

**BARNET SECONDARY  
SCHOOLS SWIMMING GALA  
2019**

**Gala Conditions**

1. The conditions are intended to control the conduct of the Gala
2. The event is known as “The Barnet Secondary Schools Swimming Gala”
3. The Gala is open to all Secondary Schools within the London Borough of Barnet
4. Every competitor representing a Barnet School must be a pupil attendance at the specified school
5. Each school entering the championship is allowed one entry per event, with the possibility of entering an additional team if space permits (to be confirmed on an individual basis with competition organiser)
6. No swimmer may compete in more than one individual event. **However**, swimmers may compete in both relay events.
7. All teams must consist of a team manager, timekeeper and minimum 6 – maximum 12 swimmers per boys and girls competition
8. The Gala will be split into 2 separate competitions: combined Year 7 and 8 Girls & combined Year 7 and 8 Boys.
9. Entries by schools shall reach the gala organiser by the 31/05/2019.
10. The Secondary School Gala will take place on Friday 14<sup>th</sup> June 2019, 11:30 arrival for a 12:20 strict start, estimated finish time of 14:00.
11. Please note that there will be a 15 minute warm up session 12:00-12:15pm, the first race will start at 12:20pm.
12. The Gala will be held at Barnet Copthall Pools in the 8 lane, 25 metre, main swimming pool. The depth of the pool is 1.5 metres at the deep end and 1.00 metre at the shallow end
13. The events will start and finish at the deep end.
14. All starts will be in the water, no diving is allowed
15. It is the responsibility of the school to ensure that the swimmers are prepared for their races and are proficient and safe enough to complete the required distance of 50 metres, 2 lengths of the pool
16. All Swimmers with long hair must wear swimming caps (goggles are advisable but should practiced with in advance)
17. Breaststroke – Swimmers must finish with both hands touching the wall simultaneously
18. Backstroke – Swimmers must start and finish on their backs
19. Relays - takeovers must be correctly completed or the team will be disqualified – i.e. the outgoing swimmer must wait for the incoming swimmer to touch the wall before starting / letting go of the wall
20. The Medley relay order follows the following sequence; Backstroke, Breaststroke, Freestyle, Backstroke, Breaststroke, Freestyle.
21. All swimmers must wait for the referee to tell them when to leave the water at the end of the race
22. **All schools** are to remain on poolside until after the presentations are complete
23. Each school entering the Championship **must** provide a time keeper for the event

24. The Gala shall be decided on the points scored. These are based on the number of teams participating
25. For example, 20 teams participating 1<sup>st</sup> – 20 points
1. 2<sup>nd</sup> – 19 points
  2. 3<sup>rd</sup> – 18 points, etc.
26. A disqualification or non-entry scores no points
27. There will be medals awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> teams in both the girls' and boys' event
28. Any matter for which the foregoing conditions do not provide, shall be determined by the organisers appointed by Greenwich Leisure Management.
29. All schools are requested to complete and return a 'Photography Release Form (OPs-F96)', this will allow for **all** present to take photographs throughout the event. In the event that not all schools complete this form, **no** photography may be taken by **anyone**. One form per school, signed by the headteacher.

## Barnet Secondary Schools Swimming Gala, 2019

### **NOTE FOR TEAM MANAGERS**

All races will finish at the deep end of the pool.

For safety reasons, all swimmers must start in the water regardless of stroke.

Team managers must advise the referee of any weak or particularly nervous swimmers in order for lifeguards to be specifically aware and ready to assist if necessary.

Team managers are responsible for their swimmers being at the start in ample time for their race.

**Team managers must instruct their swimmers to comply with the following rules:-**

**Medley relay teams:-** The stroke order shall be Backstroke, Breaststroke, Freestyle

**Backstroke:-** Swimmers must swim on their back and remain on their back until they finish the race by touching the wall with the leading part of their body.

**Breaststroke:-** Swimmers must finish the race by touching the wall with two hands simultaneously.

**All Strokes including Freestyle:-** Swimmers must **NOT** walk or pull along the lane ropes.

**Generally:- Swimmers must make an honest effort to comply with ASA laws regarding correct stroke technique.**

Although the Referee and Judges may tolerate minor errors in stroke technique, where in the opinion of the Referee or Judges, a swimmer has gained a positive advantage by using incorrect technique, that swimmer may be disqualified.

Each school will compete in the same heat and same lane throughout the competition.

Point scores will be announced after the individual events and again at the end of the Gala.

Team managers must ensure that only authorised chaperones and teachers are allowed to sit in the swimmers seating areas. No parents or other supporters are permitted within the swimmers' areas. There will be seating in a separate area for spectators to watch from.

When the referee blows his/her whistle, swimmers and supporters must be quiet ready for the start of each race. After the race has started everyone is encouraged to make as much noise as they possibly can in support of their team.

Officials are here to assist the school teams to enjoy and encourage the children to swim well whilst ensuring fair play. We hope everyone enjoys the day.

Barnet Secondary Schools Swimming Gala  
Barnet Copthall Leisure Centre, Champions Way, Hendon, NW4 1PX

Friday 14<sup>th</sup> June 2019, 12:00-2:00pm

**PROGRAMME OF EVENTS – *BASED ON 8 TEAMS OR LESS***

**\*\*WARM UP\* 12:00-12:15pm\*\***

1. BOYS 50m FREESTYLE – HEAT 1
2. BOYS 50m FREESTYLE – HEAT 2
3. GIRLS 50m FREESTYLE – HEAT 1
4. GIRLS 50m FREESTYLE – HEAT 2
5. BOYS 50m BACKSTROKE – HEAT 1
6. BOYS 50m BACKSTROKE – HEAT 2
7. GIRLS 50m BACKSTROKE – HEAT 1
8. GIRLS 50m BACKSTROKE – HEAT 2
9. BOYS 50m BREASTSTROKE – HEAT 1
10. BOYS 50m BREASTSTROKE – HEAT 2
11. GIRLS 50m BREASTSTROKE – HEAT 1
12. GIRLS 50m BREASTSTROKE – HEAT 2
13. BOYS 6x25m MEDLEY RELAY
14. GIRLS 6x25m MEDLEY RELAY
15. BOYS 6x25m FREESTYLE RELAY
16. Girls 6x25m FREESTYLE RELAY

Barnet Secondary Schools Swimming Gala  
Barnet Copthall Leisure Centre, Champions Way, Hendon, NW4 1PX

Friday 14<sup>th</sup> June 2019, 12:00-2:00pm

**PROGRAMME OF EVENTS – *BASED ON 9 TEAMS OR MORE***

**\*\*WARM UP\* 12:00-12:15pm\*\***

1. BOYS 50m FREESTYLE
2. GIRLS 50m FREESTYLE
3. BOYS 50m BACKSTROKE
4. GIRLS 50m BACKSTROKE
5. BOYS 50m BREASTSTROKE
6. GIRLS 50m BREASTSTROKE
7. BOYS 6x25m MEDLEY RELAY
8. GIRLS 6x25m MEDLEY RELAY
9. BOYS 6x25m FREESTYLE RELAY
10. Girls 6x25m FREESTYLE RELAY

