



## Gala Information

Bingley Swimming Club enters a variety of galas each year which provide an opportunity for those who want to take their swimming further than improving their fitness or technique. Entry to galas **not** compulsory, however, it provides a focus for the swimmers and allows them to check how they are progressing due to all the hard work they put into training. It's not just about winning the race, a swimmers target could equally be to beat their previous time for an event, gaining a personal best (PB).

Knowing which gala's to enter can be a bit daunting at first, so below are details of the galas Bingley regularly enter, they are open to all the clubs swimmers, not just the fastest and will have events for swimmers of any age.

### **Bingley Club Gala's**

Bingley Swimming Club have four club galas each year, run by the club they provide a gentle introduction to competitive swimming. The galas are held at Bingley swimming pool and are open to **all** members of Bingley Swimming Club. At each gala boys and girls can compete in two events within each age group and one open event where swimmers from any age group can compete against one another. Medals are awarded for the top three swimmers in each event, they also earn points towards an award presented at the club's presentation night held in January. If swimmers haven't competed in a club gala before then please enter the next gala, they're a great way to overcome those initial nerves. Details of the next club gala and any other galas are on the club's website: [www.bingleyasc.org](http://www.bingleyasc.org), if you have any questions, please ask the coaches or a member of the club committee, they will generally look after the door at training sessions, other parents will also generally know the score and be able to point you in the right direction.

### **Bradford & District Gala's (B&D's)**

The club competes in the Bradford & District galas, these are a series of six galas held at Shipley pool on a Saturday evening throughout the year, swimmers from clubs within the Bradford area have the chance to compete in all the strokes during the course of the year. They are a great 'next step' introducing competition with swimmers from other clubs. The gala will also incorporate some team events, which can be very exciting; the teams will be chosen from the swimmers competing individually at the gala by the coach. If you've not entered a B&D gala this year you can still enter, just check the website or the club's notice board, located next the entrance at Bingley pool, for dates of the next gala.

## **Airedale & Wharfedale Gala's (A&W's)**

A similar format to the B&D's but this time competing with a different group of clubs, the gala's are held at Aireborough Swimming Pool in Guiseley. As with the B&D's, swimmers don't need to be invited to take part in the individual events, all would be most welcome to represent the club at any of the galas.

## **Rising Stars**

Held at Shipley pool, these are designed as an introduction to competitive swimming for the six clubs within the Bradford area. To limit the event to those new to competitive swimming, swimmers who have recorded a faster electronic time than set for their age are excluded, this gives new swimmers of any age the chance to compete against swimmers of a similar standard.

## **Grassroots Development Meet**

This gives up and coming swimmers the opportunity to compete against other clubs in the Bradford area and gain an 'electronic time'. As swimmers progress and compete in bigger galas they are generally required to have a minimum time, recorded electronically (using touch mats on the side of the pool), the problem is, how do you get an electronic time to compete in larger galas if you don't have an electronic time to enter the events? The Grassroots meet aims to tackle this issue by allowing swimmers without a qualifying electronic time to enter and gain those elusive first times, all the times are immediately presented on a timing board, again very exciting.

## **Other Swimming Meets**

Bingley Swimming Club also competes in other selected meets throughout the year, such as the Jorvik Sprints which is open to all our club swimmers. During these 'graded' meets swimmers compete against swimmers of a similar standard and medals are awarded for the top swimmers in each grade, 'A', 'B' and 'C'.

The club sends regular emails out regarding galas that are coming up, if you don't receive these emails it maybe we don't have a valid email address, to update your contact details please email: [membership@bingleyasc.org](mailto:membership@bingleyasc.org). Keep visiting the clubs website and check the notice board for details of forthcoming gala and give them a go.