

A quick guide to galas and STO's (Swimming Technical Officials)

Scottish swimming is the governing body, to which Alloa ASC is affiliated.

www.scottishswimming.com

We are part of the West District region of Scottish Swimming.

www.scotswimwest.co.uk

All galas have to be agreed with West District and licensed by them.

There are different types of galas, to meet the needs of different levels of swimmers

For example:

Forth Valley Junior League (level 3)

Graded meets (level 2)

West District (level 1)

Graded meets have a time band and swimmers must be faster or slower than the times for each event, depending on how the gala is being run. Open meets have no time bandings and fastest times are accepted.

A 2 day gala has 4 sessions:

Session 1 : Saturday AM

Session 2: Saturday PM

Session 3: Sunday AM

Session 4: Sunday PM

Entries are submitted and then a list of confirmed entries or scratches will be sent out by the host club.

ALT or RES against a swim means they may get the swim if another swimmer withdraws prior to the gala or on the day.

SCR against a swim means "scratched" - this means there were too many entries for that event and therefore some swimmers do not make the cut (either too fast or too slow depending on the meet).

Each gala has a set of events chosen by the organising club. These will include some of the following:

50 metres (FLY, BACK, BREAST, FREE)

100 metres (FLY, BACK, BREAST, FREE)

200 metres (FLY, BACK, BREAST, FREE)

100, 200, 400 IM - Individual medley (Fly back breast free)

400, 800, 1500 - Freestyle

Each gala has a certain number of heats in each event to fill the programme.

Swimming Technical Officials (STO's)

Each gala requires a set number of STO's.

STO's are all volunteers and parents.

Without STO's galas cannot proceed and all parents of swimmers competing should put themselves forward to qualify to ensure that galas can proceed and that Alloa ASC can fulfil their commitments. The host club will request a certain number of STO's from each club competing at the gala. West District meets have set requirements depending on the number of swimmers competing for each club and clubs are fined if these officials are not provided for each session. For each Forth Valley Junior league gala clubs must provide 2 qualified time keepers.

For safety and fairness all galas require STO's. If the minimum number is not met the meet is not accredited and times achieved by swimmers - your children - will not count for some events , such as regional development sessions and national events.

STO's - a progression:

1. Time Keeper - 1 evening workshop at the Leisure Bowl. Poolside duties - time keeping.
2. Judge 1 - 2 workshops, pool side mentoring sessions at galas (10 +) and a final poolside assessment. Poolside duties - judging turns
3. Judge 2 - Stroke
4. Judge 2 S - Starter
5. Referee

Please ask if you have any questions and please sign up to become a time keeper and plan to move up to judge 1 as your child progresses. We can't do this without parental involvement. We currently only have 2 qualified Judge 1's, so we do need more parents to volunteer.

Thank you

Hilary Archer

Alloa ASC Club Secretary

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