

NEWTON ABBOT SWIMMING & WATER POLO

CLUB

Affiliated to Swim England S.W.R. & D.C.A.S.A.

President: Phillip Whiting

NASWPC General Competition Information

There are two forms of competition: Individual and inter-club (team).

Individual Competitions

These are competitions where the swimmers race for themselves, even though they are representing the club. Individual competitions include:

Championships

- **Devon County** - Annually Jan & Feb. Swimmers must achieve qualifying times (QT) to enter.
- **Swim England South West Regional Championships:**
 - Age Groups (swimmers aged 11 - 14). Held over 2 weekends in a 50m pool (Bristol, Millfield or Plymouth). at the end of April, start of May.
 - Youth (swimmers aged 15+) held over 4 days (Fri - Mon) of the early May bank holiday in a 50m pool (Bristol, Millfield or Plymouth). (c) Short Course (25m pool)
 - Championships. For all swimmers who can achieve the qualifying times. Under 16 are classed as juniors.
- **English National Championships:**
 - Winter Championships (25m Pool) held over 3 days in Sheffield in early December. Swimmers must achieve the qualifying times in the qualifying window commencing in the September immediately prior to the championships.
 - Summer Championships (50m Pool) usually held in Sheffield in late July/early August. Swimmers are invited based on the rankings for each event.
- **British Championships**

Open Meets

These are swimming competitions for individuals, which are hosted by swimming clubs. Open meets are an opportunity to race against swimmers of similar standards for a host of different clubs. Swimmers enter these meets for a variety of reasons:

- To update their personal record of competition swims.
- To test out race tactics.
- To obtain qualifying times for county/regional/national competitions.
- For fun, because they love to race.

There are 4 levels of open meet which roughly equate to the level of swimmer expected to take part, however there is a crossover:

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- **Level 4** - for swimmers who have not achieved county qualifying times. These meets may have cut off times, to prevent faster swimmers from entering.
- **Level 3** - for swimmers who are capable of competing in county championships and those wanting to compete at that level. These may have also have cut off times to prevent faster swimmers from entering.
- **Level 2** - for swimmers at regional level, these may/will have minimum qualifying times to prevent slower swimmers from entering.
- **Level 1** - for national standard swimmers, these will have minimum qualifying times.

Team (Inter-Club) Competitions

These are competitions where team members are selected to represent the club. The selection policy will vary depending on the competition. It would seem natural for the club to want to win every interclub competition, however this would involve a fastest first selection policy and exclude many swimmers from ever getting picked for a team. In NASWPC the fastest first policy will only apply to the following competitions:

- **National Arena League**- there are 3 rounds, which take place on the second Saturday of October, November and December. We compete in the South West and South Wales League. The galas are a mix of individual races and team relays, where every race counts for points.
- **Devon Relay Gala** - mid to late February. As the name suggests this meet only has relays. Medals are awarded to the first 3 relay teams in each event, and a trophy goes to the winning club.
- **Devon Inter-club** - this is similar to the Arena league, but only Devon based clubs are permitted to enter.

NASWPC Club Championships

This is an annual event for club members of all ages. Swimmers are expected to enter EVERY event as it is the perfect opportunity to try out all the strokes and all the distances. This provides useful data for the team managers and coaches when selecting teams. Heats are organised in speed order regardless of age and gender, but medals and trophies are awarded by gender and age.

Regional Competitions

Swim England South West Region includes Cornwall, Devon, Wiltshire, Dorset, Somerset and Gloucestershire counties.

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Swimmers qualify for these regional competitions through Licensed Meets of level 3 and above in the year prior to the start of the competition.

The Summer Championships are held Long Course whilst the Winter Championships are held Short Course.

Swimmers who qualified for and swam in the Summer Championships in any year may also compete in the Fast Five competition in the same year. This comprises 50m Sprints in all four strokes and 100m Individual Medley.

Leagues

Arena League

NASWPC competes in the National Arena League in Western Division 1/2. This Division comprises 27 teams from the clubs in the 6 English Counties in the SW Region along with clubs from South and West Wales. The 3 league rounds take place annually on the 2nd Saturday in October, November and December. Potentially the team could swim these rounds at 3 different locations from Plymouth to Newport against other clubs from the Division!

Other Leagues - Newton Abbot also competes in several local leagues including:

- East Devon Mini League
- Scott Ormsby
- Williams Shield