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STOURBRIDGE SWIMMING CLUB

(Affiliated A.S.A. (West Midland Region) and Worcester County S.A.)

What Is Competitive Swimming?

LEAGUE GALAS

Stourbridge Swimming Club enters 4 different leagues. All league galas have rules which restrict the number of swims, including individual swims, you can do. You will usually swim in your own age group but may be asked to swim up an age if the Club are short of suitable swimmers for the gala.

It is important that the Club put out as strong a team as possible at these league galas, so if you're picked please do your best to attend – it affects the whole team if you can't swim.

Remember – the “one relay” swimmer is as important as the “individual event” swimmer as all points earned go towards the final result.

[Nuneaton Junior League \(Diddy League\)](#)

This is for 9 – 12 year olds. There are 3 divisions in this competition. The competition is very strong and the Club will be against the best teams in the Midlands. There are 3 rounds held during the beginning part of the year. The top 6 teams qualify for a regional final which leads to a National Final for the top 8 teams in the country. There are also finals for each division to decide who gets promoted.

AGES are as at the date of the Fourth Round (Finals) for all age groups, i.e. 9 year olds, 10 year olds, 11/under and 12/under. (It is not necessarily your normal age – very confusing!)

[National Swimming League](#)

This is for swimmers aged 11 to Open (16+). It consists of 3 rounds, in October, November and December. It is for all clubs in the West Midlands, competition is very strong and it gives an indication of the overall strength of the Club. The National final is held in April the following year. Age groups are 11, 13, 15 and Open. Distances for swimmers over 13 years are 100m and 200m for the Individual Medley (IM).

[Worcester Winter League](#)

This consists of 2 rounds in January and February and a Final in April of each year which is held at Droitwich. Swimmers are aged 11, 13, 15 and Open. Most of the clubs come from Worcester County.

[Ross PGL League](#)

This is a league for the B team and is very competitive for ages 9-13. Most of the teams come from Worcestershire, Herefordshire and a few Welsh teams. It is designed for less experienced swimmers, although each year it gets tougher. The Club uses it to give a chance for new swimmers to experience gala swimming as part of the team, as well as more experienced swimmers in their less strong strokes. It has a final at Gloucester each year.

FRIENDLY GALAS

These galas are by invitation from other clubs and normally involve local competition, although the Club do go to events further a field as well. Rules and format can be varied as these are set by the host club. The Club try to give as many swimmers as possible a chance to swim at these galas either in an individual event or as part of a relay team and don't always send the strongest team to give potential new swimmers a chance to compete. Stourbridge host 3 of their own friendly galas: the John Vaughan Trophy Gala; the Siviter Trophy Gala and the Profab Shield Gala and the Club invite other teams to compete.

OPENS

An open meet is open to any ASA registered swimmer in the country. It is an all day gala held over 1 or 2 days at weekends or bank holidays. You enter the gala as an individual, swimming for Stourbridge Club. Please see the separate details on Open Meets.

Stourbridge host their own open meets on an annual basis in January (called the Crystal Open) and May called the Junior B Grade. These are important opens for the Club as it raises much needed income to keep the Club running every year. Details are posted on the web site and notice boards. The Club like all swimmers to support these opens as they help the Club.

WORCESTERSHIRE CHAMPIONSHIPS

This is an open for swimmers belonging to a Worcestershire club who can achieve the entry time. It is held over 2 weekends. As many swimmers who have achieved the entry time will be encouraged to enter.

In addition there are Worcester County Sprints which comprise of 50m swims in each of the 4 strokes plus a 100m Individual Medley. The County also has a Relay event once per year and Stourbridge always put a strong team forward.

STOURBRIDGE CLUB CHAMPIONSHIPS

These are held once a year and are open to all Stourbridge swimmers. There are a total of 5 events held. The first is our First Club Championships held in September. The Second Club Championships is held in October and the Third Club Championships is in November. Each of these events is held at Wombourne Leisure Centre. At the end of the Third Club Championships is the very exciting Skins event when the fastest 6 male and female in the Senior and Junior age groups swim off against each other over 50m swims. It certainly raises your heart rate!

In addition we hold two Long Distance Club Championships (usually in October and November) and these are for 400m Freestyle and 400m Individual Medley.

To enter the Club Championships you will be required to fill in a form prior to the events. These forms will be available from us approximately a month before the first Championship event is due to take place, so look out for them. Swimmers will compete under competition rules against swimmers of a similar ability, not age group.

The dates for all fixtures are available on the Stourbridge Swimming Club web site at:

<http://www.stourswim.co.uk/fixtures.htm>

Please check the web site regularly.

**So if you're looking for an opportunity to compete –
you've picked the right Club!**