

# All You Ever Wanted to Know About Graded Galas

## **What are Graded Galas?**

- These are competitive events and for some swimmers this will be their first ever gala.
- The events are run over the weekend (Sat & Sun evening you will need to check the RADS board to see what events are on which day).Sun evening events are normally Boys & Girls 100m Freestyle, 200m Free & 200 IM & sometimes 100m IM.

## **Who can enter a Graded Gala?**

- All RADS swimmers are eligible to compete from the youngest to the oldest swimmer in the club.

## **Where are they held?**

- These are home-based galas held at Clements Hall

## **How do the swimmers achieve a Merit Award Trophy?**

- Swimmer set an individual time in their first gala. If they better their time by 2 seconds in any race at the next consecutive Graded Gala they will receive a Merit Award. (Squad swimmers who have already achieved grade 1 should swim Personal Best times to receive a Merit Award.)

## **How do we know what distance to enter?**

- As the swimmer achieves set targets, the distance over which they race will increase up to 100m for each stroke and 200m for Medley. The RADS swimming board has the time and distance increments.

## **Who will my child race against?**

- Each child races to better their own time irrespective of age or what lane they swim in. Swimmers will be grouped in time order or if a first time Graded Gala swimmer in a FTS (First time swimmer) race.

## **How often are Graded Galas held?**

- Graded Galas are held approximately three times a year.

### **What time should we arrive?**

- Warm-up on Sat commences at 6:30pm and races commence at 7pm. The last race normally ends at approximately 9pm.
- Warm-up on Sun commences at 6.00pm and races commence at 6.15pm (prompt) and ends approx 7.30pm.

### **Is there a charge?**

- Yes there is an entry fee per event but the more events you enter the cheaper it becomes. There is also an admission charge for spectators. Programmes are available.

### **What does my child need to bring?**

- Costume/trunks, goggles, hat, towel, drink, poolside shoes and a T-Shirt or T Bag (available from RADS desk) to wear in-between races.

### **What is the procedure?**

- Swimmers will be called for their races by club volunteers.
- Swimmers should remain on poolside during the course of the evening.
- Swimmers should not stand in the poolside showers, go in the teaching pool or run around the changing area.
- Swimmers should not wander off or sit with their parents as they may miss their race.
- Parents should not go on to poolside during the course of the gala.
- Races cards will be handed to each swimmer.
- These cards will be handed to the time keeper responsible for their lane.
- Everyone will sit in line until their race is called
- When their race is called they will take their starting position in their allocated lane.
- Out of consideration for our young swimmers, it is important that all swimmers and spectators remain silent at the start of each race.