



KENDAL AMATEUR SWIMMING CLUB

Affiliated to *Swim England* *Swim North West* *Swim Cumbria*

INDIVIDUAL AND TEAM COMPETITION GUIDELINES

COMPETITION ATTENDANCE

As a competitive club, we expect that ALL our members take part in our club gala programme and should attend at least 3 of the 5 internal galas. These are great opportunities to achieve qualifying times for external galas and most races also count towards the Club Championship.

Swimmers aged 9 and over and in the competitive squads, are also expected to enter a minimum of 1 'external' gala each term. This provides swimmers with the opportunity to compete in other pools and swim against athletes from other clubs, thus enhancing their competition experience.

All times from licenced competitions can be found on Swim England rankings and can be filtered on 'personal best times' (PBs) [https://www.swimmingresults.org/individualbest/ or swims by event, age group or region](https://www.swimmingresults.org/individualbest/or_swims_by_event_age_group_or_region)
<https://www.swimmingresults.org/12months/>.

A swimmer will be able to see their progression in an event through graphs and times and see how they improve throughout their personal swim journey. They can also check their times against other swimmers by county or region, and qualifying times for other more competitive external galas Ex. Cumbria ASA's County Championship and when a swimmer reaches 11, Regional Competitions.

The times on the rankings will also be used by the club when selecting team members for all Team Events.

TEAM EVENTS

Kendal ASC participates in two leagues and it is an honour to be selected to represent the club. We hope that our swimmers will do their utmost to attend if selected and that parents/guardians support this attendance.

Diddy League

Cumbria's team competition for 9-11 year olds (DOB as 1st March) and has 3 events each year, usually March, May and June. http://www.swimcumbria.org.uk/diddy_league_22.html

Arena League

For older swimmers (aged 11 plus) we aim to enter the Arena League. This has 3 rounds, with each gala running on a Saturday afternoon/evening across the north-west. These competitions run from Sept to Dec, details can be found here <https://www.nationalswimmingleague.org.uk/league/north-west/>

Cumbria County Age Group Relays

The County Championships has a separate session for the County Age Group relays, this is usually the last session of the championship and is a great afternoon of racing. Events are a mix of freestyle and medley relays and Kendal will aim to enter at least one team per age category.

Chair
Laura Park
chair@kendalasc.org.uk

Hon. Secretary
Kirsty Keech
secretary@kendalasc.org.uk

Hon. Treasurer
Sam Murray

Hon. Membership Secretary
Sandra Carradice