



SWIM MEETS EXPLAINED

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1. SWIM MEETS (a.k.a. Galas and Competitions)

There are different types of competitions which run throughout the year. Most competitions take place over a whole day, split into morning and afternoon sessions. At some of the larger meets, events can run over a whole weekend or even several days and there may be up to 3 sessions a day; morning, afternoon and evening. **You can choose to enter anything from just one session, to the whole meet.**

Galas/meets give swimmers a goal and a purpose for their training, but are also good fun.

2. AGES

Your coach will advise you when you're ready and able to start competing and which meets and events you should target. Please ask your coach if you are unsure. Please read the meet information carefully, as this will show the different age groups for each event. Some meets will state **AGE ON DAY** of the meet and others **AGE AS OF 31ST DEC**. At some of the **OPEN Meets**, there may be no individual age groups for events; therefore, seeding will be based only on the fastest times overall.

3. Individual Medley (I.M.) & Medley Relay Races

These are events in which swimmers compete in all 4 strokes in one race over a set distance.

This race is either swum by one swimmer as an Individual Medley (IM); Order: Fly, Back, Breast, and Free. Or, by four swimmers as a Medley Relay; Order: Back, Breast, Fly and Free.

4. LONG COURSE (LC) & SHORT COURSE (SC) MEETS AND TIMES

- **Short Course versus Long Course**

A short course pool, commonly abbreviated SC or SCM, is a pool that is 25 meters in length.
A long course pool, commonly abbreviated LC or LCM, is a pool that is 50 meters in length.

- **Why are SC and LC swims different?**

The most notable difference is that in SC pools, swimmers have additional turns. So for example, swimming a distance of 50m in a SC pool, there will be one turn, compared with a LC pool where there are no turns for that distance. The efficiency of a swimmer's turn, as well as the increased power and speed off the wall, gives the swimmer an advantage. Turns are deemed to give a speed advantage, therefore the more turns, the faster the race. Considering this in reverse, at LC meets, swimmers spend more time swimming and less time turning and streamlining. Therefore, LC times will appear slower than their equivalent SC times.

- **What's a converted time?**

Swimmers will generally be entered with their fastest times for swim meets (whether achieved at a LC or SC meet). Their times will then be converted to either SC or LC times, depending on the course length of their next meet. Times converted from SC to LC will be slower & vice versa. The Meet Secretaries will automatically convert the swimmers best times to LC or SC times when doing the entries for a swim meet.

Swimmers' converted LC & SC times can be found on the website under Club Performance:

<http://invernessswimmingclub.co.uk/club-performance/>

5. TIME TRIALS

There are usually no medals at these events, but it gives swimmers the opportunity to update their times to gain entry to other swim meets.

6. INVERNESS AMATEUR SWIM CLUB (IASC) GALA & SPECIAL EVENTS NIGHT

Our annual IASC Club Gala is held over 2 Wednesday evenings (during training sessions) at the end of Sept. and beginning of Oct. All members of IASC participate and it is a fantastic opportunity for new and younger swimmers to gain competition experience in their own pool. Our Special Events night in November is great fun for all our swimmers and also usually includes school relay events.

7. MINI MEETS

These meets are aimed at the younger swimmer, and give a great introduction into the competitive environment. Usually these meets are for swimmers aged 11 years and under.

8. GRADED MEETS

These are designed to encourage novice swimmers and give them the opportunity to do well in a competition. Swimmers entering into these meets must have times **slower than** the times stated in the meet entry information.

9. DISTRICT MEETS

SASA (Scottish Amateur Swimming Association) is divided into districts; Inverness (IASC) is part of North District which covers Aberdeen, the North of Scotland and the Islands. There may be consideration/qualifying times for these meets. (eg faster or slower than times)

10. NATIONAL MEETS

This is the highest level of competition in Scotland and is for all swimmers who make the qualifying standard within Scotland. These meets determine the best swimmers in Scotland. There will be 'faster than' consideration times for entry to these meets.

11. ACCREDITED MEETS AND SWIM TIMES

Accredited meets are completed under full FINA & Scottish Swimming rules and regulations and have to meet all the terms and conditions in order to gain an accredited licence. **The majority of meets** will fall in to this category.

There is a huge amount of work involved (done by volunteers) before, during and after the meet in order to gain a licence for accreditation, which is why it's so important for us to do our bit in providing enough officials.

Results from these accredited meets will be submitted to Scottish Swimming for Rankings/ Records and will appear on the Scottish Swimming website. <https://www.swimmingresults.org/individualbest/>

The times from these meets can be used to enter all meets including District and National Meets.

More information about accreditation can be found on the Scottish Swimming website:

<https://www.scottishswimming.com/media/1395215/Swimming-Regulations-Issue-7-March-2015.pdf>

NON-ACCREDITED MEETS

Some meets may not get their accredited licence....this can be for a number of reasons, including **insufficient numbers of officials!**

Other meets may decide not apply for an accredited licenceagain for various reasons eg 'a fun meet' like our Special Events Nights or the Highland Schools Gala (this is because, as a schools event, not every swimmer will be registered with Scottish Swimming.)

Times from these meets can be used to enter a number of different meets, but not all swim meets will accept these times. (eg District/National Meets usually require accredited times)

As these meets are not accredited, the swimmers' times will not appear on Scottish Swimming.

It's always a good idea to keep a note of your swimmers times for future meets and also to see if any times need updating.

You can enter some meets with NT (no time), but if the meet is oversubscribed it's usually the slower times in each age group or NT's that get scratched/rejected first. If you need up to date times prior to a meet, please ask your coaches well in advance of the closing date.

Up to date swimmers times can be found on our club website in the Club Performance section:

<http://invernessswimmingclub.co.uk/club-performance/>

Any questions please ask!! meetsecretary@invernessswimmingclub.co.uk