



Gala Entries

Throughout the season we will enter a number of open meets, and potentially some team galas.

What are Open Meets?

Each swimmer can enter any available event. Large numbers of swimmers enter from many clubs. Sessions are split into heats based on entry times and results given by age group.

They usually take place over two full days.

What are Team Galas?

A host club invites a selection of other clubs (as many as they have lanes in their pool). We then select a team for that gala format which usually consists of 50s or 100s and relays across four age ranges (Eg u11/u13/u15/16+). Each club has one swimmer in each race and where they finish earns points for the club, which are totalled up to find the overall club winners.

(Eg 8th =1pt, 7th = 2pts, 6th =3pts and so on)

These galas only take a couple of hours, and the club selects the swimmers and their events.

Open Meets - what should I enter?

Other than meets where there are tough qualifying times (Oxon & Bucks County Champs, Southeast Regional Champs, National Champs) as a club we will enter approximately 6-7 open meets throughout the year.

We deliberately enter what is known as 'Level 3' meets because it allows the greatest number of swimmers in our club the chance to enter Eg. Any qualifying times are not significant.

This is not a lot.

We therefore expect our swimmers to enter pretty much all the open meets unless there is a good reason why they cannot attend, which of course there may be. We are a competitive swimming club and competing is an important part of the process. It's a wonderful way for swimmers to develop important skillsets for life and to put their hard work in training to use.

But which races do I enter?

Swimmers will ideally compete across both days for open meets and across all sessions. We appreciate there is a cost implication, and this isn't always possible, but should be the aim.

Try to follow this guide:

1. Stick to two or three (max) events 'per session'.

So, if the gala has four sessions you would do approximately 8 races total. Otherwise, swimmers won't get much rest between swims and will not perform to their best. Equally, if they have one or no races in a session, it becomes a very long day.

2. Do a variety of strokes including the Individual Medley (IM).

Only those who are 15 and over should be starting to specialise more.

3. If you are being selective then base it more on the distances rather than simply the stroke.

You may prefer more endurance events and so 200s, 400, 800 etc may be included in your programme. Or you may prefer sprinting and stick mainly to the 50s, and 100s (and 200IM).

KGSC Gala Schedule 2023-24 (provisional!)

It is difficult to plan too far in advance because open meets are not always advertised or open to entry that far in advance. We have tried our best here to give you an outline of the weekends we anticipate we will enter.

It may be useful to 'save the date', but please understand these are subject to change and accepted entry from the host.

Month	Provisional Dates	Gala Type	Location	Qualification Required
September	Various	Time Trials (in training)	Kidlington	No
October	7 – 8	Short course open	Maxwell or Hatfield	No
November	4 – 5	Southeast winter short course champs (only 16/U)	Winchester	Yes
November	4 (6pm) Provisional	Short course open (400s and 50s only)	Banbury	No
November	18 – 19	Short course open	Putteridge (Luton)	No
December	2 - 3	Short course open	Nuel (London aquatics centre)	No
January	TBC	County distance events and age group relays	Oxford	Yes
February	TBC	County champs and junior and senior relays	Aylesbury	Yes
March	16 - 17	Long course open	Bracknell and Wokingham (Aldershot)	No

April/May	Various	Southeast summer long course champs	Winchester or Wycombe	Yes
May	TBC	Short course open (TBC)	TBC	No
June	TBC	ADSC team gala	Aylesbury	No
June/July	TBC	End of season open	TBC	No

Arena league

This season we have not entered the Arena League. The competition has reverted back (since post Covid) to single gender relays, and we are struggling to field enough boys to warrant entering the league. The league requires us to commit to 3 team galas in as many months (and potentially host a round), and it was felt this was a stretch too far this season.

We enjoy the team galas and competitive nature of the league and hope we can recruit enough boys over the course of the next year or two to re-enter the competition in the future.

We hope to be invited back to the ADSC team gala again in July, and we'll keep our eyes open for other potential one-off opportunities like this in the year.

COSC Halloween Meet

We are not entering this for several reasons including the timing of the event in relation the other competitions we want to enter. However, the main reason is because it clashes with the Masters National Championships in Sheffield, which all of our coaches are swimming in.

More Gala Info and Advice

Swimmers and parents are directed to two further documents about competitions and preparation. Particularly useful for those who don't have lots of competition experience.

- 1) A copy of a letter (attached) sent out from the club some time ago that contains useful information.
- 2) Our members section of the KGSC website also provides lots of guidance.

<http://www.kgsc.co.uk/top-tips-when-competing.html>

Membership password is: kgsc15

We hope this information helps and everyone is looking forward to many exciting competitions this coming season.

KGSC