gala 2	All 4 events - essential	All 4 events - essential	All 4 events – essential (coaches discretion may occur)	At least 3 out of 4 events – essential, 200m Breast discuss with coach
Distance Gala	800m Free (Girls)- essential, 1500m Free (Boys) - essential	800m Free (Girls) - essential, 1500m Free (Boys) – essential	Discuss with coach	Not applicable

400m IM	400m IM - essential	400m IM – essential	400m IM – coach will discuss with appropriate swimmers	Not applicable
Gala 3	All 4 events - essential	All 4 events - essential	All 4 events – essential (coaches discretion may occur)	At least 3 out of 4 events – essential, 200m Back discuss with coach
Gala 4	All 3 events plus Skins if qualified	All 3 events plus Skins if qualified	All 3 events plus Skins if qualified	50m Fly, 100m Breast – essential, 200m Free discuss with coach

The swimmer is expected to swim all events entered unless there is a good reason not to and the coach is/has been informed. Failure to comply with the requirements without a known good reason or exemption by the squad coach will be challenged.

### **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 adult responsible for the squad) will be responsible for sending swimmers to marshalling and so swimmers need to stay with their coach/adult 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 Gala 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 requests that trophy winners have the trophy engraved with the winner's name at their own expense.

### **DASC Distance Gala, 400m Free Gala and 400m IM 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.

The 400m Free gala will be held before Easter along similar lines to the Distance Gala.  
The new 400m IM gala will be held before the Summer school holidays.

### **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 Club Galas (including the Distance Gala and 400m Free Gala) the male and female swimmers with the highest points total are the overall male and female Club Champions.

### **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 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**

Swimmers who achieve a DASC Sprint Award time at these galas may buy a Sprint Award badge from the Swim Shop.

The results will be posted on the club notice board and website as soon as possible after the galas.

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.

See the 'Event Information' page and the 'Club Gala Records' page for more detail.