



Mildenhall & District Swimming Club is a charity registered in England & Wales (1154407)

## Club Championships – 11<sup>th</sup> November and 18<sup>th</sup>/19<sup>th</sup> November 2023

### Parent & Swimmer Information

The club championships are nearly upon us, and I know for a lot of you this will be the first one you have entered, so hopefully you will find the following information useful – please don't hesitate to ask on the door on a Friday or email or call me if you have any questions.

#### What do I need to bring?

Please could all swimmers ensure they have spare hats and goggles, a spare t-shirt to put on between races and for the medals (all swimmers MUST wear a shirt for the medal presentation), second towel to keep on poolside, and something to eat and drink (ideally high carb foods) between races to keep your energy levels up (all food must be in sealable tubs not loose). Please do not bring large bags onto poolside as there will not be room, either leave them in the changing rooms or with your parents.

#### What do I do when I get there?

**Swimmers need to be changed and ready on poolside by 5pm each day.** Swimmers need to go through the changing room to poolside and spectators need to enter the pool by the usual entrance. There will be a raffle each day (£1/strip) and admission for adults will be £4 (**cash only**), children are free. Swimmers need to find the stewards on poolside who will tick you off the register, so we know you are here.

The doors open for spectators at 4:45pm and swimmers will be allowed poolside from this time as well. The café will be open until around 6pm for drinks and snacks -but please no hot drinks by the swimmers.

#### What is the timetable for the evening?

The warm-up will be between 5 and 5:30pm, and the races will start at 5:30. Each day will be divided into 2 sessions, with medals and trophies awarded during the break between sessions and at the end. It is expected that each day will finish around 7:30. Parents, the café will be open during the gala until around 6:30, but no hot drinks on poolside please.

#### How do I know when my race is?

There will be marshals to arrange you in heats for each race, so please remain around the learner pool between your races so they can find you – if you can't be found for the start of your race you will not be allowed to swim in that race. There will be a list of all the races you have entered on the wall.

Parents – your children can come and see you between races, but please encourage them to stay with the other swimmers.



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### How are the races organised?

Each of the races will be run as mixed boys and girls and all ages, so you will be in a heat with swimmers of similar ability, but not necessarily the same age, medals are awarded based on age-groups and **NOT** on positions in the heats, this is known as heat declared winners (HDW). After all the heats in a race have been completed, the times of the swimmers will be grouped into boys and girls and the different age groups (9 & under, 10-11, 12-13, 14-15 and 16+) and the results published by boy/girl and age-group. Trophies are awarded in the 25m races to the 9 & under age-group, in the 50m races for the 10-11 age-group and in the 100m races for the other age-groups. Gold, Silver and Bronze medals will be awarded in all races.

### What if I don't want to dive from the blocks?

All 25m races start in the shallow end with the swimmers in the water. All other races start in the deep end but if you don't want to dive you can always start in the water holding onto the board, just let the timekeeper in your lane know you want to start in the water.

### What happens if I get in the top three in my age group?

If you are in the top three for your age-group you will get a medal. This will be presented in the interval for the first three races and at the end for the last three races. The stewards will organise you and tell you when to go to the podium. You will stand on the first, second or third block of the podium where an official will shake your hand and give you your medal/ trophy. Family members are welcome to take a photo of you in your moment of triumph!

### What if I can't make it or have got delayed?

**Please text Wendy on 07568 341569 if you can't make it on the night, or if you are coming but have been unavoidably delayed.** We cannot start organising the heats and printing out paperwork for all the officials and helpers until we know who is racing, which is why it is important you are here before the 5pm cutoff.

### How can I help?

It is a huge feat to organise these galas and help in anyway is always welcomed. Be it officiating, helping at the door or helping with the organisation we welcome any input. We could still do with a few more helpers (especially timekeepers) so please let me know if you could help on any of the days. Finally, if anyone has anything to donate for the raffle, please bring on a Friday or on the night of the gala.

Thank you and here's to lots of exciting races.



*Rob Garry*

Chair, Mildenhall & District Swimming Club

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