



Guide to Competitions

Licensed Meets

Are 'open' to all swimmers who have qualifying/consideration times and are licensed at levels one – four accordingly. A swimmers age and ability will determine at what level meet they can compete in.

- **Level One** meets are aimed at swimmers who already have National qualifying times or swimmers looking to achieve National times. These meets have the fastest qualifying times and no upper limit times.
- **Level Two** meets are aimed at swimmers wishing to obtain National or Regional times and have qualifying times only.
- **Level Three** meets have qualifying and upper limit times appropriate for the level of meet and are aimed at swimmers wishing to achieve County times.
- **Level Four** meets are aimed at swimmers wishing to achieve County times; these meets include our club championships and time trials, and have no qualifying or upper limit times.

Upper Qualifying Times and Upper Limit Times (cut off times)

The licensing system requires licensed meets to have qualifying and upper limit times where stipulated. All licensed meets have qualifying times, level three meets should also have upper limit times.

County Championships

Yorkshire SA Championships are held every year in February and March and qualifying times are required to enter the event. These are Level 1 licensed. And need a licensed qualifying time to enter

Regional Championships

NECASA have four championships each year, beginning with the Senior/Youth in May, BAGCATS in June, then the short course (25m) Championships at the end of the year, which are now run side by side with the 50m pool being split into two. Qualifying times have to be obtained at licensed meets.

National Championships

These take place in a 50m pool and are held at Ponds Forge Sheffield. BAGCAT Championships take place at the end of July with the Youth/Senior taking place at the beginning of August. Qualifying times must be achieved at a licensed level one

National Rankings

All times from licensed meets are included in a national database which can be viewed on the British Swimming Website at <http://www.swimming.org/britishswimming/>

OPEN when written into a meet means open to every swimmer who meets the promoter's conditions and not to be confused with any elite meaning.



Borough Of Barnsley Swimming Club

Gala Squad Entry Programmes

Junior Squad

Novice, B grade and our Championship galas

Intermediate Squad

Novice, B grade and our Championship galas

Senior Junior Squad

Novice, B grade and our Championship galas

A2 Squad

County (Feb), Region (NERs June), County (Oct), Region (NERs Nov)

A1 Squad

County (Jan/Feb), Region (NERs May/June), County (Oct), Region (NERs Nov),

A Squad

County (Jan/ Feb), Region (NERs May June), Nationals (July /Aug), County (Oct),
Region (NERs Nov)

Galas throughout the year to be used to attain times

Above is a guide to the main galas that each squad will be training for

Cycles of training will revolve around these meets.

