



Bradford Grassroots Gala

If you are new to Bingley Swimming Club or haven't entered the Grassroots Gala before, here is some extra information and tips. Remember the entry forms need to be in by Friday 18th March, if you have any further questions, please see one of the coaches or your Mentor if one has been assigned.

- Held at Shipley pool on Sunday 17th April
- It's a full days gala, made up of two sessions, there will be time between the sessions to get some lunch. However, you don't have to do both session if a full day is too much
- Pick the races you're most comfortable with and maybe add a 'challenge' event and try a stroke or distance you've not raced before, remember it's all very friendly and they'll be plenty of support on poolside. It's more fun if you have 2 or 3 races in a session as you're more involved as a swimmer and you supporters have more opportunities to cheer you on
- Swimmers with existing electronic times faster than the cut off times shown in the gala information can't enter the events, so there's opportunity for new and developing swimmers to win medals!
- Times are recorded electronically, using timing mats at the end of the pool and results are displayed on an electronic scoreboard. The times are also added to the ASA database giving the swimmer the opportunity to swim in larger galas as their swimming progresses
- Indicate the events you want to enter by putting your personal best time against the event on the entry form. You could have got the time at any previous gala such as A&W, B&D, Rising Stars, Jorvik or last year's Grassroots, if you can't remember your times, check the Results section of the Bingley Swimming Club website (www.bingleyasc.org). Only electronically record times faster than the Consideration Times will exclude you from an event, if you've swum faster at a B&D or A&W you can still enter
- If you want to swim in an event you've never done before, just enter 'No Time' next to the event, remember the whole point of the Grassroots Gala is to allow you to get times for future galas
- No one should think they're not good enough to enter, you don't have to be able to dive in or do tumble turns, some swimmers do and some don't. Don't just think it's for the youngest swimmers either; it's for developing swimmers of all ages.
- Remember to bring some snacks and plenty to drink, that applies to supporters as well as swimmers, it can get warm especially in the spectators gallery
- Finally, swimming galas are FUN! You can cheer on all the swimmers from Bingley when you're not racing so there's plenty to do, if you've fancied having a go at a gala this is the one to enter!