



What Is Competitive Swimming?

League Galas. Shrewsbury Amateur Swimming Club enters 2 different leagues.

All league galas have rules which restrict the number of swims for each swimmer. Swimmers usually have to swim in their own age group probably with a maximum of 2 or 3 individual swims.

It is important that we put out as strong a team as possible at these league galas, so if you are picked please do your best to attend – it affects the whole team if you can't swim. Remember – the “one relay” swimmer is as important as the “individual event” swimmer as all points earned go towards the final result. The dates are available on the [Fixture List](#)

Nuneaton Junior League

This is for 9-12 year olds. There are 3 divisions in this competition and we are in the 3rd division. The club has done very well over the last few years, however the competition is very strong and we will be against the best teams in the area. There are 3 rounds held during the beginning part of the year. The top 6 teams qualify for a regional final which may lead to us being promoted to Division 2.

The National Swimming League

This is for swimmers aged 11 to Open (16+). It consists of 3 rounds, in October, November and December. It is for all clubs in the West Midlands, competition is very strong and it gives an indication of the overall strength of the club. We are in division 2 at the moment. The National final is held in April the following year. Age groups are the same as Staffs League, but distances for swimmers over 13 years are 100m.

Friendly and Trophy Galas

These galas are by invitation from other clubs and are normally local . Rules and format can be varied as these are set by the host club. We try to give as many swimmers as possible a chance to swim at these galas either in an individual event or as part of a relay team.

Opens

An open meet is open to any ASA registered swimmer in the country. It is an all day gala held over 1 or 2 days at weekends. You enter the gala as an individual, swimming for your club. In many opens you will have to achieve an entry time for each event. You will swim against other swimmers with similar entry times to you, the fastest usually competing in a final, after which trophies are presented to the finalists in each event.

Shrewsbury host their own open meet in April every year , and we are hoping to run a second one in December this year This is an important event for the club as it raises much needed income to keep the club running every year, lots of help from parents is always needed

Shropshire Championships

This is an open for swimmers belonging to a Shropshire club who can achieve the entry time. It is held over 2 weekends in Feb/ March and as many swimmers who have achieved the entry time will be encouraged to enter.

Shrewsbury ASC Club Championships

These are held once a year and are open to all Shrewsbury swimmers, from squad and the Learn to swim programme. These are normally held in September. Event distances range from 25m for the youngest swimmers up to 400m for the older ones. To enter the club championships you will be required to fill in a form prior to the event. These forms will be available from us before the summer holidays, so look out for them. Swimmers will compete under competition rules against swimmers of their own age group and those in either the year below or the year above. Any trophies and medals won will be presented at the clubs presentation evening towards the end of September.

Competitive Start Award

To enable swimmers to compete safely at these events we will put all swimmers through the competitive start award which will teach them to dive safely into shallow water , and also to have the advantage of a good racing start.