

2011/2012 Season Leinster Distance & Graded Meets

Notes for swimmers, parents and coaches

Normally in Swimming Galas, swimmers swim in their own age-groups. In Graded Galas, swimmers swim all together across all age-groups. The swimmers are seeded on the basis of their Entry Times; the slower swimmers will be in the first heat of each event, and the fastest swimmers in the last heat.

Because of the greater number of swimmers in each event, there is a greater likelihood of a swimmer being in a competitive heat, swimming against other swimmers of similar ability. In order for this seeding to work properly, all swimmers should be assigned realistic entry times. Understanding that younger swimmers in particular may be attempting new strokes in a competitive environment, or moving from 50m events to 100m events, coaches should enter the swimmers on the basis of times achieved in training or club time-trials.

After each event has been completed, the swimmers are divided into Grades according to the times shown in the "Graded Gala Time Standards".

There is a list of Graded Standards for boys, and one for girls. So, for example, if a female swimmer achieves a time of 1:33.50 in a 100m Breastroke event, they are designated Grade 3 in this event (as would any time between 1:32.11 and 1:36.30). A male swimmer achieving the same time would be designated Grade 5.

Medals are awarded to the top three swimmers in each grade; in the case of the female 100m Breastroke, the Gold Silver and Bronze medals for Grade 3 would be awarded to the three swimmers closest to, but slower than, 1:32.11. A swimmer who achieves a time of 1:32.05 is faster than the Grade 3 cut-off, and has thus achieved a Grade 2 time; this swimmer will not get a medal unless there are fewer than 3 other female swimmers with times between 1:32.05 and 1:28.61, which marks the boundary to Grade 1.

Gerald Fleming
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