

→ 2017 Nottingham City Swim Galas



Information

Venue: Harvey Hadden Sport Village

Session Length: 09:30 - 12:00 17 May 2017

Transport Times: Pick-up from School: 8:45 - 9:00 Return to School: 12:15

Please refer to your transport confirmation document

Rules:

- 1) Swimmers will be from years 4, 5 and 6
- 2) One swimmer may swim in no more than two individual races
- 3) Only child swimmers, no child or adult spectators at the pool side please
- 4) Only two teachers and two escorts to each team
- 5) Schools should therefore aim to bring 12 children, plus staff
- 6) The team manager is to report to the judging table on arrival to register teams. Teams should also select a male AND female captain
- 7) Width marker numbers go from left to right from the shallow end
- 8) Team managers must have the swimmers to the starting area at least one race prior to their own
- 9) All races will start in the water by a whistle
- 10) All relays and two width races will start the high chair side. All one width races will start from the seating gallery side. This ensures all the races finish at the shallow end.
- 11) Relay changes will occur in the water, by the incoming swimmer touching the side before the next swimmer goes. If the swimmer goes before the touch, they will be disqualified
- 12) Time cards will be given at the end of the race. These will be collected by the runner so that positions can be calculated
- 13) Where heats occur, winning teams will be allocated by time and not individual race position.
- 14) Points from each race will be added together to find the overall winning school of the gala

Teachers please ensure that the swimmers bring a cold drink to the pool (No glass bottles allowed). Each child should also bring a t-shirt and a spare towel.

Content:

9:15am	All Schools Have Arrived	11:15am	Children Change
9.30am	Welcome to the Gala!	11:30am	Presentation Begins
9:35am	10 Minute Warm Up	11:50am	Winning Team Announced
9:45am	First Race Begins	11:55am	Goodbye
11.15am	Last Race Finishes	12:00pm	Schools Depart



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