

Explanation of Gala's & Open Meets

Galas tend to be a series of competitions involving the same clubs within a league, such as the Wyvern League, where the swimmers swim as a team. We also have **friendly galas** that are just arranged between local clubs where the swimmers just swim for times and again compete as a club.

Open Meets are competitions that are usually organised by one club and held as a single event on one day or over a weekend. They aren't part of a League, and they sometimes have qualifying times. This means that the organisers can restrict who enters by setting a time that the swimmer must have achieved to be able to compete. Some Open Meets also have upper limits so that very fast swimmers can't enter, and it lets others have a chance.

They usually have medals awarded in each event for either top 3, top 6 or top 8 places. They can be HDW, which stands for Heat declared Winner, or they can swim in heats and the fastest swimmers go through to the final.

The main difference is that the swimmer is swimming as an individual representing their club. For example, if the swimmer enters an Open, and swims the 50m Freestyle, they could find that there are 50 other swimmers in that event, from 12 different clubs. They would swim for Chepstow, but be placed as an individual swimmer. The events are all swam in age groups as well.

Open meets are usually good fun, and are a good way to get times and swim for Personal Bests (PB's) They can seem more competitive than galas but it's a good experience for the swimmers to have a go. The rules of swimming really count in these, and swimmers have to make sure that they finish each stroke correctly etc. or they will get disqualified (DQ'd). It may seem strict, but if they listen in training and concentrate, they should all be fine!!

It's quite difficult to put in writing, but if you want any more information, get in touch with Natalie Roberts at the club.