

# Time Trials

## What is a time trial?

A swim under competition rules to gain a time in a given stroke and distance.

## Why do we hold time trials?

To introduce swimmers to gala/competition.

To gain up to date times for gala selection.

To highlight areas of improvement for a given swimmer to the coaches.

## Which strokes and distances are involved?

Our time trials on sat 27<sup>th</sup> january are -

50m Freestyle (or 25m for 9-year olds)

50m Breaststroke (or 25m for 9-year olds)

50m Backstroke (or 25m for 9-year olds)

25m Butterfly for the 9yr olds

50m Butterfly for the 10-12year olds

## Who is expected to take part?

Only those Otters, JL, JM and JT Swimmers that are of the required age. Please note the following, for 2018:

- swimmers must be 9, 10, 11 or 12 years old by 25<sup>th</sup> November 2018

**Note the trials will be mainly over 50m with options for 9 year olds to do 25m. This is because the competition includes individual swims for A team 9 year olds of 50m (fly 25m) but in Division C (B team) 9 year olds swimmers selected for the individual swims only do 25m. The relays for 9 year olds (A & B team) all involve 25m legs.**

**If you are not 9 by the 25<sup>th</sup> November 2018 then unfortunately you are not eligible for the 2018 Microleague Season or this time trial.** However, we may well undertake another time trial later on in the year as part of teaching and training programme.

## Equipment required.

- Trunks/Costume
- Goggles
- Towel
- Spare T-shirt or jumper (to keep you warm while waiting)
- Non fizzy drink in plastic bottle

## How do I take part?

Be at Salt Ayre Swimming Pool from 3.45pm in order to get changed and report to the coach on poolside for 4pm (take all equipment with you). (5pm for those in 11 and 12 year old age groups)

## Warm up

Warm up is from 4 - 4.15pm (5pm-5:15pm for 11 and 12 year olds). You will be allocated a lane and told what to swim). After the warm up go and sit on pool side and wait for further instructions.

## Trials

Trials starts at 4.15pm (5:15pm for 11 and 12 year olds)

You will be called and lined up along the far side of the main pool adjacent to the timing office opposite the spectator's area. When you get to the front of the queue you will be sent to the lane that you will swim in.

**Please don't bring music and ear-phones – you won't be able to hear when you are called and additionally electrical devices acts as a distraction to the swimmer.**

When starting from the diving blocks - give the time keeper your name (if you are doing 25m butterfly the time-keeper will ask for your name at the end of the race).

The referee will blow several whistle blasts (usually 4) to warn you to get ready to swim.

**Please be quiet from the time the whistle blows until the swimmers are actually swimming – regardless of whose race it is.**

The referee will then blow the whistle again (once this time).  
Backstroke always starts in the water (holding on with 2 hands).

You can start the forward strokes –  
By diving from a block.  
By diving from the side of the pool.

If swimming backstroke or starting any stroke in the water  
Get in and hold on to the end.

If backstroke there will be a further whistle blast to ensure everyone is ready.

The starter will then say "Take your Marks" and when everyone is still, will start the race.  
The starting device is usually an electronic BLEEP.

**Please cheer the swimmers on once the race is underway.**

Don't leave the pool after your swim until you are told to do so.

#### **After your race/s**

Once you have swum go back and wait to be called for your next swim.  
Once you have completed your swims you are free to go home BUT make sure you tell the coach that you are going.  
Results will assist in determining the strongest Microleague A & B teams. Additionally information from the ASA achieved open competition times and/or the discretion of the Microleague selectors taking into account legality of strokes.

#### **What if I can't make the time trial?**

Please let Mike Sands or Andrew Richardson know in advance if your child/swimmer is unavailable on the 9<sup>th</sup> December.

If you require any additional information please contact Mike or Andrew either on Poolside or via e-mail:

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[andrew@carnforhotters.co.uk](mailto:andrew@carnforhotters.co.uk)