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

Club Championships – 7th November and 14th/15th November 2026

Parent & Swimmer Information

The club championships are nearly upon us, and I know this will be the first one for some of you, 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), a 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 (**ideally cash**), 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.

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.

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

All of the races start in the deep end but if you don't want to dive you can always start in the water holding onto the blocks, just let the timekeeper in your lane know that you want to start in the water.

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.

How do I know what position I came?

After all the heats for each race have finished and the results checked, a copy of the results will be put up on the wall by the learner pool. 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!

How do I find the results after the gala?

The results will be published on the Sharks noticeboard in the corridor by the entrance to the changing area and on the website, https://www.mildenhallsharks.co.uk/. As well as the gala results, the website has all the Personal Bests times and times from previous races on the Personal Best Times page.

What if I can't it make 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
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