

# COMPETITION STEPS

## **CLUB GALAS**

This will probably be the first experience of competition for a young swimmer. The club holds annual competitions in which all club members can enter.

## **MICRO-LEAGUES**

These are competitions against other regional clubs. The club coaches choose two teams to represent the club and are for ages 9-12. If the team is successful, there are Regional and National finals.

## **SWIMMING LEAGUES**

These are similar to Micro-Leagues but are for ages 10 and upwards.

## **COUNTY EVENTS OPEN (Designated Competitions)**

These may be the first level of competition where a swimmer enters him or herself. entry forms have to be completed with an entry time submitted for each swim. These events may be subject to event qualifying, or consideration times, in order to control the number of entrants and the length of the programme.

## **DISTRICT EVENTS**

As with county and open events, the individual entries have to be submitted for these through your swimming club. Qualifying times that apply at this stage are usually more difficult than at county level.

## **NATIONAL EVENTS**

This is the highest level of competition entered through your swimming club. Qualifying times have to be achieved.

## **NATIONAL TEAMS**

Swimmers are selected onto a National Squad at junior, youth & senior levels. These selections are usually based on performances at National events or by the achievement of a published qualifying standard.

## **MAJOR INTERNATIONAL**

swimmers are selected for specific competition. separate trials may be organised for selection purposes.