

# **Competition Information Sheet**

At Geographe Bay Swimming Club (GeoBaySC) competition swimming is one way to show our swimmers how much they are improving with a focus on Personal Best Times (PB's).

Competing with other swimmers is a lot of fun and helps to build team comradery. As documented by a wide range of sports, children who compete are more likely to carry on with the sport in their teenage years and through to adulthood. However, it is not for everyone, and competitive swimming at GeoBaySC is not compulsory or an expectation.

The following information provides a summary of the types of competitions available to swimmers and some helpful hints for our GeoBaySC families who are considering becoming participants of competitive swimming.



# Club PB Challenge (Time Trials)

PB Challenges are a great way for our swimmers learn the technical requirements of competing at a swim meet in a relaxed and supportive club environment. They run in a similar fashion to a proper swim meet, including the use of a Starter and where Timekeepers record the swimmers times. The times recorded are only used by the GeoBaySC and can not be used as qualifying times for any other meets. Swimmers can track their progress and attempt to better their PBs at future time trials.

PB Challenges are coordinated by the GeoBaySC Coaching Team and integrated into the normal squad sessions, or sometimes held as a stand alone event (on a weekend morning for example). Our coaches focus on developing the swimmers competition skills so they are prepared for competing in official swim meets.

# **Regional Carnivals/Meets**

When swimmers are confident and showing interest in competing, they may like to move onto Regional Carnivals or Swim Meets. These meets are conducted by swimming clubs within WA and are held throughout the year with the support of Swimming WA.

There are many different meets a swimmer can choose from depending on their developmental stage and personal goals. Swimmers need to be competent with their starts and turns before racing.

<u>Short Course</u> - These meets are conducted in a 25m pool. The short course season typically runs in the second half of the year in the lead up to the Australian Short Course Championships in September/October.

<u>Long Course</u> - These meets are conducted in a 50m pool. The long course season typically runs after the short course season in the lead up to the Australian Swimming Championships and Australian Age Championships in April.

<u>Open Water</u> - These meets are conducted at open water venues around WA and range in distance from 500m to 10km. Open water competitions typically run from October to January.

## **Country Pennants**

Country Pennants is an annual Inter-Club swimming competition steeped in history and tradition. All regional WA swimming clubs are invited to attend and the meet is always held over the March long weekend.



Country Pennants gives our swimmers a chance to travel, play and swim as a team, helping to foster strong relationships between swimmers of all ages.

GeoBaySC representatives are decided by the Coaching Team. It is important to notify the Country Pennants committee when expressions of interest are requested, generally around September.

# **Country Championships**

Country Championships are conducted by Swimming WA and AA qualifying times must be achieved to enter. These qualifying times are allocated by Swimming WA, are age specific and can change year to year. Refer to the current Swimming WA Almanac for up to date qualifying times.

Only members of regional swimming clubs are eligible to compete at the Country Championships. This meet is usually held within the first two weeks of January (Friday to Sunday).

# State Championships

State Championships are conducted by Swimming WA and include the following competitions:

- WA Junior Short Course Championships (Males 9 13 years & Females 9 12 years)
- WA Short Course Championships (Males 14+ years & Females 13+ years)
- WA Junior Long Course Championships (Males 9 13 years & Females 9 12 years)
- WA Long Course Championships (Males 14+ years & Females 13+ years)
- WA Open Water Swim Championships

Long or short course State Championship Qualifying Times must be achieved to enter the State Championship events. These qualifying times are allocated by Swimming WA are age specific and can change year to year. Refer to the current Swimming WA Almanac.



# **Competition Entry**

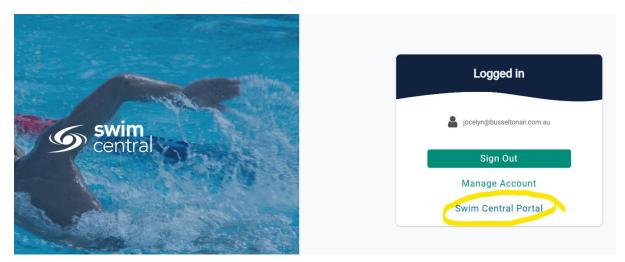
To enter Regional Meets/Carnivals you must be a Member of Swimming WA. Speak to the Club Registrar if you are unsure of your Membership status. The entry process for swimming carnivals/meets is coordinated by Swimming Australia through the Swim Central website, go to <a href="https://authcrm2.swimming.org.au/Account/Login">https://authcrm2.swimming.org.au/Account/Login</a> to get started. It is worth mentioning, for general membership information head to the Swimming WA website <a href="https://wa.swimming.org.au/come-swim-with-us/202223-membership-categories">https://wa.swimming.org.au/come-swim-with-us/202223-membership-categories</a> for an overview on your options and swimmer pathways.

### Obtain a Swim Central Login

	Login to your account	
	Login with:	
	G E É	
	Google Facebook Apple	
Swim central	Email	
	Password	
A ANT PROVIDE	Remember password Forgot password?	
	Login	
	Don't have a login? Register for an account	

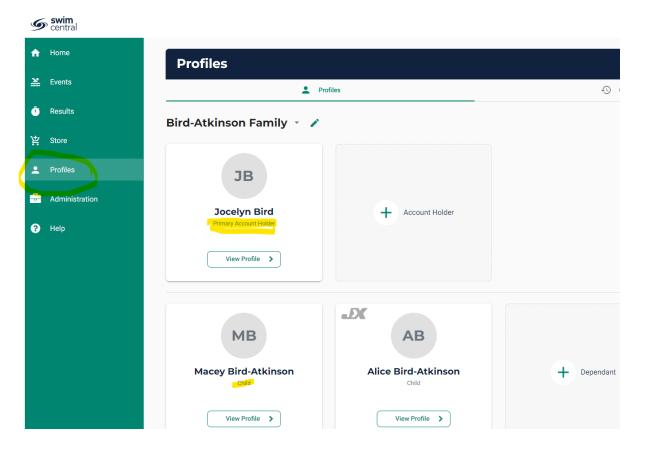
## Login

Login with your newly created password and select to go to the *Swim Central Portal*.



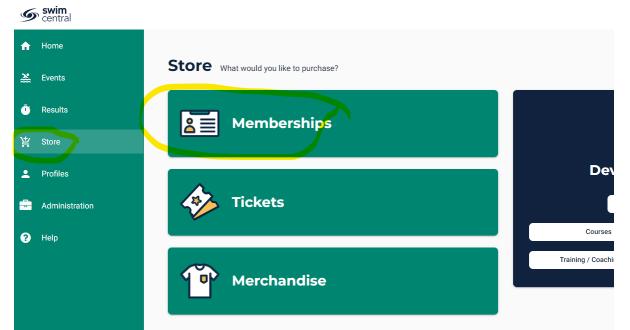
#### **Create Profiles**

A parent/guardian will be required to create a profile as the *Primary Account Holder* and then swimmer profiles can also be created. Once all relevant profiles have been created, you can manage Memberships.

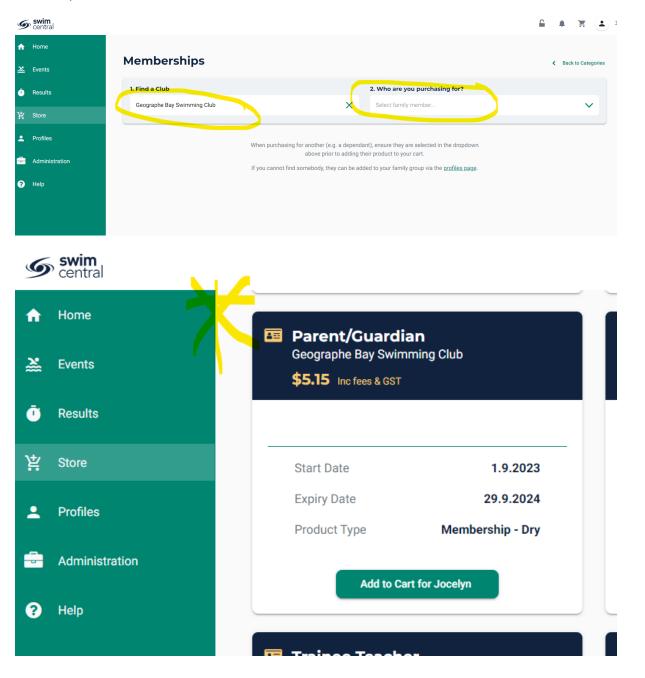


#### Memberships

Navigate to *Memberships* via the *Store* page.



Enter *Geographe Bay Swimming Club* as the Club and select the relevant profile. Please note, at least one parent/guardian will require a *Parent Membership* – this has a small annual cost. Select the correct membership types and *Add to Cart*. Please ensure you are applying the correct membership type to the correct profile.



For your swimmer, select the *Participation Membership*. If later required, the membership can be upgraded to a Full Membership for an additional cost.

<b>\$85.00</b> Inc fees & GST		
Start Date	1.9.2023	
Expiry Date	29.9.2024	

#### **Event Entry**

Please speak with your Coaches prior to entry, to gain guidance on targeted meets and which events to enter. Navigate to the *Events* page and then *Locate an Event*. Our Club Facebook page is a great place for up-to-date information regarding upcoming targeted meets. A targeted meet is where at least one Club Coach will be in attendance.

9	swim central						<b>≙</b> ▲
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			NOV 3 CUVP Club N Aqualife Centre,	light 3 November 2	023	Semi-Electro	nic Long Course Official >

Select the relevant event and follow the entry instructions. Only the events available to a particular swimmer will be available to select. Only add the races you wish to enter to your Shopping Cart. Follow the prompts to pay. There is a cost per race which varies between each event.

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☆ Home	2023 Mandurah LC Challeng		9 Mandurah Aqu	atic Recreation Centre
🚵 Events	Sanctioned Meet   Long Course		📋 26th Novembe	
Results		POSITIONS	E DETAILS	3
놫 Store	Nominee	Sessions	_	
Profiles	Масеу	✓ All Eligible Sessions		•
	You are currently representing: Geographe Bay Swimming Club		Char	<u>ge Primary Membership</u>
? Help	Day 1 - Session 1 - 9:00am			Make Payment
	Event 1 11&O Mixed 400M Freestyle Fnl	qt N/A	Entry Time 5:22.30 L	\$10.00 +
	Event 48 14Yr Womens 100M Breaststroke Fnl	QT N/A	Entry Time 1:27.63	\$10.00 +
	Event 108 14Yr Womens 50M Backstroke Fnl	QT N/A	Entry Time 36.94	\$10.00 +

## You can only nominate to compete at an event once the entries have opened.

Back to Events 2023 South West Region Sanctioned Meet   Long Course	Carnival	Sync Enabled South West Sports Centre 3rd December 2023
	POSITIONS	E DETAILS
Ласеу	✓ Sessions	•
You are currently representing: Geographe Bay Swimming Club		Change Primary Membershi
Assigner	Nominations Not Open Products & Tickets are not available to purchase until 12:00am - 3.11	.2023

### Check your entries at any time.

Swim 🔒 Home **Events** 💒 Events Locate an Event My Events Results Ō **Events attending** 坒 Store Profiles • 2 ? Help You are currently not entered in any events. Enter one today and start swimming.

### The Event

Plan to arrive <u>at least</u> 30 minutes prior (unless an attending Coach requests otherwise) to the start time of your swimmers first event. It is important to allow enough time for warm up and marshalling.

Look for your fellow team mates. We love sitting as a group and supporting our swimmers.

Racing Essentials:

- GeoBaySC swim cap
- Goggles (stick with goggles you have practiced diving in if possible)
- Firm fitting bathers (see note below)

In Your Bag

- Towels (extra towel or two always a good idea)
- Water bottle
- Snacks (there is usually food available for purchase, but not always and what is available can sometimes not be swimmer-appropriate). Parents are advised to organize food the night before as most meets require early morning departure
- Texta to write event details on swimmers arm
- Highlighter to mark the swim meet program
- Warm clothing (jumper)
- Maybe a book or travel game for entertainment

Bathers

- There are rules and regulations regarding racing bathers. Normal swim bathers are suitable for all ages.
- However, reasonably priced racing bathers are also available.
- Please note, swimmers under 13 years can not wear swimsuits with glued seams and must have exposed/external stitching. If unsure, please speak with the Coaching Team or other swim parents.
- A good starting point racing swim suit can be purchased from Ying Fa Western Australia <u>http://www.yingfawa.com.au/</u>. You can even arrange a fitting the next time you are in Perth.

#### Parents

Each club is required to provide volunteers for timekeeping. All parents are required to do their part and take on a shift. A timekeeping roster will be provided on the day. Please check if your allocated time is suitable and if not, arrange to swap shifts with another parent.

### Meet Mobile App



Swimmers results can be viewed via Swim Central, however, Meet Mobile App is a great way to receive real time results at your meet/carnival. Meet programs and results can be accessed via meet mobile which also enables you to follow your favourite swimmers all over Australia. It does attract an annual subscription fee.

#### Club Handbook

The Geographe Bay Swimming Club Handbook also contains a lot of tips and handy information regarding competitive swimming. Just scroll to the "Swim Meet" section.