

Guidelines for Club Swimming Meets

A three level structure or pathway has been designed to cater for the development needs of swimmers. Each level has been designed to provide a stepping stone to the next. The objective and guidelines for each level is provided below.

If a parent or a swimmer is unsure at which level their swimmer should be in they must seek the advice and guidance from the swimmers coach.

Level Three – ‘Have a Go’ - Club night or Open day

Introduction

Level Three is all about ‘having a go’ and provides the opportunity to promote the fun of club swimming to children ready to make the step from learn to swim programmes. This includes learn to swim programmes from within the club, local schools, council or independently run programmes.

Objective	Fun and providing an opportunity for children who are interested in swimming to come and ‘have a go’ To provide new swimmers with a fun introduction to swimming races. An opportunity to build a relationship with learn to swim programmes
Benefits	To the swimmer its an opportunity to experience what its like to participate in some swimming races and have some fun with other swimmers at the same level For the club this is one of the pathways into club swimming and the opportunity to develop a mutually beneficial relationship with learn to swim and grow membership
Venue	Clubs home pool
Swimmer Level	Primarily Novice / Club Entry / No Times. This is not to say that the meet shouldn’t include a mix of already competitive and novice swimmers
Duration	Limit to an Hour
Event Types	Aim is to have fun, try relays and maybe something creative or different – maybe invite some seniors to participate in a relay with the new swimmers. Mix traditional 25m and 50s in Free, breast and back with kicking races or mixed, e.g. 25 back & 25 free
Officials	No requirement for officials other than someone to start the races. Times are not the objective; however, if the club wants to provide times then Timekeepers will be required but they do not need to be qualified officials, i.e. senior swimmers could assist.
Fee	Limit to nominal amount.
Other suggestions	Keep the meet moving as young people get cold quickly. Consider including a neighbouring club and/or your local learn to swim school (independent and/or council run operations).

	Swim Wellington will coordinate one of these across the region over a specified week – i.e. all clubs run a session which SW promotes through media as “have a go – try swimming at your local pool”
Responsible	Club to schedule and run

Level Two – SwimStart and Inter Club League

Introduction

Level Two comprises two types of events or experiences for novice swimmers, the SwimStart carnivals and Club League.

SwimStart is a *fun* introduction to traditional swimming races, in other words, it provides swimmers with the experience of swimming in individual races or events, such as 50 metres freestyle, against swimmers of the same age and gender. It will also provide swimmers with a personal time or improved time (Personal Best – PB) for the event swum.

Relays play a part in the SwimStart format. This provides swimmers with the opportunity to swim as a member of a team and experience the excitement of relay swimming.

Over time the race times gained from swimming in the events covering the range of strokes (freestyle, back stroke, breast stroke, butterfly and medley) and the various distances can be used to gain entry or a qualifying time for the next level of competitive swimming, should that be the goal.

The **Club League** is a *fun* team based competition for swimmers aged 12 and under. Each team is made up of twelve team members of mixed ages and gender.

The club League also provides opportunities for both relay and individual swimming races.

A points system is used to create interest over a four meet / carnival series.

The Club League is Swimming Wellington series of meets, hosted by selected clubs. It is run to a fixed format (Flier is currently under review by the Carnival Committee).

Both the Level Two events provide swimmers with an introduction to organised club swimming and the many benefits that the club environment provides such as friendship, camaraderie and sportsmanship, all great life skills.

SwimStart

Objective	The Goal is to allow novice swimmers to experience racing.
Benefit	Swimmers and their parents experience the excitement of racing and learning how to race. Chance for swimmers to get qualifying times
Venue	Club pools like Karori, Raumati, Tawa etc. In summer consider open air pools such as Wainuomata.
Swimmer Level	Open to all novice level swimmers (predominately 12U but does not exclude swimmers who are a little older looking to experience racing)

	<p>As guideline swimmers who have achieved two more National times, e.g. Juniors or Div3 should be racing in the next level up.</p> <p>Swimmers entering should have some ability, i.e. a time no slower than a nominal level, e.g. no slower than 2min for 100Fr</p> <p>Allow no times, maybe a limit such as to enter a 200m you need to have swum 100m of the same stroke in under xxx.</p>
Duration	<p>Restrict to two hours plus warm up</p> <p>Early finish time – 7:00pm</p> <p>Generally restricted to 3 swims</p>
Event Types	<p>Distances don't need to be long, 50's, 100IM and a 200Fr along with relays. Maybe 25 Fly for the real young ones. Mix and match of standard events. Generally not too many longer events.</p>
Officials	Yes
Fee	Keep to a maximum of \$6 per event.
Other suggestions	<p>Use as a training ground for parents as team managers, time keepers etc.</p> <p>Can add in time trials if time permits.</p>

Inter Club League

Objective	<p>To encourage club swimmers to swim competitively in a team environment.</p> <p>To give opportunity to parents/supporters to be introduced to poolside officiating.</p> <p>To foster a healthy team competition between clubs in the Wellington region.</p>
Benefits	Chance to represent a club team and gain qualifying times.
Venue	Suitable 25m pool, like Huia, Naenae, Karori, Tawa and Cannons Creek.
Swimmer Level	<p>All swimmers must be under 12 years.</p> <p>Swimmers at Novice or new to competitive swimming wanting to experience some racing and/or get some times.</p> <p>No restriction on swimmers with national qualifying times, but coaches are asked to guide swimmers on whether to enter</p> <p>No times are accepted</p>
Duration	No longer than 2 hours including warm up.
Event Types	Fixed format set by Swimming Wellington (refer to flyer attached).
Officials	Yes
Fee	Entry fee \$120 per team for each meet (or \$10 per swimmer per meet)
Other suggestions	<p>Use as a training ground for parents as team managers, time keepers etc.</p> <p>Social and fun factors are important. Consider holding a sausage sizzle or pizza's etc. at the conclusion of each meet.</p>

Level One – Signature Series.

Introduction

The Signature Series is an inter club competition to promote a good standard of racing throughout the season, and prepare swimmers for Regional and National competitions

The series is designed to provide swimmers with the opportunity to qualify in each of the strokes and distances swum at Regional and National meets.

The series covers both the winter and summer seasons offering a total of eight meets, four in each season.

Objective	To provide experienced competitors with a good standard of racing
Benefits	
Venue	Wellington Regional Aquatic Centre (Kilbirnie) preferred, but some other pools may be used. SW sponsors this series, books the pools and tries to secure funding support – individual meets are allocated to clubs to run.
Swimmer Level	Competitive swimmers seeking qualifying times for National meets, Regional meets, or just improving their performances – coaches to guide swimmers to the appropriate level No times allowed however to be limited to one swim per event provided the swimmer has times for a minimum of two other events. Try to run races in age groups or paired ages. Allow combining heats if required.
Duration	Restrict to 3 ³ / ₄ hours including warm up. Note at WRAC allow 15 mins to put pads in as well as the 30 min warm up. Schedule meets to finish no later than 8:00 pm Some restrictions on entries may be required to limit the duration; such as only enter 4 events.
Event Types	To ensure the full range of events can be swum during the course of the season each Signature Meet will have a fixed component. Clubs can include additional events provided the meet can still run to time. The fixed format component varies from meet to meet and is allocated by Swimming Wellington. Refer to the attached schedule Clubs are encouraged to be innovative with the remaining part of the format to ensure a few points of difference between the meets each club runs to keep these meets alive and interesting
Officials	Yes
Fee	Entry fee \$7 per event
Other suggestions	Use traditional seeding (not circle seeded) Club running the meet organises all officials (apart from running the timing system at WRAC). While they should organise them they can source some technical officials from other clubs.
Responsible	SW schedule these and assign to clubs Clubs run them with minimum outside help apart from some technical officials like AOD room