



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.

Short Course - 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.

Long Course - 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.

Open Water - 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 My Swim Results, go to <https://www.myswimresults.com.au/> to get started. It is worth mentioning, the website appears old and clunky to first time users – but it is legitimate and works well.

[My Swim Results](#) [Calendar](#) [Results](#) [Rankings](#) [Records](#) [Find a Club](#)

My Swim Results

Location

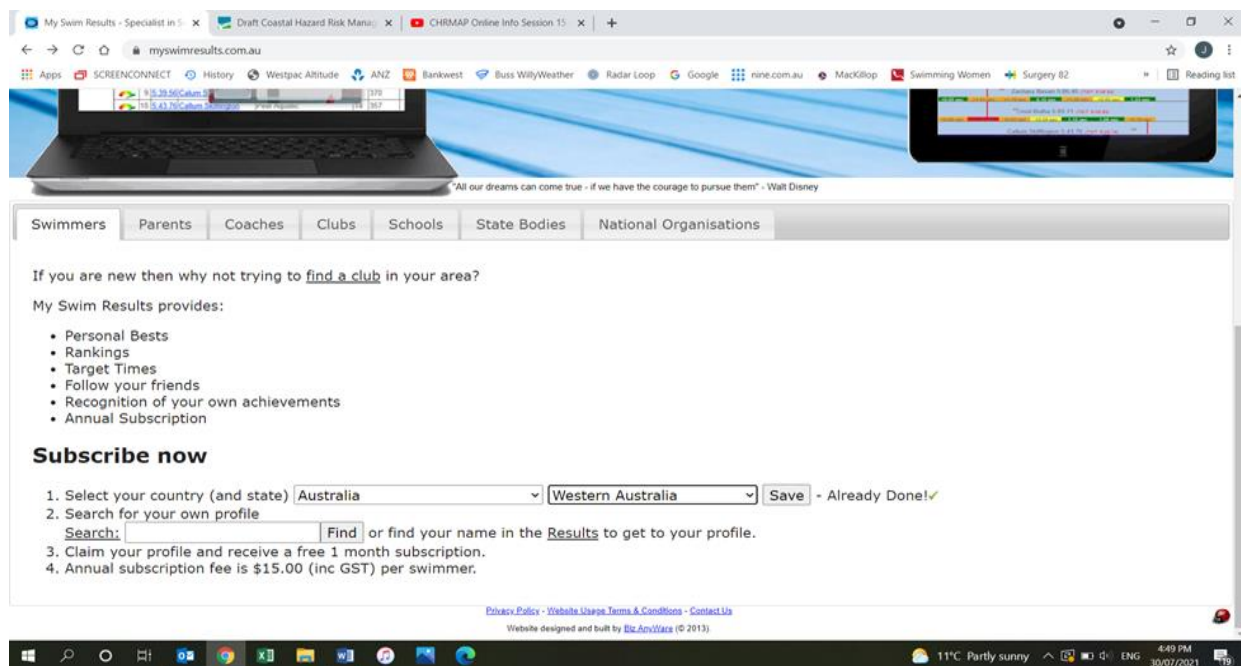
Name

Club Name:

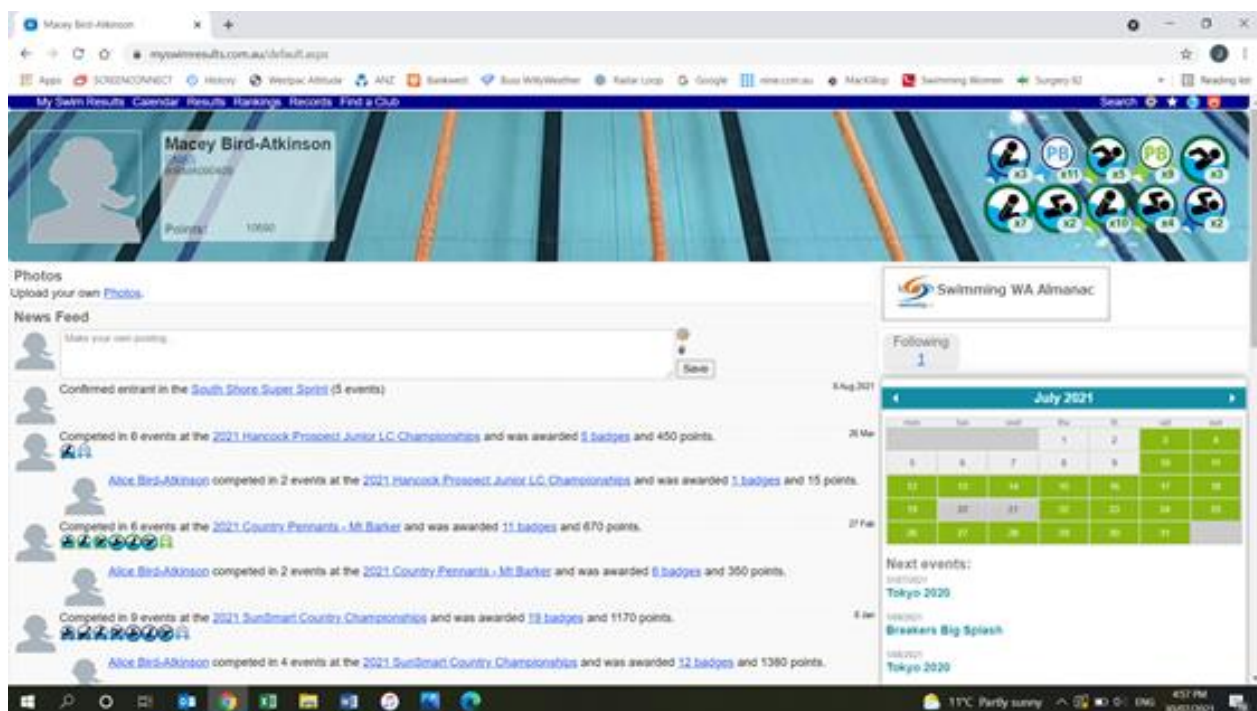
Enter a name above to search for a club

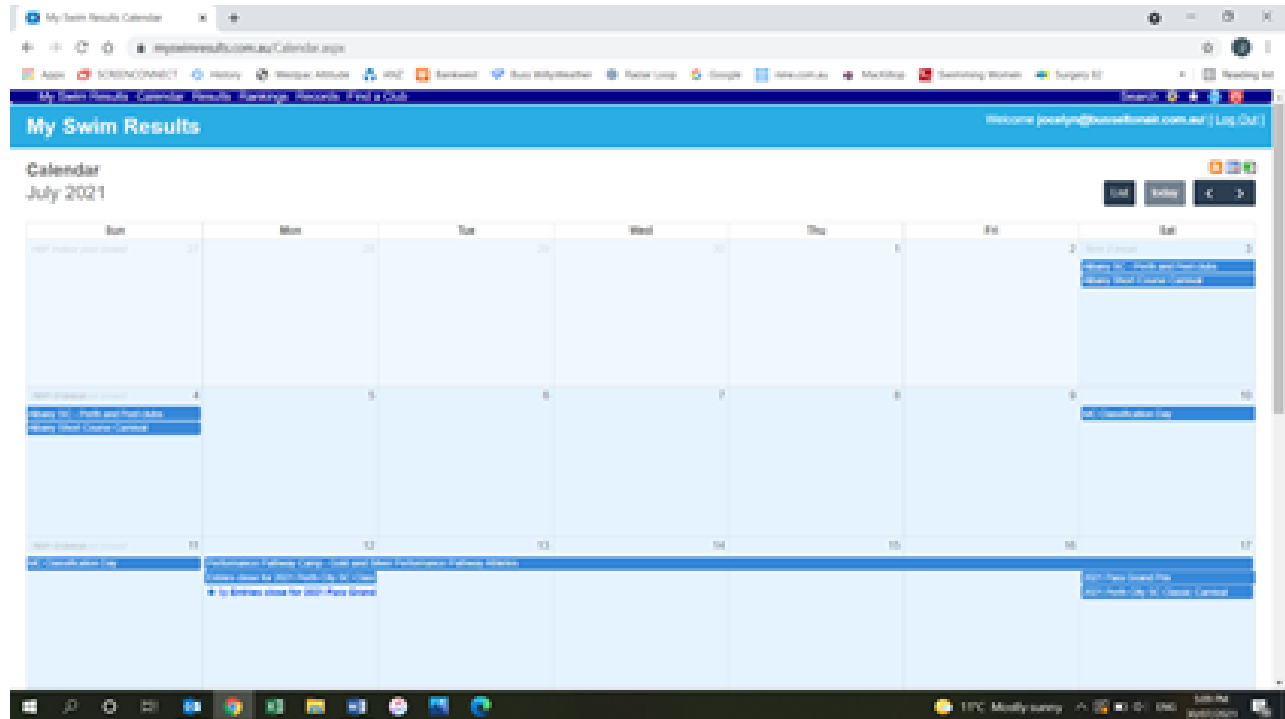
My Swim Results is a subscription service for Swimming WA Members to view the swim meet calendar, swim meet information and swimmer times along with swim meet entry.

You will need to subscribe to My Swim Results to use all of the services – there is a small annual subscription fee associated. Ensure you select Australia/Western Australia as your region.

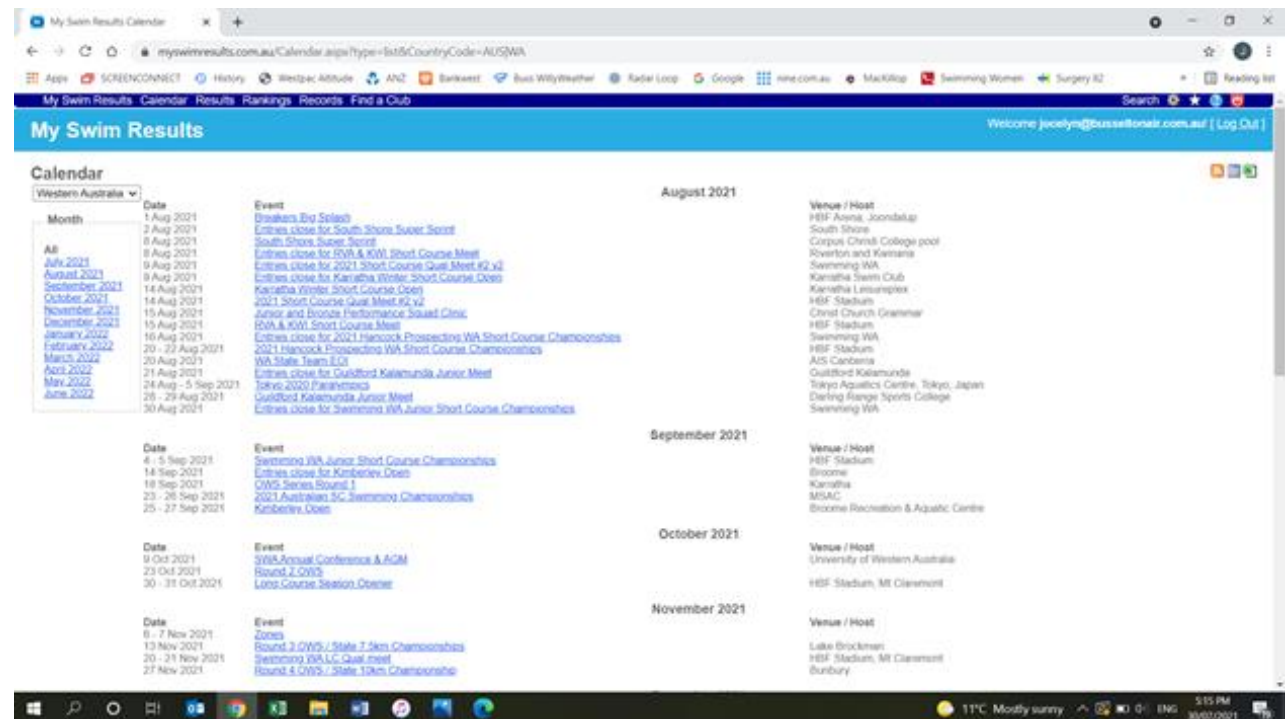


Login and check the My Swim Results calendar for future meet/carnival dates, locations and events available.





Select "List" if you prefer a line detail view



Select the event(s) you are interested in.

The screenshot shows a web browser window with the URL myswimresults.com.au/Meet.aspx?MeetID=AUS5370. The page title is "My Swim Results". The main content area is titled "Swim Meet - RVA & KWI Short Course Meet". It includes a sidebar with a "Month" selector showing a calendar from July 2021 to June 2022. The main content area displays the following information:

- Venue:** [HBF Stadium](#)
- When:** Sunday, 15 August 2021 8:00 AM to 5:00 PM
- Entries Due:** Sunday, 8 August 2021 (Closing in 9 days)
- Hosted:** Ryverton and Kwinana
- Entries Wizard** and **Confirmed Entrants** links.
- Enquiries:** RVA: Jenny Le Febvre, Mob: 0412 353 339; KWI: Tony Ball, Mob: 0417 949 716
- Warm Up:** 8.00am; **Start:** 8.00am
- Eligible Age Groups:** 50m and 100m events: 9yrs and over; 400m and 800m events: 11yrs and over; Multiclass 50m events: 10yrs and over; Freestyle & Medley Relays as listed below in the program.
- Recognition/Awards:** Awards will be awarded to 1st, 2nd and 3rd in the following age groups for Male and Female: 50m and 100m events: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and over; 400m and 800m events: 11-12yrs, 13-14yrs, 15yrs and over; Awards will be awarded to 1st, 2nd and 3rd in the Multiclass Mixed 50m event; Relay medals will be awarded to the 1st, 2nd and 3rd teams in each relay event.
- 13-Jul Update:** Participation Members have been opened up to be able to enter this meet. Ev 5, 7, 22, 24, 32 and 34 have been lowered from 9yrs & Over to 8yrs & Over to receive nominations. Once nominations have closed the 8 year old entrants will be placed in their own age group with the additional events of 8yrs 50m Backstroke placed about 9.30am, the 8yrs 50m Freestyle about 10.30 and the 8yrs 50m Breaststroke about 11.30am.

Select "Entries Wizard" and search for your swimmer. Select your swimmer and the events they are eligible to enter will be automatically listed. Select the event/s your swimmer would like to compete in.

Follow the prompts to pay entry fees.

Tips:

- Look out for GeoBaySC targeted meets. These are meets the Coaching Team will be attending and they will be announced via GeoBaySC social media.
- If possible, select events which are spread throughout the meet schedule to allow recovery in between races.
- Consult the Coaching Team beforehand to discuss the most suitable events.
- Event entry usually closes one week prior, but to avoid disappointment try to enter earlier.
- With enough notice, events entered can be changed via the host Club (contact their Club Registrar).
- Take note of the venue, it does vary depending on the host Club.
- Email the GeoBaySC Registrar for assistance via registrar@gmasswimmingclub.com.au

- Once entries to an event close, an estimation of race start times will become available via My Swim Results. This is only an estimation, sometimes the events can run ahead or behind schedule.

The Event

Plan to arrive at least 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 <http://www.yingfawa.com.au/>. 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 My Swim Results, 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.