

How do we enter an open meet competition?

Open meets are advertised on the notice board at Leisure World and on our web site. All the information that you need to enter will be on the notice board. Information about the meet can usually be found on the host clubs web site. The competition secretary will hand out entry forms. Please check your times and enter the appropriate swims. Completed forms and fees should be handed back to the competition secretary.

After the competition secretary's closing date, do check that your name is up on the board as having been entered.

A week or so before the event you will need to collect your entry cards from the competition secretary. You will need to check the board for any additional information about the meet.

The Open Meet

The club doesn't provide transport to open meets. Coaches will supervise children poolside but parents are responsible for their children at all other times.

Equipment to take. Please have all equipment named.

Club swimming costumes

Club swimming hats-at least 2

Goggles-at least 2 "tried and tested"

Swimming towels at least 2

Poolside clothing-this will include your club t-shirt, poolside shoes and clothing to keep you warm.

Drink- drink "little and often" the most suitable drinks are isotonic or diluted full sugar squashes, not carbonated drinks.

Nutrition-eat snacks which are high in carbohydrates, cereal bars, wholemeal bread, pasta, fresh fruit(bananas) dried fruit, popcorn, twiglets, low fat biscuits.

We would suggest that you eat 1 hour and preferably 2 hours prior to racing, and that you refuel your body as soon as possible after the race.

You should arrive at least 15 minutes prior to your warm up time. This will allow you to change and make your way to the poolside.

Make sure you have posted your cards/signed in and reported to your coach.

The warm up

Prior to warming up in the water, it would be a good idea for you to carry out some flexibility and stretches on the poolside. Make sure you allow yourself enough time to carry these out before you are due in the swimming pool.

Your club coach will supervise the warm up and will inform you of your warm up period once you are poolside. During the warm up, it is advisable that you begin with front crawl, as you would normally use in a training session warm up, and then go to the stroke(s) you are swimming in that session. If you are swimming Butterfly, just swim from the flags to the turn to the flags on fly and do front crawl for the rest of the length. Sprint lanes will usually be available at the end of each period, and you should do the strokes you are swimming in that session. If you are swimming 200m or over there is no need to do sprints in the warm up for that event.

The warm up is important, and so please make sure that you give it your full attention. Once you are in the water, try to keep moving so as to not cause hold-ups in the lane. Be aware of the direction that you are swimming in lane as they will alternate between clockwise and anticlockwise. Once your warm up is complete, make sure that you keep warm by drying yourself properly, paying particular attention to your feet and head. If time allows, it's best to put on a dry swimming costume. Then wear your poolside clothes and shoes.

Each open gala is run slightly different. Your coach will inform you where to go. It is necessary for you to take your goggles and swimming hat with you. Keep your clothes on just before you are due to swim-so to keep yourself warm.

Concentrate on your race and be ready for the referee's instructions.

After your race

Once your race is complete, please return to your club coach who will be able to give you feedback on your event, including split times. It is important that your coach is your first port of call after your race; so that the feedback and comments can be given immediately after the race. If there is the facility to swim down, do this before you see your coach. Make sure that you keep warm by drying yourself properly. If time allows, it's best to put on a dry swimming costume. Then wear your poolside clothes and shoes. Keep a note of the date, venue, event and the time that you swum.