

## Gala Guide

### Gala on the Day

- Check the website the day before the event in case of timing changes.
- Enquire about parking facilities.
- Plan your journey to the venue carefully so that you arrive with plenty of time to sign -in, find your team and prepare for the warm - up.
- Do not be late! If you will be delayed, advise the coach allocated to this meet / gala.
- If running late, ask someone you know to sign you in where applicable; the meet organizers will take out any swimmer who hasn't signed in prior to the deadline.
- Some galas will run a withdraw system meaning that if you intend not to swim you must withdraw yourself from any or all events; failure to do so may result in financial penalty being imposed on the Club and this will be passed on to the swimmer. If you are unable to do a withdrawal yourself, please inform the coach or the Club competition secretary to ensure that the withdrawal procedure is being followed.

### At the Gala

- Find your coach/helper on poolside and make yourself known to them.
- Follow their instructions.
- All Wandsworth SC swimmers should be wearing club hats and kit poolside, and where directed, on the way to/from the meet.
- Swimmers need enough towels, costumes/trunks, dry change of clothing, especially during a 2 or 3 sessions meets as the day can be long. It is very useful to have more than one training costume / pair of trunks as you may want a dry one for each session. You should have at least one racing costume / pair of trunks, do not wear this for warm up, but change into it before your first race.
- Go to the marshalling area well on time. Listen to the coaches but also to the announcements. Adults on poolside will not be held responsible if you miss your race / event. If you arrive too late for your event, even if not started but all swimmers got called, you may not be allowed to swim - Do not leave the pool area without telling the coach (or Team Manager if there is one). This is especially important to ensure that swimmers do not miss their races. Parents should not ask children to leave poolside during the swim sessions.
- For older, more experienced swimmers, help the younger ones, show a good example.
- Perform blood flow exercises before the warm-up and each of your races. There is nothing worse than being injured because you didn't do the exercises.
- Always go to your coach to get feedback immediately after your race, even if the coach doesn't know you, they have years of experience so take any advice they give you.

- If a warm - down pool is available, take advantage of it! No messing around as you will be excluded from using it; remember, it is a warm - down pool not a play - pool!
- If a warm - down pool is available, you go there first and then you come back for feedback. You should have your drink with you so that you rehydrate (fluids) during the warm - down; afterwards you refuel (food - high in carbohydrates) - you have 30 minutes window to rehydrate and refuel to help your body recover after the race.

## Disqualifications (DQs)

Most swimmers are disqualified at least once, usually several times, when they start swimming competitively - so, do not worry ! Disqualifications are there for a reason, so do not feel frustrated, don't take it on the coaches / officials / helpers / other swimmers if you (for parents - your child) got disqualified but you felt it was wrong,

- DQs are there to make sure all swimmers are treated the same and swimming according to the rules on a fair level.
- DQs are there to teach swimmers to follow these rules.
- If you have a video of your child swimming and you feel the DQ was unfair or incorrect, videos are not accepted in any case as evidence. The Referee's decision is final, based on facts and cannot be overturned, unless there were mitigating circumstances like noise at the start, another swimmer interrupting a race by swimming out in front of a swimmer, object in the pool, etc. - When you get disqualified find out why and learn from the mistake.

## What happens between sessions?

Swimmers - please do not leave poolside until you have asked your coach / team manager. Parents will need to make arrangements for their children between sessions. There may be a change of coaches / team managers or the coach / team manager may go to lunch, so swimmers be unsupervised. If the parents are not there, they will need to make arrangements for their child to be with someone else.

## Gala results

At the end of any meet/gala, the meet manager has to send the results to the Swim England for them to load into Rankings. There can be an issue raised by the Swim England or identified by the meet manager, which explains why the results are not instantly showing in the rankings.

- In most cases, results are published within 2 days, but not always.



Affiliated to the ASA, London Swimming, SCWP&SA and Wandsworth ASA  
[wandsworthsc.com](http://wandsworthsc.com)

- Hytek and TU do not have an agreement with Swim England to be able to download the times directly from the Rankings, so we rely entirely on the promoters sending us the results.

## Summary

- Please enter Open Meets and Championships promoted and included in Wandsworth SC Competition Calendar relatively to your level of ability / experience.
- Support the club League - Know your official and unofficial Personal Best (PBs), official times will be required to enter County, Regional, and National competitions. Some open meets will also require official times; these can be found via Team Unify and the Swim England Rankings.

Always have all events approved by your coach before submitting a meet / gala entry .