

FALCON ASC - Swimming Competition Guide 2019

Time Trials

The club intend to run ASA Licensed Time Trials in March, April, and monthly from September to December

These will be held at 7pm on Friday nights and the intention is that swimmers will get the chance to swim the full range of events/ distances over the year. There is no cost to enter.

Dates will be emailed, posted on the notice board, web and Social Media when confirmed.

Volunteers to be trained to be Timekeepers/Officials are essential & always welcome.

There is a minimum number of Officials & Timekeepers required at these events in order for them to be licensed with Swim England and for the swimmer's times to be included on British Swimming's rankings.

Minimum distance for inclusion on British Swimming's rankings is 50 metre races

Falcon ASC Club Championships

This is an Annual Competition run over 4 galas on Saturdays and/or Sundays in May, June & July and is open to all Falcon swimmers. There is a small entry fee per swim.

A points system based on a National scoring system determine the overall results in each age group – 8/U, 9, 10, 11, 12, 13, 14 and 15 & over

Awards are given to **all** swimmers in all age groups and some specific event winners receive Club Trophies they hold for a year

The Trophies are presented in July at a presentation/family fun day

GALAS/ LEAGUES/ COMPETITIONS

Notts ASA Stage 1 Trophy Galas

These galas are for age groups 8, 9, 10 and 11 and combined age groups of 8/9 and 10/11 for the relays. The age of the swimmer is that of the date of the gala. Individual races are 50 metres except for the 8yrs (which are 25m) and the relays are 4 x 25m (both free and medley).

The Cannon Relay is 8 x 25m (4 boys and 4 girls, one from each age group).

For those that have never seen a Cannon relay they normally alternate between boy and girl through the age groups. Starting with the youngest swimmers and finishing with the older swimmers completing the relay.

Six Clubs usually compete with Trophies for first three.

Dates of the 2019 ASA Stage 1 Galas are Sat 26/01/2019 & Sat 15/06/2019 and Sat 14/12/19 usually 6pm warm up. Venues are usually Hucknall, Sutton, Mansfield, Bramcote, Worksop or Retford

Notts ASA Stage 3 League Galas

There are three galas in this league.

Held on Saturdays Feb to May, age of swimmer is date of the final gala (04/05/19) - Age groups are 12/U, 14/U and Open (15 plus). Trophies awarded to successful clubs after Gala 3.

Dates of the 2019 ASA Stage 3 Galas are Sat 16/02/2019 & Sat 23/03/2019 and Sat 04/05/19 usually 6pm warm up. Venues are usually Hucknall, Sutton, Mansfield, Bramcote, Worksop or Retford

<http://www.notts-swimming.co.uk/swimming/leagues/>

Notts Sports Centre League

There are 2 Divisions each comprising of 6 teams. We are currently in Division 2.

Age categories are 9 years (mixed relays 2 boys & 2 girls), 11/under, 13/under, 15/under and open (16 plus).

There are usually 6 Rounds.

Three rounds are held in the first half of the year where the age you swim is your age at Round 3 (08/06/2017).

The final three rounds are Sep-Nov with age of swim being age at the final round (05/10/2017).

There is promotion and relegation through these Divisions at the end of the year.

Dates of the 2019 Sports Centre League are Sat 09/02/2019 & Sat 16/03/2019, Sat 08/06/19, Sat 07/09/2019, Sat 21/09/18 & Sat 05/10/19.

Venues for 2019 are Carlton Forum, Hucknall & Sutton.

<http://scl.arnoldswimmingclub.org.uk/>

Derbyshire & Nottinghamshire Junior League

Also known as the "Diddy League", 28 teams from clubs in Derbys & Notts have entered in 2019

Three Galas are swum from March-June. Ages are 9, 10, 11 & 12. Age you swim is the age at the date of the third Gala in June (22/06/2017).

Dates for 2019 are Saturdays 30th March, 18th May & 8th June, usually 6pm warm up. Venues are across Nottinghamshire & Derbyshire

<http://www.derbynottsjsl.co.uk/#/>

National Arena League

This is the top level league in which we compete as a team. It is a National League that is split into regions. We currently compete in Division 3 in the West Midlands region.

This League can involve some travel, sometimes on a coach to venues throughout the Midlands. Age groups are as follows 11/under, 13/under, 15/under and open (16plus).

The age of swimmer is as of 31st December 2019. This League takes place in October, November and December, 3 galas one each month.

The 2019 season dates are 12/10/2019, 09/11/2019 & 07/12/2019

<http://www.nationalswimmingleague.org.uk/>

Teamer

All selections for Galas & League Fixtures are made by the Coaches & selection is notified by email and/or text message on the Teamer site/app. Your swimmer will be added to Teamer when they are selected for their first Gala https://teamer.net/teams/44884-falcon-asc?m=10062403&p_ref=4

Open Meets

Most Clubs run their own Annual Open meets which are usually one day or two day meets and are open to swimmers of other Clubs.

Falcon run an Open Sprint meet every September - The date for this year is Sunday 8th September

Entry fees for these types of events usually run at £5-£6 per race.

Open Meets are swimming competitions available to any swimmer who has achieved the necessary qualifying times (if appropriate) for their events. Some Open meets have "cut off" times meaning faster swimmers cannot enter.

Your age group in Open meets is usually your age at the date of event although some are now using "age at the end of the year"

Nine is the minimum age and in some events 9 year olds are not allowed to swim 100-meter events.

Some Open Meets Falcon ASC will enter as "Club targeted events" and have Falcon Coaches poolside. Entry Forms will need to be handed to our Open Meet Co-ordinator to send off. Non - targeted meets, you will need to enter yourself.

Many meets are "first come first served" so you may need to get an entry in quickly, definitely before the cut-off date.

Information on these meets will be published by email, on Falcon Social Media and the hosting Club's website

Targeted meets in 2019 likely to be

Saturday 9th & Sunday 10th March, Arnold SC Ernehale Open - Hucknall

Sunday 7th April, Mansfield SC Acorn Open – Hucknall

Sunday 30th June, Nottingham Northern Jnr Open (Ages 9-14) – Harvey Hadden

Sunday 8th September, Falcon Sprint Open - Hucknall

Saturday 16th & Sunday 17th November, Mansfield SC Major Oak Open –Water Meadows

Sunday 24th November, Bramcote Open Meet, Bramcote

Saturday 30th November & Sunday 1st December, Notts ASA Festive Frenzy –Harvey Hadden

A full list of Licensed Open Meets can be found on the British Swimming website.

http://www.swimmingresults.org/licensed_meets/

County Championships

These are held in January & February at Harvey Hadden. Qualifying times are required and will need to be achieved by late December. These times will be on our notice board, and on the Notts ASA website below.

Times must now be achieved in ASA licenced events such as Open Meets or our Time Trials or Club Championships. The age you swim at the Notts ASA County champs in 2019 is your age at 31/12/2019

<http://www.notts-swimming.co.uk/swimming/county-championships/>

Progression can & is made by Falcon swimmers to Midlands Regional & National Competitions again by meeting stiffer qualifying times in Licensed Meets.

British Swimming Rankings

All Licensed meet results are entered on to the British Swimming rankings database.

You can check your swimmer's rankings at Club, County, Regional & National level in each distance/stroke:-

<http://www.swimmingresults.org/12months/>

Web/ Social media

Falcon website is www.falconswimmingclub.co.uk

Social Media can be entered via links on the website or by liking the Falcon ASC page on Facebook or Follow @FalconASC on Twitter