**Tonbridge Swimming Club**

**Information about the types of League Galas we compete in as a swimming club**

**Tudor League (TL)**

The Tudor League is a series of 6 time-banded galas (one gala each in January through to June) each year.

**Age Groupings**

This gala is swum in 4 different age groupings: 10 &under; 12 & Under; 14 & Under and Open age group. This year the organisers have changed the age-banding eligibility. This year, all swimmers swim as at their age at 31 December 2018. For example if your child is 10 now and not 11 until October – they will be eligible for the 12 & Under age group banding. This means that for this age group we could be looking at picking swimmers that are currently 10, 11 or even 12 (birthdays in January).

**Time bands (time limits) for each event**

This gala has time-bands (or time limits) for each event. What is a time band? A time band is a time that the swimmer in that event cannot swim faster than. If they do they may win the race but not earn any points for the team. So our aim is to pick the fastest swimmers for each event that DO NOT swim faster than the set time band so we can earn points as the overall placings at the end of the gala are awarded on a total points basis (i.e. the points we earn as a club for each and every event are added up and that’s our total points and we are placed accordingly. However we encourage swimmers to ignore the time bands and always swim as fast as they possibly can, even if that breaks the Time Fault.

The time bands for each age group are shown below:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Age Group** | **50m Butterfly** | **50m Backstroke** | **50m Breaststroke** | **50m Freestyle** |
|  | Boys | Girls | Boys | Girls | Boys | Girls | Boys | Girls |
| **10 & Under** | 42.75 | 41.75 | 42.50 | 42.75 | 49.75 | 48.50 | 36.75 | 37.00 |
| **12 & Under** | 39.50 | 38.75 | 41.50 | 41.00 | 46.00 | 45.50 | 34.50 | 34.50 |
| **14 & Under** | 35.00 | 36.25 | 36.50 | 37.00 | 41.50 | 41.75 | 31.50 | 32.00 |
| **Open Age Group** | 30.25 | 33.75 | 31.50 | 35.00 | 35.75 | 40.25 | 27.25 | 30.75 |

All individual events and all relays are 50m swims in this gala.

There is also an 8 x 25m mixed squadron stroke relay at the beginning of each of these 3 galas and an 8 x 25m mixed squadron freestyle relay at the end of the gala. The fastest swimmer in each age group 1 boy & 1 girl swim in age order.

This year there is also a fun Cannon Relay at the end of each gala. This involves 8 swimmers (a boy and girl from each age group). All swimmers start in the water at the same time and swim behind each other in a long line. The youngest girl swimmer swims 1 length, the boy 2 lengths, the next swimmer 3 lengths etc through to the oldest boy swimming 8 lengths. Swimmers cannot overtake any swimmer younger than them. It’s lot of fun and involves lots of cheering!

For the cannon relays this year, Gala 1 was Open age group swimmers; Gala 2 will be 14/Under; Gala 3 will be 12/Under; Gala 4 will be 10/Under and Gala 5 will be one swimmer from each age group.

**Kent Junior League (KJL)**

This is a series of 3 galas for our younger swimmers. The first gala is usually held in June, the 2nd one in September and the final gala is in November each year. The standard of competition is much higher/faster in this League and we compete against other Kent clubs in Division 2.

**KJL Gala Dates for 2018 are:**

|  |  |  |
| --- | --- | --- |
| 9 June | 8 September | 17 November |

**Age Groupings**

This gala is swum in 4 different age groupings: 10 &under; 11 & Under, 12 & Under and 13 & under. The age groupings are as at 31 December 2018.

**Events in this Gala**

The events in this gala are not time-banded/restricted so all swimmers are eligible to swim. Each swim is awarded points towards the team’s point score as with the Tudor League so we aim to fill the team with our fastest eligible swimmers from each age group.

|  |  |  |  |
| --- | --- | --- | --- |
| **Age Group** | **Individual Events** | **Relay Events****All age groups have freestyle and medley relays** | **Relay age groups** |
| **10 & Under** | 50m each stroke | 4 x 25m | 9/10 Years |
| **11 & Under** | 50m each stroke | 4 x 50m | 11 & Under |
| **12 & Under** | 100m each stroke | 4 x 50m | 12 & Under |
| **13 & Under** | 100m each stroke; plus a 100 IM | 4 x 50m | 13 & Under |

There is also an 8 x 25m mixed squadron freestyle relay at the end of each of these 3 galas. The fastest swimmer in each age group 1 boy & 1 girl swim in age order.

**National Arena Swimming League (NASL)**

This is a series of 3 galas held in October, November and December each year. Again we believe this year’s galas will be based on ages as at 31 December 2018. This is the highest standard of league gala that we compete in as a club. We compete against other clubs in Division 2 South East. This year we are entering 2 joint teams as Kent Weald SS (KWSS).

**NASL Gala Dates for 201 are:**

|  |  |  |
| --- | --- | --- |
| 13 October | 10 November | 8 December |

**Age Groupings**

This gala is swum in 4 different age groupings: 10/11 Years; 13 & Under, 15 & Under and Open Age Group. The age groupings are as at 31 December 2018.

**Events in this Gala**

The events in this gala are not time-banded/restricted so all swimmers are eligible to swim. Each swim is awarded points towards the team’s point score as with the other league galas so we do aim to fill the team with our fastest eligible swimmers from each age group.

|  |  |  |  |
| --- | --- | --- | --- |
| **Age Group** | **Individual Events** | **Relay Events****All age groups have freestyle and medley relays** | **Relay age groups** |
| **10/11 Years** | 50m each stroke | 4 x 50m | 9/11 Years |
| **13 & Under** | 100m each stroke | 4 x 50m | 13 & Under |
| **15 & Under** | 100m each stroke | 4 x 50m | 15 & Under |
| **Open Age Group** | 100m each stroke; plus a 200 IM | 4 x 50m | Open Age |

**Selection Criteria for these league galas**

**Tudor League:**

Swimmers need to fit into the appropriate age group banding and they need to be as close to the time bands shown above for that age group/event. Swimmers will be selected on the basis of those nearest to the times above so as to try to maximise our team point score. However we do try to select a variety of different swimmers when we can to give more swimmers experience of racing in competitions.

**Kent Junior League**:

Swimmers need to fit into the appropriate age group banding. There are no time bands for the individual races but the competition is a bit tougher in this league so in the first 2 galas we usually try to balance giving swimmers a taste of gala experience alongside picking the fastest team to maximise team points scoring possibilities. The 3rd gala of the series is the Final gala and trophies are awarded to top placed teams so we do aim to field our strongest team if possible in this Final gala.

**National Arena Swimming League**:

Swimmers need to fit into the appropriate age group banding. There are no time bands for the individual races but the competition is very tough (fast) in this league so again we usually try to balance giving swimmers a taste of gala experience alongside picking the fastest team to maximise team points scoring possibilities. The 3rd gala of the series is the Final gala so again we aim to field our strongest team if possible to maximise points scoring opportunities. We are currently entered into the NASL as part of the KWSS club, members comprise swimmers from Tonbridge, Beachfield and Gravesend & Northfleet swimming clubs.

**Email Invitation to Swim**

Swimmers that are selected for this (and in fact all of our league galas) are emailed an invitation. Parents are asked to respond with a YES or NO reply as to the swimmer’s availability for that gala as soon as possible. As you can imagine if swimmers are not able to compete then that spare place is then offered to the next eligible swimmer.

**Transport Issues**

If your child would like to compete but getting to the gala is difficult just reply back via email and we can usually organise a lift with other swimmers/parents for you.

**Other Gala Rules**

There are numerous other gala rules for league gala such as how many events a swimmer can swim on the night etc. However the Gala Manager/Coaching Team will be aware of these gala rules and will ensure our compliance with the rules.

**Other Types of Galas:**

**Inter-Club Galas**

From time to time we get invited as a club to compete in more local based ‘friendly’ galas against other clubs. These are a gentler introduction to competitive galas and generally loads of fun and a great chance to meet the other club swimmers e.g the John Carrie Memorial Gala at Sevenoaks.

**Open Meets**

These Open Meets are held throughout the year at locations throughout the South East. Swimmers enter (via a club co-ordinator) into whatever events/distances they would like to swim provided they meet the entry time standards. Most open meets have minimum and maximum times shown for all events. You simply look up the relevant age group and if the swimmer’s times are somewhere in between the entry standards they can enter. These meets are ‘licenced’. A licenced meet is fully staffed by qualified officials and all times swum at these open meets appear on the ASA database and times, if appropriate can be used to enter other higher level licenced meets such the Kent Championships etc.

From time to time as a club we “target” certain Open Meets to encourage as many swimmers to enter as possible and follow the meet with a social get together on the way home! Look out for emails regarding these specific targeted Open Meets.

Please look out for the Open Meets being advertised and if interested, please enter via the club co-ordinator. Further details with contact details etc and date deadlines etc will be sent out to swimmers nearer the time. Look out for the Terry Fitzgerald Memorial Open meet at Hastings in July, details will be sent out nearer the time. A great day out, fun swimming and a trip to the seaside afterwards!

**The Club Website**

Our club website has loads of useful information about swimming squads, gala results, swimmer’s PBs, club records, a club calendar (which lists most of the galas we enter) just to name a few. All queries relating to galas, a swimmer’s swim times, club championship results, squad sessions etc should be made via the contact us link on the club website. Take a look at the website (if you haven’t already and keep checking as this is our centralised information point:

[www.tonbridgeswimmingclub.co.uk](http://www.tonbridgeswimmingclub.co.uk)