**Summary Programme of 2019 Club Championships**

All sessions at East Sands Leisure Centre

Session Plan

Session 1 – Thursday 31st January – Warm-up at 1830

Beginners’ Cup heats; Individual Medley (IM) heats; IM Finals

Session 2 – Sunday 3rd February - Warm-up at 1200

Backstroke heats; Breaststroke heats; Coaches versus children races

Session 3 – Sunday 3rd February – Warm-up at 1415

Butterfly heats; Freestyle heats

Session 4 – Sunday 3rd February – Warm-up at 1630

Beginners’ Cup finals; all other finals in stroke order

Age Groups Explained

Age groups used are predicated on each swimmer’s age as at 31st December 2019.

The four principal four age groups used are:

* Nine years-old and under (referred to as ‘under-10s’)
* Eleven years-old and under (referred to as ‘under-12s’)
* Thirteen years-old and under (referred to as ‘under-14s’)
* Fourteen years and older (referred to as ‘open’)

The Beginners’ Cup is for swimmers aged eight years-old and under. Competitors are required for only Sessions 1 and 4.

The only events outside these groups are in Freestyle in which there are events specifically for only 14-15 year-olds. In this stroke only it is known as ‘under 16s’.

Spectating

Both the upstairs and poolside seating areas are available for spectators. Please be aware that if in the area and adjacent to the pool, you should observe the silence rule at the start of each race. When the starter blows three sharp blasts on the whistle a race is about to begin. All those on poolside should fall silent and stop moving until the race has started in order to prevent distractions to swimmers.

You should not at any point walk on to the poolside area. If you need to speak to your child urgently, please attract the attention of a coach. Also, your child should sit in the designated poolside area for the duration of the session, and not wander around; this prevents delay to races. The only exceptions are for Beginners’ Cup swimmers, whose events are at the beginning of Sessions 1 and 4 to allow an early departure.

Catering

All adults attending the meet, whether club members or not, are invited to the upstairs seating area after Session 3 for tea, coffee and snacks. Those attending are asked to bring along some finger food that may be shared by all; healthy. **However, this is specifically only for adults.** As Session 4 will not yet have taken place, swimmers should still be eating the healthy snacks you’ve prepared for them. Gorging on food – much of it sweet – immediately before finals has in the past led to underperformance! Please ensure that your child has sufficient healthy food to keep them going for a long day, and a water bottle.

Trophies and Medals

Trophies and medals will be presented during Session 4, after each stroke has completed. The competing finalists for each event should be ready, with a t-shirt (ideally a Club ‘tea bag’) on, to ensure that the presentations are swift and do not unnecessarily prolong the session.

Volunteering

The Club Championships, along with all of the Club’s other activities, are run entirely by volunteers. Although you will be keen to watch your child competing, it is important that we have sufficient volunteers to ensure the smooth running of the event. If you haven’t already done so, please make yourself available (even if only for one session) by emailing David on [srclubchamps@gmail.com](mailto:srclubchamps@gmail.com) **.**