

→ 2017 Nottingham City Swim Galas Novice Gala Rules



Race Times!

The first race is scheduled to start at 9:45am. Please make sure that your team members are ready for each race! At the start of the race, the next swimmers should be waiting at the correct end of the pool, ready to start. This is the Team Manager's responsibility. Please ensure that only swimmers and staff are poolside.

The majority of the events are walking/non swimmer events; the water depth will be set at an appropriate level.

Information

Venue: Harvey Hadden Sports Village

Session Length: 09:30-12:00 Monday 15 May 2016

Transport Times: Pick-up from School: 08:45 - 09:00

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 and helpers for support in the water if required.
- 5) Schools should therefore aim to bring 12 children, plus staff/helpers.
- 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 Goodbye
9:45am	First Race Begins	11:55am	Schools Depart
11.15am	Last Race Finishes	12:00pm	



Safer, cleaner, ambitious
Nottingham
A city we're all proud of



Nottingham
City Council

→ 2017 Nottingham City Swim Galas

Novice Gala Events

Race No	Girls/Boys	Race Type	Race Details
Section A			
1	Girls	1 Width 10M with a woggle front	Front crawl legs, help in the water can be used
2	Boys	1 Width 10M with a woggle front	Front crawl legs, help in the water can be used
3	Girls	1 Width 10M with a woggle Back	Back crawl legs, help in the water can be used
4	Boys	1 Width 10M with a woggle Back	Back crawl legs, help in the water can be used
Section B			
5	Girls	1 Width blowing an egg flip across	Walking across blowing an egg flip (swimming aids can be used)
6	Boys	1 Width blowing an egg flip across	Walking across blowing an egg flip (swimming aids can be used)
7	Girls	Push the ball walking relay	4 Girls 1 width each - Swimming aid maybe used
8	Boys	Push the ball walking relay	4 Boys 1 width each - Swimming aid maybe used
9	Girls	Domino castle relay	Transferring one float at a time to build a house of cards 5 minute time restraint highest wins
10	Boys	Domino castle relay	Transferring one float at a time to build a house of cards 5 minute time restraint highest wins
11	Girls	Muscle relay	Transferring one arm ring at a time from one muscle man to another on the side to the other walking
12	Boys	Muscle relay	Transferring one arm ring at a time from one muscle man to another on the side to the other walking
Section C			
13	Girls	1 Width Front Crawl	No swimming aids
14	Boys	1 Width Front Crawl	No swimming aids
15	Girls	1 Width Back Crawl	No swimming aids
16	Boys	1 Width Back Crawl	No swimming aids
17	Girls	1 Width Breaststroke	No swimming aids
18	Boys	1 Width Breaststroke	No swimming aids
Section D			
19	Girls & Boys	Cannon Relay (4 x girls & 4 x boys)	Shallow end start 4 swimmers each end